

Area 43

Gwybodaeth, Hyfforddiant, Cefnogaeth a Chwmsela i Bobl Ifanc
Information, Training, Support & Counselling for Young People

Independent Counselling Service



0800 0385778
01239 614566
area43.co.uk
counselling@area43.co.uk
1 Pont Y Cleifion
Cardigan, Ceredigion SA43 1DW

AREA 43 COUNSELLING INFORMATION FOR CHILDREN AND YOUNG PEOPLE

What is counselling about?

Sometimes we all have problems that are worrying. Think of a confusing jigsaw when all the pieces are difficult to match together. Talking about a problem in counselling is like sorting out all the pieces so we can begin to build a picture that makes more sense to us.

Sometimes it's hard to talk to parents, friends or teachers about things that are making us anxious. A counsellor is someone who you can talk to, someone who will listen to you very carefully, who will not judge you or tell you what to do.

Counselling is about helping you to work things out for yourself, making decisions and choices and helping you to look at things differently. It can help you to feel better about yourself.

What kind of things do people talk about in counselling?

Whatever matters to them or things that may be worrying for them. It could be about lots of different things. Here are some examples of problems and some thoughts, questions and feelings that you may have.

- **Parents separating**
Is it my fault? Their breaking up is breaking me up too.
- **Chaos at home**
I want to go out with my mates and make my own decisions. I'm arguing with parents all the time. They never listen to me, why should I listen to them?
- **Making friends/keeping friends**
Everyone else seems to have loads of friends. I haven't. What's wrong with me?
- **I'm feeling angry but I don't know why**
I'm worried because I keep feeling that I want to lash out at people. I can't control myself. I'm always in trouble at home and at school because of it.
- **Bullies are about**
I don't want to come to school. Bullies bug me every day and it's getting worse.
- **A tough time at school**
The work is piling up. I'm getting more and more behind. I can't seem to get on with it. The longer that this goes on the worse I feel.
- **Death of someone special**
I miss this person so much. I'll never get through this. It'll be like this forever. Nobody understands how bad I'm feeling.
- **Feelings about myself**
Sometimes I don't understand how I feel or why I feel like I do.

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How will I know if Counselling is right for me?

You can meet the counsellor for one or more sessions to find out for yourself. You can ask questions, see how you feel. The counsellor will talk to you about where and when to come and how often you will meet. Counselling is voluntary, it is entirely your choice whether you come or not. Whatever you decide will be OK.

My problems and worries are private. Will other people know what I have talked about?

No. What you talk about is confidential. That means it's between you and the counsellor. It's your time and your space to be with someone who is there for you and nobody else. Obviously, if **you** want to talk to anyone else about what you have discussed in the counselling session, that is up to you. The counsellor will keep confidentiality unless you are at risk of harm, in this case they may need to talk to someone else to help keep you safe, but will always try to talk with you about this first.

A counsellor also presents their work to a counselling supervisor regularly, to make sure that the counsellor is working well with their clients. This process is completely anonymous; you will not be identified by name.

Will anything be written about me?

Keeping information, about people, safe and confidential is very important to the counsellor.

The counsellor may make some notes about what has been talked about in the session. If they do, they will be kept safely in an encrypted file or in a locked filing cabinet. All information written or discussed, remains private and confidential unless there is an agreed or overriding need to share this information in your best interests.

How do I get to see the Counsellor?

You can begin by talking to a parent, your teacher, another member of school staff that you trust or you could telephone Area 43 directly.

What happens next?

After you have finished your counselling sessions, you will be given an evaluation form that you can complete. This form is anonymous, it only needs the name of your school. You will also be given an envelope to put your completed form in so your counsellor will not see what you have written. These forms are then sent to the Counselling Service Manager at Area 43 and the feedback you give will let us know how well we are helping the children and young people that we see.

Compliments or Complaints

If you have any compliments, concerns or complaints you are welcome to either speak with your counsellor or contact the Counselling Service Manager at Area 43.

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Here are some comments made by pupils who have been to counselling:

“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 a very big help to me.”

“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.”

If after reading this information, you have any more questions please contact the Counselling Service Manager at Area 43

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