

## What areas of Mental Health do they support?

The counsellor in each school is a qualified counsellor with experience in working with individuals that have displayed a variety of mental health and wellbeing issues. These issues are many and varied and can include anxiety, stress (including exam stress), relationship issues, anger management, low mood, self-harm and many others.

As a child continues to develop in their school years they can experience any number of emotions that they may struggle to understand or be in control of. These experiences can have an impact on the child and their behaviour. To attend counselling at a time when the child most needs the support can be a positive decision

The 3 most common mental health needs supported during 2021 so far were:

1. **Anxiety**
2. **Family/Relationship difficulties**
3. **Depression**

## Useful Websites

**Togetherall** Digital mental health support for young people in SAC age 16-25 Available at: <http://togetherall.com/>

**NHS** Stress and Anxiety in Children Available on - <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

**Childmind** Information & resources for various mental health needs Available on – <https://childmind.org/topics/>

**Moodjuice** Self-help resource site Available on – <https://www.moodjuice.scot.nhs.uk/>

**Young Minds** Available on - <https://youngminds.org.uk/>

**Apps & Websites to support mental health & wellbeing** -available on <https://www.nhsaaa.net/better-health>

## School Counselling – A Guide for Parents



**South Ayrshire Council**

## What is the School Counselling Service?

The school counselling service is an additional service within the school that supports children and young people from 10 years old and above and attend primary or secondary schools within South Ayrshire. There is at least one counsellor in each high school in South Ayrshire. This is a confidential service which supports all pupils that may have issues with their mental health and wellbeing.



## How does it work?

When the pupil has been referred to the counselling service they will attend a counselling session each week to work on the mental health or wellbeing issue that they are struggling with. By discussing the issue over many sessions, agreed coping strategies that are individual to the person are introduced. These coping strategies will allow the pupil to have more understanding of the issue. What the potential triggers are, and how to manage or reduce the issue.

## What do young people who've had counselling say?

*"It helped [me] through the hardest time I've experienced"*

*"It helps you to understand and work through the different things going on in your life"*

## How are young people referred to the Counselling Service?

Pupils can self-refer to the service if they are having mental health or wellbeing issues by completing one of the self-referral forms which are placed around the school and put in the post boxes or hand it to the counsellor.

They may be referred by a teacher, guidance/pastoral teacher or head/deputy head teacher, should they feel it would be a benefit to the pupil. This referral would only happen after a discussion with the pupil.

Parents/carers may refer their child to the counselling service by contacting the school and speaking to a staff member to discuss the issue and asking for a referral to the counselling service for their child.

## Will I know if my child is accessing the school counselling service?

Depending on your child's age, the school may not be required to notify you that your child is engaging with the school counsellor, due to confidentiality. Your child or young person may choose to share this with you.