



*Do you need to talk in confidence?*

*Have any worries or concerns?*

*See inside for how we can help*

[www.leightonpark.com](http://www.leightonpark.com)



## ***WHAT IS COUNSELLING?***

A Counsellor is somebody you may go to talk to, in confidence about anything that is concerning you. This could be worries about your family, anxieties about examinations or school work, friendship issues, relationships, bullying, mood swings, anything really that you would like to talk about with a sympathetic and experienced professional who will not judge or criticise you or tell you what to do.

A counsellor is not a teacher in the school, but somebody who comes in from outside to work specifically with the pupils. Some people just come for a single session, but others may come regularly for a few weeks.

Here at Leighton Park our counsellor is Rebecca Senel.



## ***HOW CAN I BE SURE THAT THE SERVICE IS REALLY CONFIDENTIAL?***

Counselling is confidential insofar as the counsellor does not tell anybody – teachers, family or friends that you have been to see her, without your permission. Rebecca says ‘Even if people do know you are seeing me, what you say to me remains private. My aim is always to help you cope with the problem’.



## ***HOW DO I MAKE AN APPOINTMENT?***

At present Rebecca is in school every Tuesday and Thursday between 9am and 2pm in the Health Centre. If you would like to see her you should make an appointment, which you can do by e-mailing: [schoolcounsellor@leightonpark.com](mailto:schoolcounsellor@leightonpark.com), and she will reply with her next available appointment.

Your first meeting will last for 50 minutes, during which time you will decide which sort of help/support you may need and about any further sessions.

If you have any questions or would like to know more, then please contact Rebecca who will be more than happy to help.