

NEED IMMEDIATE MENTAL HEALTH SUPPORT?

These numbers can offer emergency out of hours support:

Childline - 0800 1111 (up to 18 years old)
Night OWLS - 0800 1488 244 or text 07984 392 700
Samaritans - 116 123
HOPELINE247 0800 068 4141 / txt HOPE to 88247
Shout 24/7 Text Service - 85258
First Point of Contact - Calderdale - 01422 300001
NHS Helpline - 111

Confidentiality Policy

Your counsellor/therapist may need to break confidentiality if:

- You are putting yourself or others in serious danger;
- You are in danger of physical or sexual abuse;
- You are in danger of killing yourself;
- You are very mentally unwell and need to be seen by a doctor;
- Your counsellor/therapist is subpoenaed by a court to give evidence.

In the case of the above, we would need to inform a safeguarding officer at your school or a safeguarding officer at Noah's Ark Centre. This will be done, whenever possible, in discussion with you.

SCHOOL COUNSELLING

Noah's Ark Centre

Safe Haven and Place of Hope



**SCHOOL
COUNSELLING**
ALL SCHOOL YEARS



Noah's Ark Centre
322-326 Ovenden Road
Halifax, HX3 5TJ

Registered Charity No. 1088063
Company limited by guarantee No. 4077381
Organisational member of the British
Association for Counselling and
Psychotherapy (BACP)

WHAT IS COUNSELLING / THERAPY?

Counselling/therapy is a type of talking therapy which provides a safe space for you to explore your feelings, thoughts and experiences. Our therapists adopt a flexible approach and can incorporate creative methods, such as playing / making up games or art & craft.

WHAT DO I NEED TO KNOW ABOUT MY SESSIONS?

Your counsellor/therapist invites you to **contract for 6 sessions**. Having just 1 or 2 sessions is fine as well. At your 3rd session, your counsellor will review with you and together you can decide if more sessions are needed.

Your counselling sessions will usually be **once a week for one school period** unless discussed and agreed otherwise with the counsellor and school.

WHAT IF I NEED TO CANCEL?

It is important that you letknow if you are unable to come to a session.

ARE SESSIONS CONFIDENTIAL?

Whatever you share with your counsellor/therapist is **confidential** and stays between the two of you (**please see the back for confidentiality policy**). Your counsellor/therapist will have regular professional clinical supervision to support them with their therapeutic work and development. However, they will not give any identifiable information that would enable the supervisor to know who you are.

WHAT QUALIFIES US TO PROVIDE THERAPY?

Noah's Ark Centre is an organisational member of the British Association for Counselling and Psychotherapy (BACP).

Your therapist will be a member of a therapeutic professional body such as the BACP and as such, will follow their ethical framework and guidelines for best practice.

WHAT IF I MISS SESSIONS OR NO LONGER WISH TO CONTINUE?

At any stage you may discuss the continuation of your THIS sessions with your counsellor/therapist. It is therapeutically beneficial for you to highlight to your counsellor/therapist within the session if you wish to have the sessions come to an end, rather than end your planned sessions abruptly.