

ABOUT COUNSELLING FOR CHILDREN





WHAT IS COUNSELLING?

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 worry.



WHAT IS COUNSELLING?

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 CHILDREN 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.

WHAT KIND OF THINGS DO CHILDREN TALK ABOUT IN COUNSELLING?



- PARENTS SEPARATING
 - Is it my fault? Their breaking up is breaking me up too.
- WORRIES
 - I worry about my health or safety. I find it hard to go to sleep at bedtime, feel scared of something or have aches and pains even when I'm not sick. I'm going through a family problem, a health problem, or hard times.

WHAT KIND OF THINGS DO CHILDREN TALK ABOUT IN COUNSELLING?



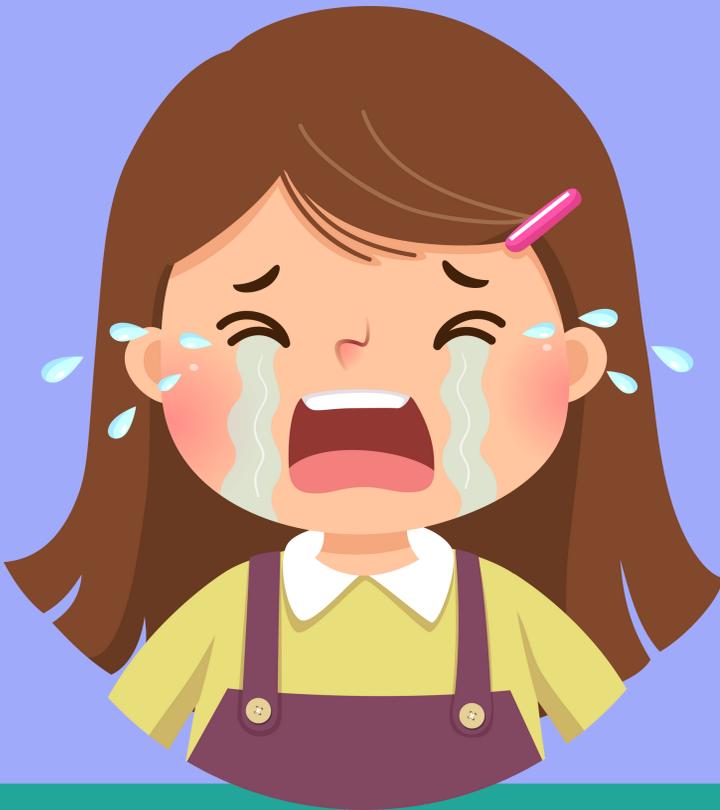
- MAKING FRIENDS/KEEPING FRIENDS
 - Everyone else seems to have loads of friends. I haven't. What's wrong with me?
- I FEEL ANGRY, BUT I DON'T KNOW WHY
 - I'm worried because I keep feeling that I want to hurt myself or other people. I argue, fight, or get angry too often. I feel like I'm always in trouble at home and school because of it.

WHAT KIND OF THINGS DO CHILDREN TALK ABOUT IN COUNSELLING?



- BULLIES
 - I don't want to go to school. Bullies bug me every day and it's getting worse.
- A TOUGH TIME AT SCHOOL
 - I have trouble paying attention, staying focused, or sitting still in class, school stress, or trouble getting along with people.

WHAT KIND OF THINGS DO CHILDREN TALK ABOUT IN COUNSELLING?



- 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
 - I feel too much worry, anger, feeling low, or sadness. Sometimes I don't understand how I feel or why I feel like I do.
- AND LOTS OF OTHER THINGS..
- YOU CAN TALK ABOUT ANYTHING YOU WANT TO..

HOW WILL I KNOW IF COUNSELLING IS RIGHT FOR ME?

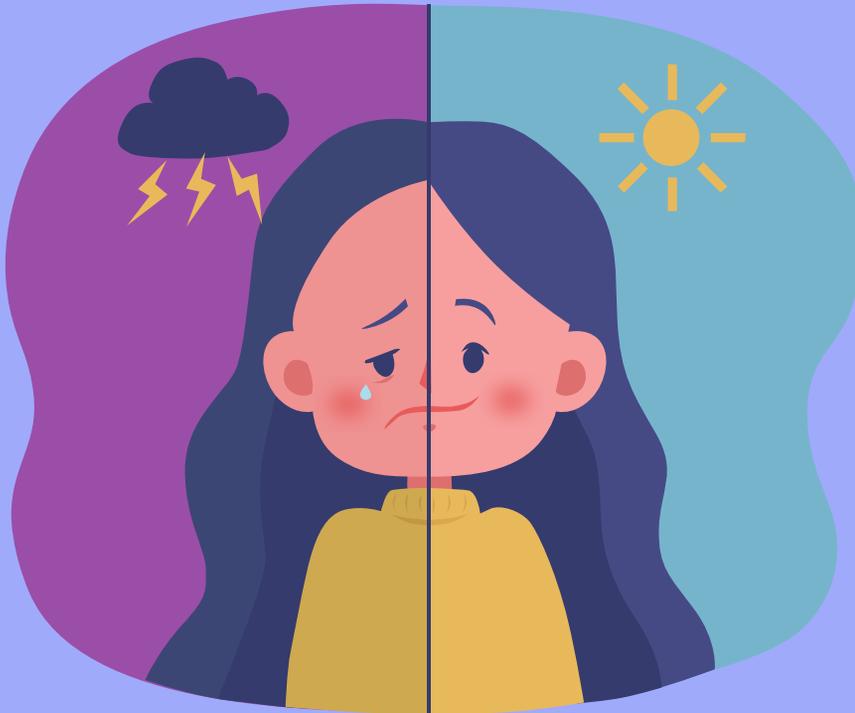


You can meet the counsellor for one or more sessions to find out for yourself. You can ask questions, and see how you feel.

The counsellor will talk to you about where and when to come and how often you will meet.

It is your choice whether you come to counselling 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. If you want to talk to anyone else about what you have talked about in the counselling session, that is up to you.

MY PROBLEMS AND WORRIES ARE PRIVATE. WILL OTHER PEOPLE KNOW WHAT I HAVE TALKED ABOUT?

The counsellor will keep confidentiality unless you, are or someone else is 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; they won't use your 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 a secure computer.

All information written or talked about, stays private and confidential, unless counsellors need to share this information to keep you safe or you ask them to share information for you.



HOW DO I GET TO SEE THE COUNSELLOR?

You can begin by talking to a parent, your teacher, or another member of school staff that you trust and ask about having counselling to help you.

They will need to fill in a form. Then a counsellor will arrange to see you to talk about what you need help with.

Ask them to SCAN or CLICK the QR code for your area to access the registration form



WHAT HAPPENS NEXT?



After you have finished your counselling sessions, the counsellor may ask you some questions to see if counselling has helped you or not.

They may ask you to draw a picture or write a story or poem about counselling so that the managers know how well we are helping the children that we see. They will not tell anyone your name.



WE LOVE TO HEAR FROM YOU

We love to hear from children and young people at Area 43, we hope counselling helps you to feel better.

If you are not happy with your counsellor, or it isn't helping you, please tell an adult that you trust and they can contact Area 43 and let us know.

We will try and change the person that you see or find you some different help.

AREA43

HERE ARE SOME COMMENTS CHILDREN HAVE TOLD US AFTER 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 really helped me to talk more to my family and people around me that I could talk to.”

HERE ARE SOME COMMENTS CHILDREN HAVE TOLD US AFTER COUNSELLING:



“it helped me to understand my problems and to overcome them.”

“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.”

WHAT IF I NEED HELP NOW?



- Papyrus - HOPELINEUK
Freephone 0800 068 41 41
- Samaritans 116 123
- ChildLine 0800 1111
- Text SHOUT to 85258 for
24/7 crisis text support
www.giveusashout.org
- C.A.L.L. Mental Health
Helpline 0800 132737 or
text HELP to 81066



counselling@area43.co.uk



area43.co.uk



01239 614 566

Area 43 / Depot

35 Pendre

Aberteifi | Cardigan

SA43 1JS

