

What happens next?

- If you think counselling could help you, you can speak to your teacher
- Together you can decide if counselling would be helpful
- Your teacher will ask the counsellor to meet with you



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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:
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Educational Psychology Service - School Based Counselling Team

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



Llywodraeth Cymru
Welsh Government

PRIMARY SCHOOL BASED COUNSELLING SERVICE



Information Leaflet for Children

What is Counselling?



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

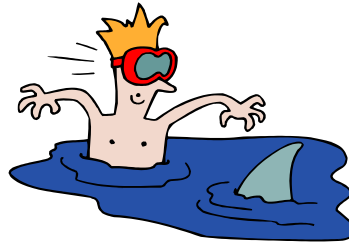
Counselling is Not:

- 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?

We can work with you if you are in years 4 - 6 and you are feeling unhappy for example because:

- Someone you care about has died
- Someone you care about is unwell
- Your parents have separated/divorced
- You are being bullied.



Because of these issues you may be feeling sad, upset, confused, afraid or angry. We can explore these difficult feelings together.

Will other people know what I talk about in Counselling?

If you see a Counsellor what you talk about is confidential, 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.

However if the counsellor feels you are at risk of harm then they 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.

This form is also available in Welsh. It is also available in other languages or formats on request.