

How Do I Make an Appointment?

- You can ask a teacher, member of staff or other professional to refer you.
- You can ask a parent or carer to refer you.
- You can refer yourself by
Confidential Telephone
01443 866623/ 01443 866624
Confidential E-mail
schoolcounselling@caerphilly.gov.uk
Drop in
Or by completing the form below
(please leave in the Counsellor's mailbox).

We will aim to contact you within 10 working days from receiving your referral.

Self-referral form

Name _____

School _____

School Year 7 8 9 10 11 12 13

Date of birth _____

Gender Male Female

Contact phone number _____

Address _____

Reason for referral:

Is your parent/carers aware of this referral?



What Other Young People Said About Counselling:

"Having counselling has helped me a lot. I have been able to discuss my problems instead of locking them away, which is what I used to do. It has been a very big help to me."

"Counselling has helped me feel more confident in myself."

"I don't feel ashamed to admit that I need help, because now I know that I am not the only one that needs help."

For further information contact:
Sarah Ellis, Principal Educational Psychologist
Tel: 01443 866618

Educational Psychology Service -
School Based Counselling Team
Caerphilly Borough Council
Learning, Education & Inclusion
Penallta House
Tredomen Park
Ystrad Mynach
Hengoed CF82 7PG

All the information provided will be processed in strict confidence in accordance with the Data Protection Act (1998).



**SCHOOL BASED
COUNSELLING SERVICE**



**Information Leaflet for
Children and Young People**

What is Counselling?



- Talking to someone you can trust in a place where you feel safe and comfortable.
- Trying to understand yourself more.
- Somewhere to talk about anything you are confused or worried about.
- Having someone to listen to you, taking you seriously and not judging you.

Counselling is Not:

- Somebody telling you what to do.
- Being forced to talk about things you don't want to talk about.
- Being judged or criticised.

Who is Counselling for?

Counselling is for anyone who wants to talk about a situation in their lives they are not happy about.

What Kinds of Things Do People Talk About in Counselling?

- Feeling sad, upset or confused.
- Feeling angry and not knowing why.
- Losing someone special, who left or died.
- Having problems with a relationship, perhaps with parents, teachers, friends or a girl / boyfriend.
- Having concerns about drugs or alcohol.
- Experiencing difficulties at home.
- Wanting to change your behaviour.
- Being hurt by others, physically, sexually or emotionally.

How Will I know if Counselling is for Me?

You can meet the Counsellor and have a chat with them. You can ask questions and see how you feel, before deciding if you think the Counsellor might be able to help you.

Counselling is voluntary: you have the choice to come or not, it's up to you. Whatever you decide will be okay.

Will Other People Know What I Have Talked About?

If you see a Counsellor, what you talk about is confidential (private). Only you and the Counsellor will know what is said. This means your Counsellor will not pass information on to teachers, family members, carers or friends unless you want him/her to do so.



The only time when this is not possible is if the Counsellor feels you or someone else is at risk of harm.

In this instance the Counsellor may need to talk to someone else. This is to keep you safe, but the Counsellor will always try to talk with you about this first, and would want to do this with your consent.

