

We are a counselling service working in your school.

If you are having a difficult time, you might want to talk to us in private.

self-harm

growing up

fitting in

friendships

feeling angry
or sad

Worries
about the
future

Counselling Service at Preston Manor

Information for students



Who we are

The Preston Manor Counselling Service is provided by **The Brent Centre for Young People** (www.brentcentre.org.uk) We offer specialist support and counselling / therapy to young people and have had a team of therapists at Preston Manor since 1999.

What is counselling?

Growing up has lots of challenges and sometimes it can feel like there's too much to cope with. You may be feeling angry, sad or confused. You may be struggling at school or with relationships with family or friends. You may worry that you will do or have done something bad and you may feel alone with your worries. These are some of the things that people come to counselling for.

Counselling provides a space to think and talk about your difficulties with someone who works with young people and who can help you make sense of what is happening, so that things can feel more manageable.



Individual sessions

How does it happen?

Your DSD/tutor/PSA would discuss the possibility of counselling with you and, if you would like to try it, they will make a referral to us.

We would offer you an initial appointment with one of our therapists. If it is felt that it would be helpful for you, you would then meet with your therapist weekly, until you agree to end.

Where and when?

Sessions are offered on the same day each week, but usually rotating times, so you don't miss the same lesson. They last for 45 minutes and take place in one of our counselling rooms in 'The Manor House.'

Your PSA would bring you to the initial appointment and after that you would bring yourself. You'd get a reminder slip that morning.

Confidentiality

What is spoken about in sessions is confidential. Your tutor and your DSD would be informed that you are having counselling, but would not be given specific details of what happens in your sessions. Only in exceptional circumstances would we need to share things and this would be explained carefully to you beforehand.

It is usual for parents of the younger year groups to be asked if they agree to you having counselling.

Groups

We run various groups of about 6 – 8 young people, with 2 therapists, for a fixed amount of time. You would meet with the therapists on your own first for an introduction and then meet as a group weekly, in a meeting room in 'The Manor House.' The same confidentiality applies to groups as in individual counselling.

Sixth Form Consultation Service

Sixth formers can refer themselves to our consultation service (1 or 4 session) by emailing us directly (see address below). We have a separate leaflet if you want more information about the service.

Further Information

If you still have questions about counselling and would like to contact us, you are welcome to email us at:

counselling@preston-manor.com.

Alternatively, you could speak with your tutor, your PSA or your DSD.