



Counselling Information Sheet

What is Counselling?

Counselling is an opportunity to talk about difficult issues - and your feelings about them - in a safe and confidential environment with a trained professional who will listen in an accepting and non-judgmental way. Counselling helps you to examine areas in your life that are causing you distress, to identify what inner resources you possess and what external support you already have or can acquire for yourself in order to reduce that distress. Sometimes, counselling simply means that you are able to see the same situation in a new light, which in itself helps. Counselling sessions usually last 50 to 60 minutes and are normally held on a weekly basis.

Counselling can work well on its own, or it can be something you try alongside other treatments, such as regular exercise, self-help reading and mindfulness practice.

Why do people come to counselling?

There are a variety of reasons why a person might come to counselling. Some people may think of it as an extreme option, and that unless things get really bad you should try to manage on your own. But this isn't true. It's ok to try therapy at any point in your life, whatever your background.

In fact, getting support from a therapist when you're not at crisis point can be really helpful – it might feel easier to reflect on what's going on, and could help you keep things from getting worse. It can also:

- offer you a safe time and place to talk to someone who won't judge you
- help you make sense of things and understand yourself better
- help you resolve complicated feelings, or find ways to live with them
- help you recognise unhelpful patterns in the way you think or act, and find ways to change them (if you want to).

The referral process

Students can access counselling support by asking a member of staff or by speaking with Mr Spraggs (Office M39). We make it a priority for students added to our counselling waiting list to access the requested support. However, it is not always possible for students to be seen straight away and waiting times will vary. If you have any concerns or would like to request an update on this process, speak with Mr Spraggs.

During this interim period there is support offered by the school via library resources, mindfulness sessions and check ins with form tutors if required. Additionally, to this students are signposted to support available online (*see the back of this handout*).



Helpful Links

<https://youngminds.org.uk/find-help/>

www.themix.org.uk

www.kooth.com

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

SAMARITANS: 116 123 / www.samaritans.org

CHILDLINE: 0800 1111 / www.childline.org.uk

Email Addresses for referrals and further inquiries:

Paul.Spraggs@Laetottenham.ac.uk – Mental Health and Emotional Wellbeing Lead

Counsellor.Angie@Laetottenham.ac.uk – Angie Doran, Aspace Counsellor

Counsellor.Georgina@Laetottenham.ac.uk – Georgina Evans, Aspace Counsellor