

What can we help with?

You can talk to your counsellor about whatever's on your mind.

bullying

feeling
low or
depressed

stressed
or anxious

anger

relationships

family
problems

sexuality

self harm

bereavement

Counselling in school



Number 22 Counselling Services
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Registered Charity Number 1177138

What's counselling?

Counselling is about sharing your thoughts and feelings in a safe and confidential setting.

Number 22 is the local counselling service; some of the counsellors come into schools to work with young people across Maidenhead, Slough and Windsor.

Your counsellor will support you to talk about your problems or worries, which can help you to feel less alone and may help you to understand what is happening in your life.

You decide what to focus on and whatever the issue is, your counsellor won't be shocked and they will not judge you. They will listen and help you decide how you want to move forwards. Together, you may develop some ideas of how to help you to cope.

Your counsellor has special training to work with young people and will help you to feel comfortable to talk (it's normal to feel apprehensive at first).

What will happen when I come for my appointment?

School will let you know the time of your counselling session each week and where it will take place. Your counsellor will be waiting for you.

The session will last for 50 minutes and this is your time to talk about whatever you want to.

At the beginning of your first session your counsellor will explain a bit about counselling. They will take some brief details from you which will be kept securely at Number 22's offices. They'll also talk to you about confidentiality and make a verbal agreement about how you will work together.

How long can I see my counsellor for?

You can see your counsellor for up to 10 sessions. Sometimes we're able to extend this if you and your counsellor decide together that more time would be helpful.

There's no pressure to attend counselling sessions and you can stop at any time.

What's confidentiality?

Confidentiality means that what you say to your counsellor will stay between the two of you. Nobody else will know, including school and your parents.

There may be times though when your counsellor is really worried about you or someone you are talking about. If this happens they will need to let someone in school know, to keep you safe. Your counsellor will make sure that you understand what this means.