



School Counselling Service

Delivered by

action
mental
health

Did you know?

Counselling is available in your school to help you look after your mental health, just like you care for your body. It's normal to experience a range of emotions like sadness, anger or anxiety. But when these feelings become overwhelming, it's important to talk to someone.

What is counselling?

Counselling offers a confidential time and space to discuss anything that's on your mind. Whether you're struggling with relationships at school or home, low confidence, high anxiety, or just don't feel okay, your school counsellor is here to listen and support you.

How can counselling help?

- ✓ Understand your feelings and emotions better
- ✓ Improve self-esteem and confidence
- ✓ Find new ways to cope
- ✓ Access more support when needed
- ✓ Bring about positive change now and hope for the future



How you can get support:

- **Talk to a trusted teacher:** Share your feelings with a teacher you trust, and they can refer you to the school counsellor.
- **Speak with your parent/guardian:** They can also refer you for counselling.
- **Visit our website:** Go to amh.org.uk/hopercounselling and click the pink button to fill out a simple form.
- **Drop-In sessions:** Your counsellor offers weekly drop-in sessions where you can talk without an appointment. Check with a teacher or the school notice board for details.

For more information on how to make a referral, speak to your HOPE Project contact:

 Email hope@amh.org.uk

 Visit amh.org.uk/hopercounselling or scan the QR code

