

**MHISC
EARLY SUPPORT**

Children's Counselling

**for Primary
school-aged
children
(4-11 years)**

**One-to-one counselling for primary
school-aged children who are on
the school roll in Warwickshire and
whose family have an Early Support
multi-agency plan in place.**

Delivered by The Parenting Project

One-to-one counselling

Our one-to-one counselling sessions give children time with an experienced and qualified counsellor, who will listen without judgement and in confidence.

We deliver 13 sessions (including an assessment) which are weekly, during term time, and in-person within the school setting.

What is counselling?

Counselling is a professional and confidential relationship between the child and the counsellor. Counselling is individual and is a place where children can explore their thoughts, feelings and behaviours to develop a better understanding of themselves and others. Counsellors do not give advice, instead they listen and can help children make sense of what is going on around them, such as at school, at home or in their relationships.

Counselling can lead to better relationships, support the exploration of problems or issues, help reduce feelings of distress, and improve self-confidence and esteem.



What issues can counselling support?

Children are able to explore anything that feels important to them. Counselling can support children in growing their confidence, independence and autonomy within their lives, and in their relationships with others and self. Through counselling children can build emotional resilience and support them to create and maintain relationships.

Counselling can support children to understand their emotions and feelings and can allow a space to explore significant life events and experiences.



Making a difference for children & young people

The Parenting Project is dedicated to improving the lives of children and young people in Warwickshire and delivers the MHISC (Mental Health Interventions for School Children) Early Support, Children's Counselling, consisting of one-to-one counselling for children within primary school settings.

The aim of the programme is to build the self-esteem, confidence and resilience of children to improve everyday experiences of school and home life.

To refer

Recommendations for a referral can be made by the Lead Professional overseeing the Early Support Assessment to a Warwickshire County Council Early Support Officer. The WCC Early Support Officer will then advise whether a referral to The Parenting Project can be made.

Find out more

The Parenting Project

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