

Visit our website for self-help and other mental health

[https://
www.cherwell.oxon.sch.uk/
683/counselling-service](https://www.cherwell.oxon.sch.uk/683/counselling-service)



Useful Resources

You may find these self help resources useful.

Childline 0800 1111
www.childline.org.uk

A free 24 hour service by phone and online. Their website has some great information about a range of problems.

Young Minds www.youngminds.org.uk

Website with lots of information about mental health and the services that are available from the NHS.

Relaxation Techniques
www.stopbreathethink.org

A free and interactive way to learn to relax via their website or apps.

Smiling Mind www.smilingmind.com.au

A free service to teach you mindfulness which has been proven to help reduce stress and depression.

Mood Juice
www.moodjuice.scot.nhs.uk

A great website full of self help resources that you can download and work through.

Stonewall www.stonewall.org.uk

Stonewall has lots of advice about LGBT+ issues.

There is a lot of advice online, but not all sites offer good and safe ways of managing your difficulties. The sites listed above have

The Cherwell School Counselling Service



Information For Students

What is counselling?

Sometimes it's difficult to talk to parents, teachers or your friends about your problems. Counsellors are here to listen and support you, so that you can focus more clearly on the issues that are causing difficulties. You'll be able to work with the counsellor in a safe and non judgemental relationship.

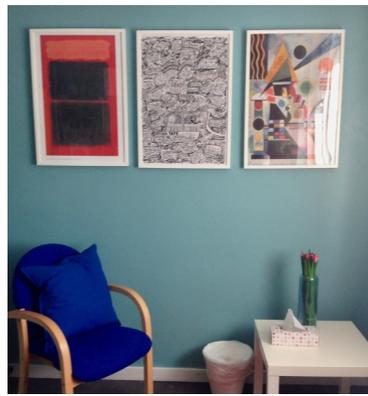
You might feel nervous when you meet your counsellor for the first time. Just let them know how you are feeling and they will be able to help you.

“Counselling is like a jigsaw puzzle. Each session you start to put the pieces together and it starts to make sense.”

A Year 12 student.

What sort of things can counselling help with?

A whole range of issues which include anxiety, stress, relationships, sexuality, depression, problems with parents, addictive behaviours and school issues.



Confidentiality

When you meet the counsellor for the first time they will explain confidentiality in more detail and you can ask them questions. You have the right to confidentiality and we will not share details of the sessions without your permission. This means you can attend counselling without your parents or legal guardians being informed.

However, there are a couple of exceptions to this. Firstly, your Year Leader, Deputy Year Leader, School Nurse and members of the Safeguarding team can discover that you are attending counselling sessions, but may not know why unless they made the original referral.

Secondly, we may have to break confidentiality if we feel that you are at risk by someone harming you or you harming yourself. In this instance, we will let you know beforehand, so it will not come as a surprise. We may need to inform the school and your parents/guardians. Most students tell us that it was a positive experience and see some positive changes at home as a result.

“I didn't want to attend my counselling appointments at first, they seemed to make me feel worse as I realised how bad things were. But after that, each week it got better. It was great having the support.”

Year 8 student.

How to book an appointment?

Your Deputy Year Leader manages all referrals to the counselling service. If its easier you can speak with any member of staff, who will then meeting with your DYL to contact us.

Alternatively, you can e-mail us directly to book an appointment. Please check your e-mail regularly as that is how we will respond to you.

If you change your mind about counselling once you are offered your first appointment,

How to make contact

Speak with your Deputy Year Leader and they can refer you .

E-mail Us

wellbeingteam@thecherwellschool.org