



SACRED HEART GRAMMAR SCHOOL

STUDENT SUPPORT/COUNSELLING



What's student support/counselling about?

Sometimes we all have problems that are worrying. Think of a confusing jigsaw when all the pieces are difficult to match together. Talking about a problem with a member of the school's student support team is like sorting out all the pieces so we can begin to build a picture that makes more sense to us.

Sometimes it's difficult to talk to parents/guardians, friends or teachers about things that are making us anxious. Student Support has access to fully trained counsellors, experienced in working with a wide range of problems.

Two of the key members of the school's student support team are Helen Woods, the school's student counsellor, and Ursula O'Hara, Familyworks counsellor. They are people who you can talk to in a different way, people who will listen to you very carefully, who will not judge you or tell you what to do.

They will help you to work things out for yourself, make decisions and choices and help you to look at things differently. Meeting with Helen or Ursula can help you to feel better about yourself.

What kind of things do students talk about in student support?

Whatever matters to them? Whatever is worrying for them. It could be about lots of different things. Here are some examples of problems and some thoughts, questions and feelings that you may have.

For example:

PARENTS SEPARATING

Is it my fault? Their breaking up is breaking me up too.

CHAOS AT HOME

I want to go out with my friends and make my own decisions. I'm arguing with parents all the time. They never listen to me, why should I listen to them???

MAKING FRIENDS/KEEPING FRIENDS

Everyone else seems to have loads of friends. I haven't. What's wrong with me?

I'M FEELING ANGRY BUT I DON'T KNOW WHY

I'm worried because I keep feeling that I want to lash out at people. I can't control myself. I'm always in trouble at home and at school because of it.

BULLIES ARE ABOUT

I don't want to come to school. Bullies bug me every day and it's getting worse.

A TOUGH TIME AT SCHOOL

The work is piling up. I'm getting more and more behind. I can't seem to get on with it. The longer that this goes on the worse I feel.

DEATH OF SOMEONE SPECIAL

I miss this person so much. I'll never get through this. It'll be like this forever. Nobody understands how bad I'm feeling.

FEELINGS ABOUT MYSELF

Sometimes I don't understand how I feel or why I feel like I do.

[How will I know if student support/counselling is right for me?](#)

You can meet with Helen or Ursula from Student Support for one or more sessions to find out for yourself. You can ask questions, see how you feel.

They will talk to you about where and when to come and how often you will meet.

Student support, as it is for counselling, is voluntary. You have the choice to come or not. Whatever you decide will be OK.

[My problems and worries are private. Will other people know what I have talked about?](#)

No. What you talk about is confidential. That means it's between you and Helen/Ursula. It's your time and your space to be with someone who is there for you and nobody else. Obviously if you want to talk to anyone else about what you have discussed in the counselling session; that is up to you. Helen/Ursula will keep confidentiality unless you are at risk of harm. They may then need to talk to someone else to help keep you safe, but will always try to talk with you about this first.

[Will anything be written about me?](#)

Keeping information, about people, safe and confidential is very important to the counsellor. Helen/Ursula will make some notes about what has been talked about in the session. These are kept safely in a locked filing cabinet. All information written and discussed is private and confidential unless there is an agreed or overriding need to share this information in your best interests.

[How do I get to see the Student Support?](#)

Someone may have suggested it to you, or you can begin by talking to a member of staff that you trust. This may be your Form teacher, Year Head or a subject teacher. You can come to student support without your parents being informed. A request for student support will be completed and given to Helen/Ursula, who will then arrange see to you at a time convenient to both you and them.

[Here are some comments made by students who have been to Student Support...](#)

"Having met with Helen from Student Support has helped me a lot. I have been able to discuss my problems instead of locking them away, which is what I used to do. It has been a very big help to me."

"It helped me to understand my problems and to overcome them."

"It really helped me to talk more to my family and people around me that I could talk to."

"Talking things over with Helen has helped me to feel confident in myself."

"I don't feel ashamed to admit that I need help because now I know that I am not the only one that needs help."

