



Guilsborough Academy

Guilsborough Multi Academy Trust

SCHOOL COUNSELLOR

Miss Rowinski



2024-27

GOLD

**SCHOOL
MENTAL
HEALTH
AWARD**

School Counsellor at Guilsborough Academy



Referrals

Head of Years/Assistant Head of Years can do referrals.

The School counsellor will triage referrals and signpost to a relevant agency/ accept the student onto the counselling waiting list (our waiting list is short compared to other agencies).

Triage



The student will receive 6 sessions at a minimum. This provides them a safe space to open up about their struggles and Mental Health and Wellbeing. We then explore how to cope/manage difficult feelings, thoughts and situations.



Sessions

If the student would like to reach out for support, they can use the letter box outside C4, and the School Counsellor will ensure they get the right support. If they don't want to reach out via the school, there are signposting leaflets outside C4, information around school and on our website..

Signposting



KS3 Drop-in Sessions

The School Counsellor offers drop-in sessions for all KS3 students in C4:
Monday Breacktimes - 10.10am - 10.30am

The School Counsellor offers drop-in sessions for all KS4 students in C4:
Wednesday lunchtime - 1.50pm - 2.15pm.

KS4 Drop-in Sessions



External Support

The School Counsellor works in partnership with the Lowdown, the NHS Mental Health Support Team and JOGO.



PLEASE GET IN TOUCH

01604 740641 Ext: 220

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guilsborough.northants.sch.uk/wellbeing