

## What is the Wellbeing Academy?

The Wellbeing Academy helps children who are struggling with their emotional wellbeing. We do this with special listeners called Counsellors. Part of our job is to make sure that any child who needs our help can see these special listeners as soon as possible.



## Why do I need Counselling?

There is someone in your life who can tell that things are troubling you, or that you have not been yourself lately. It could be that you have asked an adult for help and you need someone to talk to. Your teacher or parents have told us you need help. They will have let us know what may be troubling you, and the counsellor will set a time to meet with you to hear about it from you.



## What is Counselling?

A counsellor is specially trained to listen and will try to understand things from your point of view. They are a trusted adult, who wants to help you find out what you are feeling, to tell someone about your worries and to help you feel better.

## What Happens?

You will meet with your counsellor to find out if it is what you really want. You can ask them questions and see how you feel. Your teacher or parents may think it's a good idea to come along, but you will never be forced to attend. You can talk, play, draw, paint about your worries and your feelings.



## How long will it go on for?

You will meet with your counsellor for about 50 minutes. You will see each other weekly and after 6 weeks you will both decide if it's time to end or continue for another 6 weeks. Even after counselling ends, you can ask to return at any time.

## Will the Counsellor tell my school or family what I say?

Your thoughts, and feelings are private to you and the counsellor will not share them with anyone. Your counsellor can speak to an adult for you if you need them to.

## For your safety

If you tell your counsellor that you are being hurt or at risk or that someone you know is being hurt, then you can tell your counsellor

who will let the right adults know so that they can help straight away.

## How Can Counselling Help Me?

- Are you being bullied?
- Are you feeling angry, but not sure why?
- Has someone special to you died?
- Is life at school upsetting or difficult?
- Is life at home unsettled?
- Are you anxious or worried?
- Are you sad a lot of the time?



Then it might be time for you to ask to see the counsellor.

## Does the Counsellor write down what I say?

Your counsellor will keep notes, but these are kept safe and not shown to anyone else. If you would like to see your notes, just ask your counsellor.

**What have other children said  
about Counselling?**

*"It's supportive and can be fun, but also  
can be quite sad thinking about the bad  
times in your life, but overall it's amazing".*

11-year-old girl

*"You should try it because it's made me feel  
better about myself in everyway".*

10-year-old boy



For more Information please go to our  
website [www.thewellbeingacademy.co.uk](http://www.thewellbeingacademy.co.uk)

Or contact

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Children's

Counselling

Service

