



Counselling at Charterhouse

CHARTERHOUSE



COUNSELLING AIMS

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

A range of issues may be discussed including, but not limited to:

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

The "Future in Mind Report" (March 2015) estimates that one in ten young people will need support with their mental health. This can range from short spells of feeling down, to severe and persistent conditions which affect health and educational attainment.

THE SCHOOL COUNSELLORS

There are two School counsellors:

1. Ms Jan Symes who is the full-time counsellor.
2. Mr Ray Watters, the visiting counsellor who comes into School on Tuesday and Thursday afternoons.

APPOINTMENTS

If you would like to talk to Jan Symes or Ray Watters, you can book an appointment on the Charterhouse intranet 'Greyhound', Pastoral – Counselling – Book Appointment. Or by emailing counsellor@charterhouse.org.uk

All counselling is confidential and the School counsellors abide by the Code of Ethics of the British Association for Counselling. However, if a safeguarding matter is raised, it will be necessary for this information to be passed on to the Designated Safeguarding Lead. The pupil will always be informed of such a circumstance at the start of disclosure.

COUNSELLING IN THE WHOLE SCHOOL

Where consent is obtained, the counsellors work with the Hunt Health Centre, Housemasters and Matrons, amongst others, to help the pupil as much as possible. Jan Symes helps train the Specialist "Peer Support" group, and, alongside Mr John Richardson, trains the new Monitors (on a House by House basis) in basic safeguarding and listening skills.

The counsellors are a vital part of the "team around the child" and Jan Symes is a member of the School's Wellbeing and Pastoral Committee which meets to encourage and ensure that pastoral and clinical leaders in the School adopt a holistic approach to mental health and well-being.