



## COUNSELLING

### CHARTERHOUSE

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#### **Counselling**

Counselling offers an opportunity to explore any of life's issues, great or small, which may be causing you distress or concern. Talking about your feelings, thoughts and situations with someone who listens to you carefully and who does not judge you, can help you find your own answers.

You may wish to discuss a range of issues including:-

Fear of exams, life at home, too much work, stress, loneliness, depression, eating issues, lack of self-esteem, unhappiness in House, anxiety, drugs, self-harm.

#### **The School Counsellors**

There are two school counsellors

Mrs Vivienne Gordon Graham, the visiting counsellor who comes into school on Thursday afternoons, but otherwise keeps apart from school life.

and

Dr Chris O'Neill who is the residential on-site counsellor

#### **Appointments**

Vivienne Gordon-Graham is available on Thursday afternoons between 3.00pm and 7.00pm. To make an appointment please send her a letter, printing your name and House, and post it in either the Hunt Health Centre or Brooke Hall letter boxes. You may prefer to see her personally during her "drop in" hour from 3.00pm to 4.00pm before deciding to make an appointment. The counselling room is located inside the Hunt Health Centre.

If you would like to talk to Dr Chris O'Neill, you can drop in to Room 10 at the beginning of quarter on most days, (north side of LT Block, underneath the arches), e mail him at [cjon@charterhouse.org.uk](mailto:cjon@charterhouse.org.uk), leave a note at Brooke Hall, or leave a message with your name on his telephone answering machine (414437). He will arrange an appointment to suit you.

All counselling is confidential and the school counsellors abide by the Code of Ethics of the British Association for Counselling.

September 2010