

Appendix 1

Information for Children – Counselling in Primary Schools Pilot



- > Sometimes things can be hard for kids at home or in school.
- > This can make you feel worried or sad or upset.
- > If you have worries you can talk to your parents/carers; your teacher or the new counsellor who is working in your school.
- > The counsellor tries to understand how children
 - think
 - feel
 - behave
- > Your feelings and what you think matters to them.
- > They will meet you once a week to find out how you are and what you think.
- > It will be easier to help you if they know what you think.
- > They will listen to what you have to say.
- > They will talk with people who know you well
- > The counsellor wants to understand what might make things better for you.
- > You can tell the counsellor anything.
- > If there is something that you don't want the counsellor to tell others, tell them that.
- > If you tell the counsellor something which makes them think that you or others may be in danger they will share this with another adult who can help.
- > The counselling is to help you. You don't have to go if you don't want to and you can stop going at any time.