

**MHISC
EARLY SUPPORT**

Young People's Counselling

**for Secondary
school-aged
young people
(11-18 years)**

One-to-one counselling for secondary school-aged young people who are on the school roll in Warwickshire and whose family have an Early Help multi-agency plan in place.

Delivered by The Parenting Project



**Parenting
Project**

One-to-one counselling

Our one-to-one counselling sessions give young people time with an experienced and qualified counsellor who will listen without judgement and in confidence. Counselling sessions are weekly during term time and are either in-person or held via zoom, which is facilitated by the school. The type of session offered will be discussed during the introductory call.

What is counselling?

Counselling is a professional and confidential relationship between the young person and the counsellor. Counselling is individual and is a place where young people 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 young people make sense of what is going on around them, such as at school, at home or in their relationships.

Counselling is a personal exploration and may lead to changes in life perspectives and decisions.

"I feel I am able to communicate my feelings to my parents better.

I'm feeling much more confident to challenge myself and I'm so happy I have overcome some of my fears."



What issues can counselling support?

Young people are able to explore anything that feels important to them. Counselling can support young people to grow their confidence, independence and autonomy within their lives and in their relationships with others and self.

Counselling can support young people to understand their emotions and feelings, such as isolation or anger, and can allow a space to explore significant life events and experiences, helping to reduce feelings of distress and improve self-confidence and esteem. Counselling can lead to better relationships.



Making a difference for children & young people

The Parenting Project is dedicated to improving the lives of children and young people in Warwickshire.

Through the MHISC (Mental Health Interventions for School Children) Early Support, Young People's Counselling, we deliver 12, one-to-one counselling sessions for young people within secondary school settings (plus an assessment).

The aim of counselling is to build the self-esteem, confidence and resilience of young people to improve every day experiences of school and home life.

To refer

Recommendations for a referral can be made by the Lead Professional within Early Help through the multi-agency plan to a Warwickshire County Council Targeted Support Officer. The WCC Targeted 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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