

After you have finished your counselling you will be given an evaluation form that you can complete.

This form is anonymous, unless you choose to put your name on it. The feedback you give will let us know how well we are helping young people that we see. If you have any concerns or complaints you are welcome to raise this when you have a meeting or with the Deputy Head Teacher.

What have other students said about counselling?

"It was good to talk to someone I didn't already know. ""

" 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."

"It helped me to understand my problems and to overcome them."

"It really helped me to talk more to my family and people around me that I could talk to."

"The counselling has helped me to feel 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."

How do I find out more or ask to see the counsellor?

Your form tutor or Head of Year will be able to give you more information.

At Haute Vallee, Mrs Nikki Kelly, RMN, offers the counselling service

Contact details: Tel 736524 ext 833

Email: n.kelly@hv.sch.je

Her line manager is Mr Carl Garton, Deputy Headteacher.

Contact details: Tel 736524 ext 804

HAUTE VALLEE SCHOOL



COUNSELLING SERVICE

INFORMATION FOR STUDENTS

Introduction

Sometimes life can be tough, and people growing up can be under pressure. Having someone you can really talk to may be a help - perhaps a friend, a teacher, your parents, or someone in the family.

At times, everyone feels worried or has problems that may be hard to talk about with the people close to you. You may worry about whether they will understand, whether you can trust them, whether they will blame you, or ignore your feelings. That is when you may think about accessing the counselling service at school.

Why is this different to talking to someone I already know?

- we don't blame or judge you
- we don't tell you what to do
- we are there for you - whatever the problem
- we are good at listening carefully
- we can see you in school time
- we help you sort things out in a way which suits you
- we understand how your school works and can get you more help and information if you need it
- we can give you the time and space you need
- we have had plenty of training and practice to help us do our job well.

Will other people get to know what I say?

We don't ordinarily tell other people about you or your situation without your permission.

But if we think that you, or someone else, may be at risk or in danger, we may need to get help from others to keep you safe. We will talk with you about this and together we will try to find the best thing to do for you.

What kind of things can I talk about in these sessions?

Whatever is on your mind, problems, decisions, worries, and changes. It could be lots of different things - making friends and relationships, parents separating, losing your temper and getting into trouble at home and at school, teasing and bullying, losing someone special, mixed-up feelings, health worries, exams and coursework. All these things can affect how you feel and how you behave. Talking with you about your worries and problems is the start of helping you sort them out.

How does it work?

Accessing this service might be your idea, or your parents or a teacher might suggest it. You don't have to decide straight away. Firstly, you can meet just to ask questions and find out more. Counselling is voluntary - it's your choice, and whatever you decide is OK.

You are likely to be offered appointments for regular sessions for several weeks at a room in school where you won't be disturbed. The school would like to contact your parents/carers to let them know you are having these meetings but will not go into details. It may still be possible to come to counselling without your parents being told, and you can discuss this during your session.