

Other support services

There are many other services available that can support you
All numbers are available 24/7

Central Access Point (CAP) ☎ **0808 800 3302**

Call For urgent mental health needs. This number can also be used by friends or family.

Samaritans ☎ **116 123** ✉ **jo@samaritans.org**

A free, confidential number to call when you need to talk as well as an email service.

SHOUT 📱 Text **"SHOUT"** to **85258**

A free and confidential text messaging support service.

Childline ☎ **0800 111** **www.childline.org.uk**

The ChildLine website is for young people OF ALL AGES! It has message boards and lots of resources on a range of different topics that can affect your mental health. They also have a 1-1 counsellor chat feature where you can access support.



Tellmi **www.tellmi.help**

Tellmi is a safe, anonymous app where you can talk about absolutely anything.

Harmless **www.harmless.org.uk**

Centre for self-harm and suicide prevention offering support online and in centres in Leicester and Nottingham (self-referral forms online).

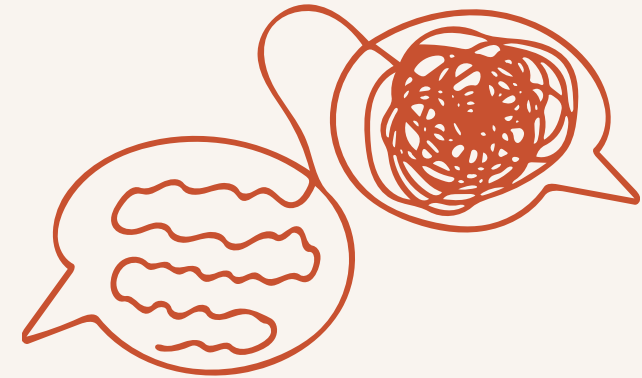
YoungMinds **www.youngminds.org.uk**

The YoungMinds website is full of advice and information for young people and family members to help look after mental health.

Leicester, Leicestershire & Rutland

The Relationships Centre

Children & Young People's Counselling



Information for young people (Secondary School)

School Counselling Service

Counselling gives you an opportunity to talk about any worries or concerns you might have. We can all find it difficult to speak to those closest to us, maybe because we don't want to worry the people we love, or we want help from outside of the family to talk through a particular problem. Your counsellor will offer a non-judgemental space where they will listen and try to help you express, understand and work through difficult feelings. This might include creative methods such as drawing, art and play.

Your counsellor can support you with a range of difficulties that could include:

- Anxiety
- Low mood
- Stress
- Difficulties at school
- Family Relationships
- Self-esteem

Each session lasts 45-50 minutes. You will usually have 6-8 sessions. The session will usually be on the same day each week. During your first session, your counsellor will explain how they work, and talk with you about whether you think counselling would be a good fit. It is your choice to attend counselling. The first session is also a good time for you to ask any questions you might have.

During the work, your counsellor will be led by what you want to work on. It can take some time, including after the sessions have ended, to feel the full benefit. Your counsellor cannot give 'answers'; instead they will help and support you in finding ways forward.

Confidentiality

Everything you say in your sessions will remain confidential, this means it will stay private. However in some circumstances confidentiality may be broken if:

- You are going to harm yourself or someone else
- Someone is harming you or someone else you have told us about

Your counsellor would need to share their concerns with the Designated Safeguarding Leads (DSL) within your school. This will be explained to you in your first meeting.

What young people say about counselling...

"I feel like I can express my emotions better without feeling scared. I find it easier to talk to people about my feelings now. Counselling has helped me to cope with my emotions and I feel happier."

"It has been helpful to have someone to talk to."

"I enjoyed having a space to talk, I have found the sessions really helpful."