

PRESTON MANOR COUNSELLING SERVICE

Provided by The Brent Centre for Young People

What is counselling?

If you would like to talk to a therapist in confidence about your difficulties or worries, you can be referred to our counselling service.

Some examples of things you may want help with are:

- Feeling lonely, depressed, anxious, out of control
- Worrying thoughts
- Having panic attacks
- Problems with family, peers
- Exam stress, difficulties at school
- Wanting to explore your identity

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

How many sessions would you have?

There are 2 options :

- Open ended sessions
- Short term service (7 sessions)

Where does it take place?

We have counselling rooms in the 'Manor House,' by the main car park.

When are sessions?

Sessions are usually weekly and during school lesson time. We try to arrange them so you don't miss too many of the same lessons.

The sessions last for 45 minutes. You can go back to lesson or to the LRC for the last 15 mins.

How do you make an appointment for counselling?

If you are 16 or over and would like short term sessions you can self-refer by contacting us directly at the email address below.

counselling@preston-manor.com

Otherwise, if you want longer term counselling or are under 16, please let your form tutor or DSD know you would like counselling (open ended or short) and your DSD will make a referral to us.