

Independent Counselling In Schools Service



IT'S OKAY

TO ASK

FOR HELP





My name is Olivia
I am a Counsellor
and I work for
Familyworks in your
school on a Monday



What is counselling?

Counselling provides a safe & confidential space to look at and talk about worries or concerns. It can help you to find a way to change how you think, feel and cope.



FAMILYWORKS

COUNSELLING • MEDIATION • TRAINING



What can counselling help with?

Many young people struggle with how they feel. They may be having problems with friends, family or school, maybe they are anxious, angry or scared and need to talk to someone, but find it difficult to talk to people they know.



How might counselling help?

It can help you to feel less alone with your problems

Can help to problem solve & develop your coping skills

It can help you clarify issues that matter to you



How can I see the Counsellor?

You can speak to your Form Teacher, Year Head or Miss Faris

You can refer yourself by dropping your name into the post-box

**Refer online at
www.familyworksni.com**

Drop - in



Drop in

This is not counselling, it is a chance to talk

It is an opportunity to check out if speaking to the counsellor is for you!

Drop your name in the box outside Miss Faris' office and I will make contact with you

Pastoral room every Monday



When will I see the Counsellor?



If you do decide to come to counselling you will come every week for approximately 40 minutes and this is usually for 6 weeks.



Counselling is confidential so no-one will know you are going to counselling.





**When we can talk about our feelings,
they become less overwhelming, less
upsetting and less scary.**

- Fred Rogers





Thank you!