

TALK TO US

OFF
THE RECORD

SCHOOL-BASED COUNSELLING SERVICE

Dear parents,

I am a counsellor from a charity called **Off The Record**, a local young people's charity who have been supporting young people in South London for 25 years. I offer emotional support to children, school staff and parents at school.

Good mental health and well-being is a **foundation for learning** and healthy relationships with teachers, family and friends.

I work with **art and play** to help children express and explore their thoughts and feelings in a safe space.



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SCHOOL-BASED COUNSELLING SERVICE

- If you have concerns about your child's mental health and well-being, you can speak to the Head Teacher about a referral to our service for assessment.
- Once a referral is made, I will be in touch to arrange a parent check-in; a safe space to explore concerns about your child's behaviour or mental health
- If your child is accepted for one-to-one counselling/ play therapy and we have their consent, I will hold a 'get to know you' session with your child and up to **8 sessions** of counselling
- On completion of the counselling sessions, you are invited to attend a closing parent check-in

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You can also access support for your child by signing up to parent workshops; supportive group spaces focused on how to support your child's emotional needs and improve challenging behaviour at home.

If you would like to speak to a counsellor about a specific concern or difficulty around your child, you can book a one-off parent consultation by making a request to the Head or by emailing mertonschools@talkofftherecord.org.

Warmest wishes, Katie Lucas

If you are in urgent need for support, you can call the **Young Minds parent helpline for free on 0808 802 5544** from 9:30am - 4pm, Monday - Friday or contact your local GP. If you have a crisis, and can't feel you can't keep your child safe, **call 999.**