

Relate

Leicester, Leicestershire & Rutland

School Counselling Service

Relate Leicester, Leicestershire & Rutland is an independent charitable company with over 80 years of experience. We build on the reputation of National Relate to delivery high quality mental health and counselling services to children, young people and families at their time of need.

Children & Young People's Counselling

Our Children and Young People's (CYP) Counselling Service offers a one-to-one service for young people aged 8-18 years (in certain circumstances, work may be possible with children who are younger; this is decided on a case-by-case basis). The service gives young people a safe and confidential space to talk about any concerns they have, or feelings they are finding difficult. This may include using creative methods such as drawing, art and play where appropriate. Each session lasts 45-50 minutes.

During the first session, the practitioner will explain how they work, and talk with the young person about whether they want to attend. Sessions work best when young people feel it is their choice, and their decision what issues to discuss. During the work, the practitioner will be led by whether the young person wishes to continue and what they want to work on. The evidence is that therapeutic work with children and young people can be very effective. It can take some time, including after the sessions have ended, to feel the full benefit. We cannot give 'answers'; instead we help and support young people in finding ways forward themselves.

Our counsellors

All of our counsellors hold a counselling qualification and have had additional specific training in working with children and/or young people. They have all been DBS-checked and work to Relate's Child Protection Policy, local Safeguarding procedures and the Ethical Guidelines of the British Association for Counselling and Psychotherapy (www.bacp.co.uk)

All of our counsellors receive regular clinical supervision and line management within Relate.

Confidentiality

Our service is confidential. We will not normally share with anyone else what a young person tells us, or give details about the work. This is important as it can help young people to trust that they can speak freely about their concerns. One exception to confidentiality is if we believe that the young person or someone else is at risk of harm (see Safeguarding below for more information).

Our records are confidential and kept in line with GDPR (data protection) legislation. Any notes we take during sessions are extremely brief to support the continuity of the work.

Safeguarding

If a child or young person discloses a potential safeguarding risk, the counsellor will speak to the young person about informing the school/college. In most circumstances, the counsellor will then inform the school/college counselling link worker. The school/college will be expected to contact relevant parents/carers to inform them of the concerns raised. The school/college will communicate to the parent/carer any actions needed and can provide them with support numbers.

Consent

If a child or young person wants counselling and is able to understand what it involves, they have the right to access it.

Young people who are 13+ and considered Fraser-competent (previously known as Gillick competent) can have access to counselling without parental consent. When working with children aged 12 and under, we aim to obtain consent from someone with parental responsibility before beginning the work. In most circumstances the school should obtain the parents/carers signature of consent on the referral form and data protection form before submitting the referral form to Relate.

When is counselling not appropriate?

In some circumstances, counselling may not be an appropriate option. This may include when there is an ongoing dispute over parental contact, or when support is already being received from another agency. We assess these situations on a case-by-case basis.

What young people say

"I feel like I can express my emotions better without feeling scared. I find it easier to talk to people about my feelings now. This has helped me a lot to cope with my emotions and I feel happier."

"I enjoyed having a space to talk, I have found the sessions really helpful."

Other support services

Central Access Point (CAP) ☎ **0808 800 3302**
Call For urgent mental health needs.

Samaritans ☎ **116 123** ✉ **jo@samaritans.org**
A free, confidential number to call when you need to talk as well as an email service.

SHOUT 📱 **Text 85258**
A free and confidential text messaging support service.

Tellmi www.tellmi.help
Tellmi is a safe, anonymous app where you can talk about absolutely anything.

Harmless www.harmless.org.uk
Centre for self-harm and suicide prevention offering support online and in centres in Leicester and Nottingham (self-referral forms online).

**If you are interested in our
School Counselling Service,
Please contact us on:**

☎ **01162543011**

✉ **reception@rllr.org.uk**