



## **Counselling at Thomas Telford School**

### **What do we offer?**

At Thomas Telford School we offer a counselling service to our students when they need extra support during a time of need or crisis. Our counselling service is provided by 2 qualified counsellors who work within the school every week offering support, guidance and advice. Appointments are made via the designated safeguard lead teachers who assess the needs of all students who may require extra support. Our counselling service is run in school within the safeguarding hub and each session takes place in our bespoke counselling room.

We work alongside parents and carers to ensure the service is effective and reassuring.

### **How many counsellors are available?**

We currently have 2 counsellors in school who work Monday to Friday with a range of students. Some students work with the counselling team for 6 week blocks. This duration is determined by the student, parent/carer and counsellor working in unison to ensure a positive outcome.

### **How long are the sessions?**

The sessions vary in length and students are given an allocated appointment time each week. This appointment works around lesson time and counselling sessions run throughout the school day. Each student meets their counsellor prior to starting the sessions.

### **What impact does the counselling have?**

We believe that in difficult and challenging times it helps if our students have someone else to talk to, someone other than a member of teaching staff. In some cases professional help and support is required and this is what we offer through our counselling service. Students who have had counselling intervention often describe feeling much better, more confident and supported with their feelings and emotions.



**Any student who feels they may need to speak to a counsellor must see Mr Nicholls to discuss.**