St Katherine's School
Student Counselling Service

Information for Students

What is counselling?

At certain times in our lives, most of us could do with talking to someone about how we're feeling. Speaking with friends or family can be helpful, but sometimes it is easier to talk to someone who is more separate.

A Counsellor is someone who will listen to you very carefully, who will not judge you or tell you what to do.

Counselling is about helping you to work things out for yourself, making decisions and choices and helping you to look at things differently. It can help you to feel better about yourself.

What kind of things do people talk about in counselling?

People talk about whatever matters to them and is worrying them. It could be lots of different things, including: family issues, parents, friendships, anxiety, loneliness, bullying, relationships, school issues, guilt, worry, self-esteem, confidence, anger, sadness, fear, bereavement, body image, self-harm, and lots more.

What happens in a counselling session?

You can meet the Counsellor to find out if counselling is right for you. You can ask questions and see how you feel.

Then if you decide you would like to come back, we can book in some weekly sessions.

Counselling is voluntary – you will never be made to attend if you don't want to. You have the choice to come or not. Whatever you decide will be OK.

Will the Counsellor tell anyone what I talk about?

No. What you talk about is confidential. That means it's between you and the Counsellor. It's your time and your space to be with someone who is there for you and nobody else.

The Counsellor will keep confidentiality unless you are at serious risk of harm, which will be explained in your first session.

You do not need to tell anyone that you are coming to counselling, not your teacher, Tutor, Head of Year or even your parents, if you do not want them to know.

How can I see the Counsellor?

If you think you would like to come for a chat then you can contact us in the following ways:

- Email: counselling@stkaths.org.uk
- Text: 07800 813 742
- Pick up a referral form from outside student support
- Speak to your Head of Year, Tutor or a Teacher
- Pop in and see us in our room, which is just off the MFL social area, through door 31.