

## What areas of Mental Health do they support?

We will work with you to resolve a range of issues that can include, low mood, anxiety, stress, anger management, worry, gender issues self-esteem, family issues, and many other issues. We all need support at times in our lives to help us through the hard times. It is always a positive idea to ask for help.

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



**Anxiety**

**Family/Relationship difficulties**



**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 Young People



**South Ayrshire Council**

### What is Counselling?

The school counsellor is a support for ALL pupils aged 10 years old and above who may be struggling with a variety of mental health and wellbeing issues.

The counselling service is a private and confidential service where you can talk to someone that will listen to what you have to say.

### How do I access counselling?

You can access this support in a few ways, you can talk to your teachers or guidance teachers and they can refer you or you can refer yourself using the self-referral forms. You can put the form in the post boxes in the school or hand them to the counsellor. The counsellor will contact you and arrange an appointment that is suitable for you during the school day.

### How does it work?

You would attend a session face to face once a week with the counsellor and discuss the issue. The sessions last the same length in time as a school period and there is no limit to how many sessions you can have. During the session you will work together with the counsellor to identify what the issue is and develop coping strategies that helps to reduce or manage the issues so you can move forward in a positive manner. The counsellor will work in a person centred and confidential manner with you.

### 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"*

### Who will know I'm attending counselling?

Your teachers will know if you are referred by them, & your Head teacher/Deputy Head teacher will be advised you are attending counselling.

### Will they know why I am attending counselling?

No, if you self-refer to counselling it is confidential. Other staff members may be informed if it is felt you need additional support and it would benefit you to move on.

### Will my parents be informed?

Parents will only be informed if appropriate e.g. if you are under 12 and with your consent.

