**Hi! I’m Elinor Harvey, School Counsellor At St Barts.**

**What is counselling about?**

We all have problems that make us feel worried, low or angry. 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 is difficult to talk to parents, friends or teachers about things. A school counsellor is someone who you can talk to in a different way, someone who will listen to you very carefully, who will not judge or tell you what to do. Counselling is a ‘talking therapy’ which means that often difficulties and problems can feel easier to manage after talking them through with a trained counsellor.

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

**What kind of things do people talk about in counselling?**

Lots of things! I see students for many different reasons which may include:

* Friendship issues
* Low mood
* Sleep problems
* Self harm or suicidal thoughts
* Problems at home or school
* Feeling angry
* Feeling worried or stressed
* The death of someone special

**How will I know if counselling is right for me?**

* I always offer an initial assessment appointment so you can meet me to find out for yourself and we can decide together what the next steps are
* You can ask questions and see how you feel
* If counselling is suitable for you, then I will arrange ongoing counselling sessions which are usually weekly.
* Counselling is voluntary, you have the choice to come or not and whatever you decide will be ok

If you would like to book to see me for an initial assessment, please fill in a Referral form which you can get from House Office or outside my room E132. If you are Year 7-11 your parent do need to sign a permission slip for you to attend the session, but I would not tell them what we talk about during the session.

Link to download the School Counselling and ELSA Referral Form [Here](http://www.stbarts.co.uk/wp-content/uploads/2019/07/School-Counselling-and-ELSA-referral-form-1.docx)