

West Hatch Counselling Service

Sometimes we all have problems that are worrying and counselling is about helping you to make sense of those problems by talking things through. A counsellor helps you to work things out for yourself.

Sometimes it's difficult to talk to parents, friends or teachers about things that are making us anxious. A counsellor is someone who you can talk to in a different way, someone who will listen to you very carefully and not judge you or tell you what to do.

Counselling can be a few sessions or longer term. The appointments will take into consideration your timetable, and may be varied so you don't miss too much time from one subject. The counselling is confidential and the counsellor does not discuss the content of the sessions with teachers or parents unless there are serious concerns for the pupil's wellbeing.

Some comments from West Hatch Pupils who have had counselling:

'The best things were talking about things I was nervous about and I could leave being happier than what I was' Pupil in Year 8

'I was able to express my feelings and troubles, sometimes it was emotional but it was really helpful' Pupil in Year 11

'They were nice and I could trust them' Pupil in Year 7

The counselling has made me feel more confident in myself' Pupil in Year 9

How do I get to see the counsellor?

A good starting point is to talk to a member of staff you can trust, such as your form tutor, who can then make a referral to the counsellor. Parents may refer their child if it's something the child wants. You can also refer yourself by popping in for a chat or putting a note in the post box outside the counselling room.

Sarah O'Donnell

School counsellor

