



Further Support

If you are looking for someone to talk to outside of school hours you could try:-

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The Samaritans—open 24 hours a day

Tel: 0845 7909090

Childline—open 24 hours a day Tel:

☐☐

0800 1111

If you are looking for help in an emergency you could try one or more of these options (24 hours):

☐☐ Phone for an ambulance 999

☐☐ Phone NHS advice on 111

☐☐ Contact your GP or out of hours GP support.

Torquay Boys' Grammar School
Shiphay Manor Drive
Torquay TQ2 7EL
01803 615501

Is there something
you need to talk
about?



**COUNSELLING
IS
AVAILABLE FOR
ALL
STUDENTS AT
TBGS**



What is Counselling?

Counselling is:

- About listening and helping you to understand your feelings to help you change your life if you want to.
- Here to assist you to find the best solution to your concerns.
- About providing you with the time and space you need to resolve your concerns.
- Free of charge and available to all students at TBGS.

Counselling is not about giving advice or telling you what to do.

It is **not** a magic cure or a quick fix, but if you give it a chance you can really feel the difference.

Is Counselling confidential?

Counselling is confidential. This means that your family, teachers or friends will not know what you say.

- However, there are some issues and situations where absolute confidentiality cannot be promised. This will be explained to you at your first appointment and we would tell you if we intended to break confidentiality.

What can I talk about?

Anyone can experience thoughts and feelings that are distressing or affect their ability to concentrate on their studies. Examples of problems people seek help with through counselling are:

- Academic worries/pressures
- Self harm
- Bereavement
- Issues of sexuality
- Family problems
- Anxiety and depression
- Suicidal thoughts

- Drugs & Alcohol
- Relationship difficulties
- Difficulties with self-esteem/confidence

Whatever your problem, you are welcome

What can I expect?

The initial session is for you to find out more about counselling and if you feel it is for you. From this, you may be offered an appointment.

These appointments take place on a one to one basis and can last for up to 50 minutes and take place in Mrs Walker's room.

Most of the time we will be able to help you at school but we can refer you to another organization if necessary.

Make an appointment

If you decide you want to speak to the counsellor you can arrange this in a variety of ways

- Speak to your form tutor/HoH
- Drop a note in the post box outside Mrs Walker's room or send an email (details below).
- Send a text (free) to 01803 501300—you will receive a reply promptly during school hours.

Contact Us

**Text: free on: 01803 501300 ,
remember to give your name.**

Email: swalker@tbgs.torbay.sch.uk