



What is counselling?

Counselling is spending time with a qualified counsellor exploring any problems or worries you may have. This can be done in different ways; often by talking but sometimes the counsellor will invite you to use creative methods –whichever feels right for you!

Life can often feel difficult or overwhelming – counselling is one way to help you explore, understand and overcome any concerns which may be making you feel sad, anxious or unsafe.

Often people can feel anxious about accessing counselling for the first time. Your counsellor understands this and will work at a pace that feels right for you.

This service is free of charge and available to young people aged 10-18.

Other stuff that's good to know about counselling.....

- Counselling appointments will take place in a private designated room each week – just you and your counsellor
- The counsellor will be the same person each week
- Your appointment will last 50 minutes
- Counselling support usually lasts for 8 sessions, sometimes it's less and occasionally more
- You will not be judged or criticised
- No one will tell you what to do
- You will be listened to and supported

In line with current COVID-19 regulations all counselling is currently being carried out via an online platform called 'Near Me' or on the telephone. Please speak to your counsellor about which method you would prefer.

If you would like counselling support and wish to access the service please send a referral form or an email to nhsh.counsellinginschools@nhs.scot and someone will get in touch with you.

Your information will be held securely and treated confidentially.