



HOPE Independent School Counselling and Therapy Service provided by ASCERT

www.ascert.biz

hope@ascert.biz

0800 2545 123

Everyone needs a little help sometimes



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My name is Diane Thompson

**I am a Counsellor and I work for
ASCERT in your school**

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WHAT IS COUNSELLING?

Counselling has been described in lots of ways, but at ASCERT we see it as being a supportive relationship, one that can help you to make changes in your life

Counselling provides a confidential space to look at and talk about worries or concerns

It can help you to find a way to change how you think, feel and cope





When we can talk about our feelings,
they come less overwhelming, less
upsetting and less scary

- Fred Rogers



SCHOOL COUNSELLING IS NOT...

- Disciplinary – it is support, not punishment
- It is not long term
- It is not a replacement for support from your school's pastoral team, like your Form Teacher or another teacher you trust

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Counselling is for anyone who
wants to talk about something
that is worrying or upsetting
them



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I will be in school on a

MONDAY

Between **9am & 1.30pm**



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MAKING A REFERRAL

- Self-Referral
- Referral by a teacher
- Referral by parent
- Another adult?





SELF REFERRAL

- Via ASCERT's Website
- By speaking directly with the Counsellor during a drop in appointment
- By speaking to Key Contact **Mr Irvine**



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The Counsellor will take time to
listen to you

They will help you look at what is
possible

If you are not sure that they can
help you then ask





DROP IN SERVICE

- This is not counselling, it is a chance to talk
- Time **Break & lunchtime**
- Where Pastoral Co Ordinator room
- How **just drop in, ask a teacher or office staff, ask the counsellor when you see them**
- It is an opportunity to check out if speaking to the counsellor is for you

A cluster of orange dots of varying sizes arranged in a roughly circular pattern.

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**We are here to support you
no matter what**



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