

What to expect?

Why see a counsellor?

Just like we may see a doctor to help us look after our physical health, seeing a counsellor can help us to look after our mental and emotional health.

What can counselling help with?

Counselling can help us with difficult or upsetting experiences we have had. Sometimes difficult experiences can still affect us in the 'now', even if they happened quite a long time ago. Counselling can help us to give those experiences less power over how we're thinking and feeling now. We won't forget them, but we can put them more firmly in the past.

Counselling can help us with things we're finding difficult in our day to day lives.

Counselling can help us to become better equipped to manage any difficult experiences we might have in the future.

Counselling can help us understand ourselves better. Knowing how our brain works best and understanding what makes us feel good (and what makes us feel bad) can be really helpful.

Counselling can just be a helpful opportunity to 'think things through' with someone else.

What happens in a counselling session?

I will visit you at home (or wherever we have agreed that I will see you).

The session is your time to use however you want. You can talk to me about anything you want to and it is my job to listen. I won't judge, get cross with you or tell you what to do.

People often like to do things whilst they talk or instead of talking. I will bring some games and activities which you can try if you'd like to. If you'd prefer to have your own games, toys or iPad/tablet with you that is absolutely fine. I'm happy for you to do whatever makes you feel comfortable...that could be bouncing on a trampoline, cuddling your pet, playing your favourite music, building Lego or anything else.

Each session will last for up to 45 minutes.

Will you tell people what I say to you?

As a counsellor I follow strict rules around keeping your information private. That means that I'm not allowed to chat to other people about what you tell me (and I would not want to do that anyway, as I respect your right to privacy).

Those rules do mean that very occasionally a counsellor may need to share some information if you tell them that you (or someone else) is in danger. I would try to get your permission to do this though, and it would only be to keep you (or them) safe.

Do I have to...?

This is YOUR time, so you don't have to DO anything.

You can choose what we do in each session and how long it lasts for (up to the 45 minutes).

Counselling only helps if you want to use it. If you'd like to try it, I will do my best to help you feel safe and comfortable with me.



If you would like to ask any questions before deciding whether to meet me, your parent/carer can pass them on and I will do my best to answer.

If you do decide that counselling might be helpful, I really look forward to meeting you.