

We will continue as a service to provide the support to all pupils. This will be via telephone or online as from next week.

All current clients will be sent a text to offer these services and if in agreement, they will be booked into the counsellor's diary in the usual way. The counsellor will then contact the client on the mobile we have for them at their allocated session time.

We can also offer a 'drop in' service, where a young person can access support on 0800 9703980 and we can have them booked into a counsellor's diary.

Any spaces for the rest of this week, will also be treated as 'drop ins'.

As from next week, we will also be offering live stream and podcasts covering such things as mindfulness, anxiety, self esteem issues etc. Which we can discuss with clients.