



CROWN HILLS
COMMUNITY COLLEGE
A Specialist Sports College

"In the garden of life, School Counsellors are the nurturing gardeners who help students bloom"



Miss Inayat School Counsellor

My approach to counselling

We all get times in our lives where we run into difficulties and do not know where to turn next.

The School Counselling Service is a place that can help you find a way forward and develop more effective coping strategies and life skills.

As the school counsellor, I hope to offer you a chance to explore and understand issues that are having a negative effect on your academic work, relationships or life outside of school, and to help you cope more effectively. You can talk in confidence to a professional counsellor about anything that is worrying you.

We will have regular appointments over a period of time which can enable students to gain new and different perspectives. This can lead to changes in how students feel about themselves, their relationships with others, their thinking and behaviour – both in and out of school. I will be carrying out 1 to 1 session with students as well as fun and interactive workshops to provide you with the tools to manage your concerns.

Topics that can be discussed in therapy:

- Your relationships
- Your childhood
- Your thoughts, feelings and emotions
- Past and present life experiences
- Significant life events
- Situations you find difficult

Services provided:

- Group counselling
- 1-1 sessions
- Workshops
- Assemblies
- Drop ins

...Small steps lead to big changes

Who can come to counselling?

The school counsellor is accessible to all Crown Hills Students

What kind of things might you want to talk to the counsellor about?

- Anxiety
- Bullying
- Behaviour
- Low mood
- Self esteem
- Exam stress
- Family
- Anything else that is concerning you
- Relationships
- Friendships
- Identity crisis
- Eating issues
- Lack of motivation
- Life transitions
(new school, year group, leaving school)



How to make a referral:

- Speak to a teacher and they can complete a referral form with you
- You can get a referral form from the school counsellors office and either give it to her, a member of the safeguarding team or post it in the blue safeguarding boxes around the school.

How to get support?

Miss Inayat is currently located in the career's office

Remember to always speak to your teachers, Head of years, Assistant Head of years, a member of the Safeguarding team and your form tutors if you have any concerns.



Use the blue safeguarding boxes that are placed around the school to share your concerns and if you need any support.

You are not alone, we are always here to help.



ASPIRATION

Be the best that you can be



COMMITMENT

Do what it takes for as long as it takes



SUCCESS

Be ready to take on the world

Supporting your child
with their mental health

Mrs Haniya Inayat

School Counsellor

Crown Hills Community College



What is counselling?

Counselling is talking to a trained therapist in a safe environment where the student feels comfortable to explore their thoughts, feelings and emotions. The role of a counsellor is to facilitate this discovery through active listening, looking from the child's perspective and empathy.

The counsellor works with the student to explore and understand what the student brings to counselling and to help the student develop more effective coping strategies and life skills.

Counselling will NOT fix or cure an individual.

Counselling consists of two people working together to achieve a goal, e.g. finding useful techniques to manage stress or helping to someone to shift to a positive mindset.

Why would your child like to engage in counselling?



- Non-judgement environment
 - Confidential
- To manage their anxiety/stress
- To explore ways they can function better
- To understand why they behave in the ways they do and how they can choose to change these for the better.

What can be discussed in counselling?

Anything!

- Childhood
- Past and present life experiences
 - Future worries
 - Significant life events
 - Situations you find difficult
- Thoughts, feelings and emotions



Home life

Behaviour

Bullying

Worry

Lost

Self Esteem

Shame

Friendships

**What would you like
to discuss?**

Anxiety

Stress

Exams

Isolated

Social
Media

Relationships

New school

Low mood

Confused

Self
Confidence

AS A THERAPIST, I WON'T:

Try to fix you.

Give you advice.

Tell you what to do.

Pretend I know more about you than you do.

Assume what is best for you.

Have all the answers.

Make the hard stuff go away.

AS A THERAPIST, I WILL:

Remind you that you aren't broken.

Give you room to access your own wisdom.

Support you in figuring out what to do.

Recognize that you are the expert on your own life.

Remember that only you know what is best for you.

Honor that I don't know it all.

Collaborate with you on how to make the hard stuff easier to sit with.



How can your child receive counselling?

- Advise your child to ask a teacher to complete a referral form with them.
- A referral form can be collected from my office and either handed into me, a member of the safeguarding team or post it in the blue safeguarding boxes around the school.