

PRESTON MANOR SIXTH FORM CONSULTATION SERVICE

Confidential Counselling for Young People

What is this service about?

It is for students who would like to talk with a therapist about their worries or concerns.

Some examples:

Feeling anxious/confused
Feeling depressed/lonely
Exam /performance stress
Worries about the future
Problems with relationships
Feeling angry, out of control or frightened

Discussing emotions and thoughts can bring a sense of relief and understanding, and can provide a way to move forward.

How many meetings would I have?

You can choose which would suit you best:

- One consultation – If you want to try out what it's like to talk to someone.
- Four consultation meetings– If you would like more time to talk to someone, usually arranged weekly.

When would the consultations be?

Usually during a school lesson time.
Appointments last for 45 mins.

Who will I meet with?

One of the therapists from our BCYP team who provide counselling at Preston Manor.

Where will I be seen?

We have a counselling room in 'Manor House,' by the main car park. You enter by the street side door.

When will I be seen?

You will hear from us within a week of contacting us and will be offered the soonest available time, which could be in the same week or a few weeks later if there is a waiting list.

What if I don't feel I can wait for an appointment?

The school consultation service is not an emergency service. If you feel very distressed and need help urgently, you can contact your GP or go to the A & E dept of your local hospital, or call The Samaritans (116 123) or ChildLine (0800 1111) You can also talk to a member of staff to let them know.

How do I make an appointment?

You can contact us directly on the email address below, and one of our therapists will write back to you:

counselling@preston-manor.com



**Brent Centre
for Young People**
"Healthy minds, brighter futures"

www.brentcentre.org.uk