

## What areas of Mental Health do they support?

We will work with you to explore a range of issues that can include, low mood, anxiety, stress/exam stress, anger management, worry, gender issues, self-esteem, family or relationship problems, eating difficulties and many other issues. We all need support at times in our lives to help us through the hard times. It is always a positive idea to ask for help.



## Useful Websites

**Marr College Mental Health & Wellbeing Pages:**  
Info and support on issues that may impact our mental health as well as ideas to support our wellbeing.

<http://www.marr.sayr.sch.uk/mental-health--wellbeing.html>

**Young Minds:** More info and support for young people: <https://youngminds.org.uk/>

**Childline:** 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)  
Get help and advice about a wide range of issues, talk to a counsellor online. For anyone under 19.

**Togetherall:** Digital mental health support for young people in SAC age 16-25.  
<http://togetherall.com/>

**NHS Stress and Anxiety in Children**  
<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

**Childmind:** Resources for various mental health needs: <https://childmind.org/search/topics/>

**Moodjuice:** Self-help resource site.  
<https://www.moodjuice.scot.nhs.uk/>

**Apps & Websites to support mental health & wellbeing,** <https://www.nhs.uk/better-health/topics/mental-health-and-wellbeing/>

## School Counselling – A Guide for Young People



# Marr College

South  
**AYRSHIRE**  
COUNCIL  
Comhairle Siorrachd Àir a Deas

## What is counselling?

The school counsellors are a support for ALL pupils aged 10 years old and above who may be struggling with a variety of mental health and wellbeing issues. The counselling service is a private and confidential space where you can talk to someone that will listen to what you have to say.

## How does it work?

You would attend a session face to face once a week with the counsellor and discuss the issue. The sessions last the same length in time as a school period.

During the session you will work together with the counsellor to identify the challenges you may be facing and ways to support you. The counsellor will work with you as an individual in a confidential manner.

Pupils will be offered up to 12 sessions. These will be reviewed regularly.

## How do I access counselling?

You can access counselling by:

- talking to your guidance teacher/ another trusted adult who will refer you.
- self-referral:
  - filling in a **paper form** located outside the guidance room on the first floor and posting it in the counselling postbox.
  - or **online form** accessed here: <http://www.marr.sayr.sch.uk/mental-health-wellbeing.html> under 'Support Within School-School Counsellors.'

There is often a waiting list for counselling and when you reach the top the counsellor will contact you and arrange an appointment that is suitable for you during the school day.

## What do young people say?

*"It helped [me] through the hardest time I've experienced"*

*"It helps you to understand and work through the different things going on in your life."*

## Who will know I'm attending counselling?

The teacher referring you (usually your Guidance Teacher) will know & your Head teacher/Deputy Head teacher will be advised you are attending counselling.

## Will they know why I am attending counselling?

No, teachers will not know what you talk about in sessions. With your consent other adults in your life may be informed if it is felt you need additional support and it would benefit you to move on.

## Will my parents or carers be informed?

Parents/carers are generally informed you are attending counselling if you are under 16.

