EVERY CHILD DESERVES TO BE HEARD

When children know they are listened to without judgement, they often feel safer, calmer and better able to understand themselves.

Counselling helps children build emotional resilience so they are better equipped to manage life's challenges–both now and in the future.

How can you find out more?

Speak to your child's teacher

www.unitedschoolsfed.co.uk /about/emotional-health/

Feedback from children who have accessed our school counselling service...

'She was there if I needed her'

'I like that I have someone to talk to and it really helps'

'It helped me make friends'

'If you were down you could speak and let it out'

OTHER SUPPORT

- Childline - www.childline.org.uk
- NSPCC - www.nspcc.org.uk
- YoungMinds Parent Helpline - www.youngminds.org.uk NHS
- Every Mind Matters - www.nhs.uk/every-mind-matters
- Devon Family Hubs - www.devon.gov.uk/children-families-education

Take Action!
Plant, Grow, Nurture!

Aiming Higher Achieving More
US
Together

USF SCHOOL COUNSELLING SERVICE

Supporting children and young people to understand their feelings, build resilience and thrive

HOW WE SUPPORT

Every child faces challenges from time to time. Whether they are struggling with worries, friendships, family changes, confidence, loss or overwhelming emotions, talking to someone outside the family can sometimes help.

School counselling provides children with a safe, confidential and non-judgemental space where they can explore their thoughts and feelings at their own pace.

Counselling is always a child's choice. We gently invite children to take part, but they are never pressured to attend or to talk. We respect each child's decision and wishes every step of the way.

COUNSELLING

Our qualified counsellors help children to:

· understand and express their feelings

· develop confidence and self-esteem

· learn practical tools and coping strategies for managing worries and big emotions

· solve problems and make positive choices

· build healthy relationships

· feel listened to, understood and valued

· develop resilience and emotional wellbeing

Counsellors do more than simply listen. Alongside providing a warm therapeutic relationship, they help children develop practical tools and techniques that support emotional wellbeing, encourage healthy ways of expressing feelings, strengthen problem-solving skills, and empower children to find their own voice and make positive choices.

WHO WE HELP

Children may benefit from counselling if they are experiencing:

· anxiety or worries
· friendship difficulties
· low confidence or self-esteem
· family changes, separation or bereavement
· emotional regulation difficulties
· anger or overwhelming feelings
· school-related stress
· neurodiversity-related emotional challenges
· bullying
· trauma or difficult life experiences
· questions about identity or belonging