cfc | The Counselling & Family Centre

Mental Health and Emotional Wellbeing in Primary Schools

Impact

Provided counselling support in 30 schools and colleges

4000 hours of counselling support for schools provided in schools each year

94% report better coping skills and have experienced better subjective wellbeing

We envision a world where every child and young person feels safe, understood, and supported.

Both in schools and the community, we nurture resilience, creativity, and confidence so young people can truly flourish.

Our counsellors follow the child's pace, interests and communication style. The aim is to help them feel safe, build trust, and strengthen emotional understanding.

What to expect:

Counselling sessions typically involve:

- One-to-one sessions with a qualified counsellor
- A safe, calm and confidential setting
- Creative methods such as drawing, play, storytelling or games (where appropriate)
- Goal-setting and solution-focused conversations
- Regular reviews to track progress

Counselling is tailored to each child’s age, needs and preferred way of communicating.

Benefits:

- Children & Young People feel calmer and more settled
- Helps them manage big feelings with more confidence
- Improves social and communication skills
- Builds self-esteem and resilience
- Reduces frustration and emotional overload
- Strengthens relationships with peers and adults
- Helps them feel more ready to learn and take part in school life
- Supports transition from primary to secondary school

Our services can also include:

- Small group work on themes such as emotion regulation, worries, anger, building confidence, Support with anxieties connected to transition#
- Staff training workshops
- Parent workshops
- Staff supervision
- Staff counselling
- Critical incident support
- Support for diagnosed and non-diagnosed neurodiversity

What do the children say?:

I really enjoyed it and I got talking a lot more, I am now less shy and it was really fun. I will miss it.

We talk about emotions and how I feel.
I enjoyed coming

I will rate my counsellor 5 stars! It has really helped me to come out of my shell and my counsellor will know she has seen me make friends, go through highs and lows etc, thank you!

What do the schools say?:

Our Specialist SEMH Primary School has greatly benefited from working alongside The Counselling & Family Centre. The Counsellor's support has been invaluable in helping our pupils feel seen, heard, understood and cared for, without judgement. It has offered our vulnerable pupils a safe space to explore their thoughts, feelings & challenges. The Counsellor is able to use her experience & expertise to take time & build trust with our pupils which overtime supports a positive impact on the children's wellbeing. Having this partnership enables children to get the support they need promptly, when they need it most.

As a school, we are deeply committed to the overall well-being of our pupils, and our counselling service plays a vital role in supporting that mission. Over the years, we have witnessed first-hand the positive impact it has had on our school community.

We understand the challenges you're facing.

- Rising anxiety, EBSA, SEMH needs
- Impact on attendance, behaviour, and learning
- Pressure on pastoral teams
- Ofsted wellbeing focus
- The need to support parents and carers
- Diagnosed and non-diagnosed neurodiversity

That's why we support on average 400 children a year

We offer:

Experienced, qualified CYP counsellors

BACP accredited service

Safeguarding trained

Supervision 24/7

Working with an established charity

50 years in service

We're always working on extending our services in additional education settings and support more children and young people, so if you wish to speak to someone further about our in schools services, please email:

sarah.barker@thecfc.org.uk