

OFF THE RECORD'S SCHOOL COUNSELLING SUPPORT

Children and young people are experts in their own experiences and it is the counsellor's role to facilitate understanding, reflection and growth



Counselling:

Counselling gives children and young people a safe and confidential space to help understand and manage their emotions, thoughts, behaviours and personal difficulties.

Counselling sessions can include talking, play, art and other therapeutic activities. Our counsellors can offer a meet and greet to help explain what they can offer and tailor their sessions to meet the young person's needs.

About Off The Record:

Off the Record is a charity that provides free emotional support and counselling services for young people in Croydon, Merton and Sutton.

For more information about Off the Record and our range of services please visit our website:



www.talkofftherecord.com

TALK TO US



COUNSELLING

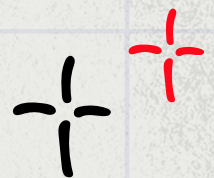
How can counselling help?

Counselling can help a child or young person if they are feeling worried, stressed or anxious. If they are feeling sad or not caring about things as much as they used to, have experienced something frightening or traumatic, having a difficult time at home or with family, or finding relationships difficult

Confidentiality and Consent

- What 's shared with the counsellor is confidential, helping to create a safe environment to speak freely
- We won't share details of our conversations without permission, unless there's a serious concern about safety, or if we are legally required to do so
- For under 13s; Parental/Carer written consent is required and the young person must also agree verbally to counselling.
- For over 13s; The counsellor will ask for consent directly from the young person

Number of sessions



- 8 weekly, 50 minute, face to face sessions, in school, at the same time every week

How can I refer for counselling?

- Speak to your Head of Year, or a trusted staff member at school.
- Let them know you are interested in counselling, and they will make a confidential referral to the Off The Record's school team.
- A referral will be made and the counsellor will be in touch to arrange an initial assessment

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