

## Counselling

### What's on offer

Our counselling service provides qualified counsellors for children, young people and parents.

The counsellor can offer appointments to children and young people aged 4-24 in a safe, respectful and confidential environment in schools or in our community building at Archway. We have 7 a part-time counsellors working in schools, a parent counsellor, based at the Seacroft Childrens Centre and also a counsellor and volunteer at Archway who work with 16-25 year olds. The counsellors use a number of creative techniques in order to engage with children and young people. Sessions are usually for an hour a week.

Counsellors are trained to deal with all issues including:

- Bereavement and Loss
- Abuse (Mental, Sexual, Physical, Emotional and Neglect, Bullying, etc)
- Trauma
- Self Harm
- Confidence and Self Esteem

### How it works

We are commissioned to deliver counselling in primary and secondary schools in the Seacroft Manston cluster, as well as a small amount of parent counselling. Referrals go through the cluster Guidance & Support process. For Archway referrals please use the contact details below.



### What young people said:

*"I had someone which actually listened to me, helped me and didn't judge me" Female 15*

*"Ann listened to me and she always seemed pleased to see me" Male 13*

*"I was allowed to talk and think what was right for me" Male 14*

*"I got to let go of some of my past" Female 16*

Please ask school to complete a referral .  
For more information contact Archway on 07496 888657