

### What is Counselling?

Counselling is a talking therapy which means it is a safe place for you to explore your emotions and learn coping strategies to overcome any difficulties you may be experiencing. Counsellors are there to provide a listening ear and help you through your problems as looking after your mental health is just as important as looking after your physical health.

### Who can Counselling help?

Counselling can help many people including children, young people and adults. Counselling can support you if you are struggling with any of the below issues: bullying, anger, worry, self-esteem, losing a loved one, big changes in life, low mood, trauma, bereavement, school problems, exam stress and friendship/family issues.

### What do Counselling sessions look like?

Within counselling sessions, you will be able to spend time on anything that you would like help with. You may wish to talk about what is bothering you or look at ways to help you cope with a specific difficulty, for example, what it is that is making you angry and how your counsellor can help out with that.

### How long are Counselling sessions?

Counselling sessions usually last around 50 minutes and can be delivered in a variety of ways. You will receive 6-12 sessions and these will normally take place weekly.