

EMMANUEL CHRISTIAN SCHOOL COUNSELLING SUPPORT SERVICE

YOU
ARE NOT
ALONE

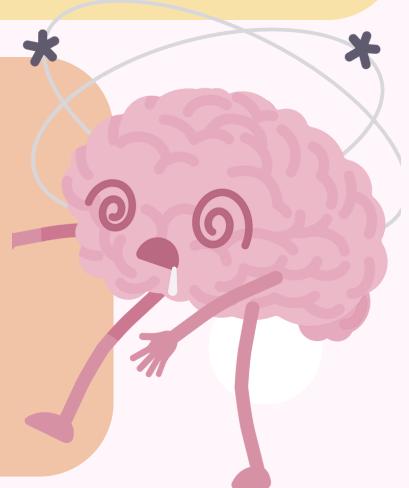


Why are we here?

For **YOU**. This service is for all students at ECS. We are here to help you in those challenging times, when you need someone to talk to. There is no rule on what is challenging. If you are finding life tricky, stressful, lonely, hard, sad, scary overwhelming, then talk to us.

What is counselling?

Counselling is firstly about creating a safe space that makes you feel comfortable to share. You are the ones in charge of this space and what you want to talk about. This might mean talking about things that are happening now, or things that have happened in the past. We will be there to listen, and help you work towards your hopeful and positive future using some of our strategies and skills. Our hope is that you are able to recognise the strengths you have, while also learning new skills that can help you in your every day life.



Will you tell my secrets?

In counselling we have what is called a **confidentiality agreement**. This means what you tell us stays safe with us. We cannot share this information with your teachers, friends or parents. In the case however, that we are concerned that you are unsafe or someone else is, we will need to tell the right people. But this is never done behind your back. Remember this is your space, you will always know what is happening.

How do I sign up?

If you are in Year 9&10 you can do any of the following:

1. Talk to any teacher and let them know you would like counselling
2. Fill out the counselling form and drop it in the white box next to Mr LJ's office or hand it to a teacher
3. Come and speak to Alisha and Josh

If you are in other year levels, you can also do any of the above options, however we will also need your parents to sign a form too. Talk to your teacher, we are all here to help.



You are.
ENOUGH

Counselling Days:
Monday:Josh.
Wednesday: Alisha

ECS Counselling Service

Name _____ Year _____ Teacher _____

I would like to:

Learn more about Counselling

Have a one-off chat but not commit to counselling

Sign up for counselling

My preference is to see: Josh.

Alisha

Time of the day that suits me best e.g. Monday @ 10:00

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