

### What have other students said about counselling?

"It was good to talk to someone I didn't already know."

"Having counselling has helped me a lot. I have been able to discuss my problems instead of locking them away, which is what I used to do. It has been really helpful in making me feel happier."

"It helped me to understand my problems and to overcome them."

"It really helped me to talk more to my family and people around me that I could talk to."

"The counselling has helped me to feel confident in myself."

"I don't feel ashamed to admit that I need help because now I know that I am not the only one that needs help."

### How do I find out more or ask to see the counsellor?

Your form tutor or Head of Year will be able to give you more information. You could also pop down during a break or lunchtime to have a quick chat with the counsellor.

At Haute Vallee, Katie Mulligan, offers the counselling service. She has lots of experience working with children and young people and is also qualified in counselling and psychotherapy.

Should you feel that counselling isn't the right help for you. Please see below further agencies that can provide children and Young people with support.



Samaritans  
116 123



Youth Enquiry Service  
280 530



Mind Jersey  
0800 7359404



Jersey Youth Service  
280 500



National Society for the  
Prevention of Cruelty to  
Children 0808 800 5000



Childline  
0800 1111

# Haute Vallee School Based Counselling Service Information for Students





## Katie Mulligan Haute Vallée's School Based Counsellor

### Introduction

Sometimes life can be difficult, and people growing up can be under lots of different pressures. Having someone you can talk to who will really listen to you can often help us to feel better.

At times, everyone feels worried or has problems that may be hard to talk about with the people who they are closest to. You may worry about whether they will understand, whether you can trust them, whether they will blame you, or ignore your feelings. That is when you may think about accessing the counselling service at school.

### Why is counselling different to talking to someone I already know?

- We don't blame or judge you.
- We don't tell you what to do.
- We are there for you - whatever the problem.
- We are good at listening carefully.
- We can see you in school time.
- We help you sort things out in a way which suits you.
- We understand how your school works and can get you more help and information if you need it.
- We can give you the time and space you need.
- We have had plenty of training and practice to help us do our job well.

### Will other people be told what I say during my sessions?

We don't ordinarily tell other people about you or your situation without your permission.

If we think that you, or someone else, may be at risk or in danger, we may need to get help from others to keep you safe. We will talk with you about this and together we will try to find the best thing to do for you.



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### What kind of things can I talk about in these sessions?

Everything is welcome in counselling. You can talk about whatever is on your mind, problems, decisions, worries/anxiety, and changes. It could be lots of different things - making friends and relationships, parents separating, losing your temper and getting into trouble at home or at school, teasing and bullying, losing someone special, mixed-up feelings, health worries, exams and coursework. All these things can affect how you feel and how you behave. Talking about your worries and problems can be the start of working with you to sort them out, helping you to become happier and less worried.

### How does it work?

Accessing this service might be your idea, your parents idea or a teacher may suggest it. You don't have to decide straight away. Firstly, you can meet the counsellor just to ask questions and find out more. Counselling is voluntary - it's your choice, and whatever you decide is OK.

You are likely to be offered appointments for regular sessions for several weeks in the counsellor's room where you won't be disturbed. The school would like to contact your parents/carers to let them know you are having these meetings but will not go into details. It may still be possible to come to counselling without your parents being told, and you can discuss this during your first meeting with the counsellor.

After you have finished your counselling you will be given an evaluation form that you can complete.

This form is anonymous, unless you choose to put your name on it. The feedback you give will let us know how well we are helping young people that we see. If you have any concerns or complaints you are welcome to raise this with Miss Quenault.