

### What is this service?

This is a confidential counselling service for students who would like to talk to a therapist about their worries /difficulties.

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

### Some examples:

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

### Who will I meet with?

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

### How many meetings would I have?

You would have an initial consultation, followed by 6 more (weekly) sessions if you decide to go ahead

### When would the consultations be?

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

### Where will I be seen?

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

### When will I be seen?

You will hear from us within a week of contacting us and will be offered the soonest available time

### How do I make an appointment?

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

[counselling@preston-manor.com](mailto:counselling@preston-manor.com)

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

The school consultation service is not an emergency service. If you need help urgently, you should contact your GP or go to the A & E dept. of your local hospital. If you are feeling distressed and want to talk to someone immediately, there are phone helplines, such as Kooth, the Samaritans (116 123) or ChildLine (0800 1111). You can also talk to a member of staff to let them know.

