



**Argyll and Bute Counselling in Schools service – Information for Parents and Carers.**

Argyll and Bute has a new counselling service available to all children aged 10-18 years old. We are able to accept referrals from:

- Self-referrals (the child or young person)
- School Link Worker / Social Workers / Youth Workers etc.
- Parents and Carers

Counselling is a therapeutic intervention that helps to support the health, emotional and social needs of children/young people. It is estimated that across the UK one in four children will struggle with their emotional health. In Argyll and Bute we are committed to supporting our children/young to reach their potential and become; Successful learners, confident individuals, responsible citizens and effective learners.

Our counsellors can offer children/young people a safe and supportive environment to talk over difficult issues in confidence and listen to their views, experiences and feelings without judgement and through building a safe and trusting relationship, characterised by empathy and respect.

Our counsellors can help the child/young person to focus on their concerns, giving them an opportunity to explore specific problems, make choices, cope with crises, work through feelings of conflict and improve relationships with others. This is a confidential service and the child / young person will be able to speak to their counsellor knowing the content of their sessions will be held in confidence. However should there be any disclosures relating to serious harm to self or others the appropriate steps will be taken and relevant people informed.

If you feel your child or young person may benefit from counselling support please email [nhsh.counsellinginschools@nhs.scot](mailto:nhsh.counsellinginschools@nhs.scot) for further information or to request a referral form.

**Please note: the child / young person must give their consent before a counselling referral is submitted for them.**

