



Student Counselling

SERVICE



From time to time life can feel like a challenge and you may need extra support. Our counsellor is here to listen and help.

We want to support you to become the best version of yourself.





What is counselling?

Counselling or 'talking therapy' allows you to discuss your problems or any difficult feelings you are having in a safe, confidential environment. It can be useful for anyone wanting to explore and better understand their thoughts and feelings in more depth.

Counselling can help you understand yourself better and the way you think, which will help you develop a clearer understanding of your problems.

A counsellor is not there to sit you down and tell you what to do. Instead they will encourage you to talk about what is troubling you, help you find your own solutions and ways of coping.

How can counselling help?

At times, everyone feels worried or has problems that might be hard to talk about.

Talking to your family and friends can be really helpful, but sometimes you might feel like you need to talk to someone else- perhaps you are worried about upsetting someone or you are afraid they won't understand.

This is when you might think about speaking to a counsellor. Our counsellor wants to listen, help and support you.



How many times will I see the counsellor?

Your counsellor will talk to you regularly about how counselling is going and agree the number of sessions right for you.



What can I talk about?

You can talk about whatever is on your mind.

Some of the concerns that students want support with include things like feeling anxious, sad and depressed, relationship difficulties with family and friends, difficulties managing emotions, losing someone close, identity, sexuality, bullying, self-harm and low self-esteem.

Will the counsellor tell others what I say?

What you talk about in your sessions is private and confidential unless your counsellor is worried about your safety or the safety of someone else.

They will then have to speak to the safeguarding team at school, but only about how to keep you and other people safe.



Where else can I get support?



www.kooth.com

Free, anonymous, confidential, website where young people can access online counselling support.



www.themix.org.uk

Free, confidential support for young people under 25 via mobile and online.



www.stem4.org.uk

Information on mental health and mental health apps.



www.childline.org.uk

A confidential service for anybody feeling low, anxious or depressed. Call free 24/7 on 0800 1111.



www.youngminds.org.uk

support information & advice about mental health and well being.

YoungMinds Crisis messenger

Text YM to 8528. Free 24/7 crisis support across the UK.



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60 Grey Mare Lane,
Beswick,
East Manchester,
M11 3DS

Tel: 0161 230 8039

Email: admin@temac.co.uk

Web: www.theeastmanchesteracademy.co.uk