

Parent and carer counselling service

A free confidential counselling service for all parents and carers of children in Camden schools and children's centres



Parent and carer counselling service

Being a parent or carer is a uniquely demanding and important task. Most parents and carers have times when they are troubled by personal or family problems. Counselling sessions are a private space to talk and think about worries and move towards finding solutions.

The parent and carer counselling service offers 12 counselling sessions which take place in a confidential room in your child's school or children's centre. A counsellor from the service comes into the school to meet with you there, or you can have counselling sessions at our council office. The service is free.

What is counselling?

Life is complicated and it can sometimes feel like an uphill struggle. We may turn to friends and family to support us, but sometimes we need more than this. That's when it may help to talk to a counsellor.

Your counsellor will listen to you and help you untangle your feelings and thoughts. Some people say counselling helps because they can talk about anything they want in a safe and non-judgemental environment. When people talk with their counsellor over time about the things that feel overwhelming they often find things feel more manageable.

Each counselling session lasts 50 minutes and sessions take place once a week during the school term in a private room during school hours. Regular attendance is important to get the most out of counselling.

Who uses the parent and carer counselling service?

Mothers, fathers, foster carers and other carers of children in Camden schools and children's centres use the service.

Who will I see?

Counsellors are carefully selected for their experience and they are professionally managed and supervised. All of our counsellors work within the code of ethics and practice set out by the British Association for Counselling and Psychotherapy. Counsellors are trained to listen without judging. They can help you sort out your thoughts and feelings about what is worrying you.

Who will be told about what I say in the sessions?

Our counsellors are not part of the school and are separate from the school's counselling service. What is discussed during counselling sessions isn't shared with school staff or other agencies. However, if your counsellor thinks that you or someone else may be at risk or in danger there may be a need to get help from others to keep you safe. If this happens your counsellor will talk with you about this.

The school receptionist and headteacher or link person in the school will know that you're seeing a counsellor but we won't tell them any other details.

What happens next?

Within two weeks of receiving your application form for counselling we will contact you by telephone to find out when you can meet for counselling sessions.

The kind of things you might talk about

You can use your counselling sessions to talk about whatever is on your mind: problems, decisions, worries or changes in any area of your life. Talking about your worries and problems can be the start of sorting them out.

How do I arrange to start seeing a counsellor?

By completing the application form below:

www.tinyurl.com/camdenpccs

You can also contact us by telephone on **020 7974 6500**

or email pccs@camden.gov.uk

