Counselling

Information for parents, carers and professionals

Community CAMHS
Child & Adolescent Mental Health Service

City Hospitals Sunderland NHS Foundation Trust
Sunderland Teaching Primary Care Trust

Sunderland City Council

Supported by BBC Children in Need
What is counselling?

The opportunity to talk about things that are concerning young people, in confidence, with a counsellor. The option to work through creative expression and play is also available.

What is spoken about will depend on the individual, but common themes are stress, relationships, change, loss and distressing, traumatic events.

Counselling in most cases will last up to 10 sessions. This is reviewed regularly between the young person and the counsellor.

Counselling will remain confidential unless a young person is at risk.

Things you may like to know

Young people can be referred to the service by health professionals such as your GP or school nurse. Referrals can also be made by schools and social carers.

An initial appointment is arranged to meet with the family and to decide together whether counselling is appropriate. The decision about whether or not to take up the offer of counselling is entirely voluntary for children and young people just as it would be for an adult.
If it is agreed that counselling is the right choice we can arrange individual appointments for the young person.

Content of sessions and other information will only be shared in consultation with the young person.

It is quite natural for parents to feel anxious about what may be being said in the sessions, however progress of counselling can be discussed at a review.

We are always happy to talk with you about any concerns that you may have about counselling in general.

The service is a member of the British Association of Counselling and Psychotherapy and works within the Ethical Framework for Good Practice in Counselling and Psychotherapy.
Counselling is available at:

Valley Road Community Primary School
Tel: 0191 514 1622

Wessington
Tel: 0191 417 4507

Southwick Community Primary School
Tel: 0191 553 5504

This leaflet can be made available in another format or language on request. Please contact the Communication and PR Team
Tel: 0191 529 7118. Email: mopil@sotw.nhs.uk