

### How can parents and carers find out more?

Your child's form tutor or Head of Year will be able to give you more information.

At Haute Vallee, Katie Mulligan offers the counselling service. Katie is qualified in Counselling & Psychotherapy. She has been trained in a range of therapeutic interventions and has a wide range of experience with both children and young people.

Contact details: Tel 736524

Email: [k.mulligan@hv.sch.je](mailto:k.mulligan@hv.sch.je)

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



Samaritans  
116 123



Youth Enquiry Service  
280 530



Jersey Youth Service  
280 500



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



Mind Jersey  
0800 7359404



Childline  
0800 1111

# Haute Vallee School Based Counselling Service Information for Parents & Carers





## **Katie Mulligan Haute Vallée's School Based Counsellor**

### **Introduction**

All parents have the responsibility of helping their children to grow and develop. Children may need help with their problems and worries. Sometimes, no matter how well they get on with their parents, they may find it hard to talk openly to them. Children often get help and support by talking to someone they trust like parents, friends, a teacher, a relative or sometimes neighbours can help too. Often having a problem or concern can affect a child's behaviour and school work. Having access to a qualified counsellor may help. In this leaflet, 'child' means any child or young person, aged between and including 11-16.

### **How can school counselling help?**

Professionals offering a counselling service are carefully selected for their experience and qualifications.

Counsellors are good at relating to children and are trained to listen without judging. They can help young people to sort through their thoughts and feelings in order to make sense of them and also work on what is worrying them and making positive changes within their life.

Counselling is offered on school premises, and usually in school time. The length of the sessions varies. With younger children, the sessions may involve play and craft materials. What is talked about during the sessions is confidential, but the child is told that some of their problems may be discussed with other people and agencies to get help for them if they agree. If the child is thought to be at risk or in danger the information is shared immediately. This service is independent from the school staff but works with teachers and other staff to help support your child, while at the same time maintaining confidentiality.

Sometimes, with the child's and parent/carer's knowledge and consent a referral to other agencies may be suggested.



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### **How does my son or daughter access the counselling service?**

Your child may ask for an appointment themselves, or you, or a teacher may recommend it. Counselling needs to be a voluntary process. When counselling is offered to children under the age of 14, you will be asked to sign a form or give verbal permission to say that you agree to your child having counselling. Older children who ask for counselling and are capable of fully understanding what is involved may access counselling in their own right, without permission from a parent.

### **What can counselling help with?**

There can be lots of pressures on young people growing up. E.g. Friendships, teasing and bullying; exams and school work; family relationships, separations and changes; as well as illness, and loss or death of someone close. Young people also have to cope with adolescence and the strong feelings and physical changes that go with it. Even quite young children can find that the time and space they get from counselling helps improve mood and cope better at home and in school.

### **How can a parent or carer support the counselling?**

It will help your child if you accept counselling as a normal and useful engagement. Also showing an interest can help if they want to talk to you about it. Allow them privacy if they would prefer not to discuss it. Counselling is not usually an immediate fix and it can sometimes take time for young people to feel better so giving the process time to work can be helpful and remove pressure from children and young people.

### **Who offers the counselling service?**

Professionals offering this service in schools are trained for this special type of work and are professionally managed and supervised. They hold a recognised qualification appropriate to the field of work and practise within a recognised code of ethics appropriate to their qualification. They will all have provided references to show their suitability for the post and pass appropriate police checks. They work closely with school staff and other agencies.