



Holmfirth High School School Counselling Service

A Confidential Service

**Information for young people,
parents, carers and staff**

For more information contact:

Debbi Armitage

Tel: 691460 ext. 262

07596 917912

Email: d.armitage@holmfirthhigh.co.uk

OR

Speak to your **Head of House** if you wish to be referred for counselling.



Debbi Armitage

MBACP (Accred) Counsellor



Registered Member 049542
MBACP (Accred)

What is 'Counselling'?

Counselling is a safe place for you to share your feelings and concerns. It is a place where you will be treated as an equal and not judged or ignored.

What do people go to counselling for?

People go to counselling for many different reasons. It might be that something is worrying you but you don't know what to do about it. You may have a problem that you feel you can't tell anyone about.

Why should I go for counselling?

A counsellor is a person who will actively listen to you and try their best to understand what you are talking about. They will help you work through your problems and find a way forward.

Unfortunately the counsellor does not have a 'magic wand' and cannot guarantee to make everything better but they can do their best to support you as you find your way forward.

What will I get out of counselling?

There are lots of things to be gained from counselling. It might be that you want to feel more confident, feel better about yourself or find ways to deal with your anger. You might find it difficult to talk to your parents; you might want to look at the ways you deal with things, or find ways to understand your problems better and make sense of them.

What does 'confidential' mean?

Your sessions with your counsellor will be confidential unless you ask, or agree, to information being passed on to someone else. There are exceptions to this which will be fully explained to you at your first meeting.

How long do I go for?

First of all you will have a meeting with the counsellor who will chat to you about what your needs are and together you will work out the best way forward.

What happens if I don't like it?

If you find that you don't like it—just say so! Counselling is optional and you are under no obligation to attend. Just give it a go.

How long does a session last?

A counselling session lasts for about 55 minutes therefore you will usually be out of your lesson for the whole hour.

How do I get a referral for counselling?

If you feel you would benefit from counselling, please talk to your Head of House and they will help you decide whether it is counselling you need or whether you could be supported in some other way. If it is agreed that counselling will be helpful, they will make the referral for you.