



cfc

The Counselling
& Family Centre

Mental Health and Emotional Wellbeing in Secondary Schools

In 2023, one in five children and young people aged eight to 25 had a probable mental health condition.

In 2023/24, 78,577 young people waiting over a year for mental health treatment from the NHS, with 44% of these were waiting over two years

On average over 200 teenagers are lost to suicide every year

One third of mental health problems in adulthood are directly connected to an adverse childhood experience (ACE)

30% of 11-16 year olds with a probable mental health condition missed a week or more of school in 2023

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.



Providing bespoke mental health and wellbeing services to children, young people, staff and parents in schools.



So, what do we do?

CFC have an amazing team of fully qualified counsellors working in primary and secondary schools across the North West supporting over 120 children and young people per week during term time.

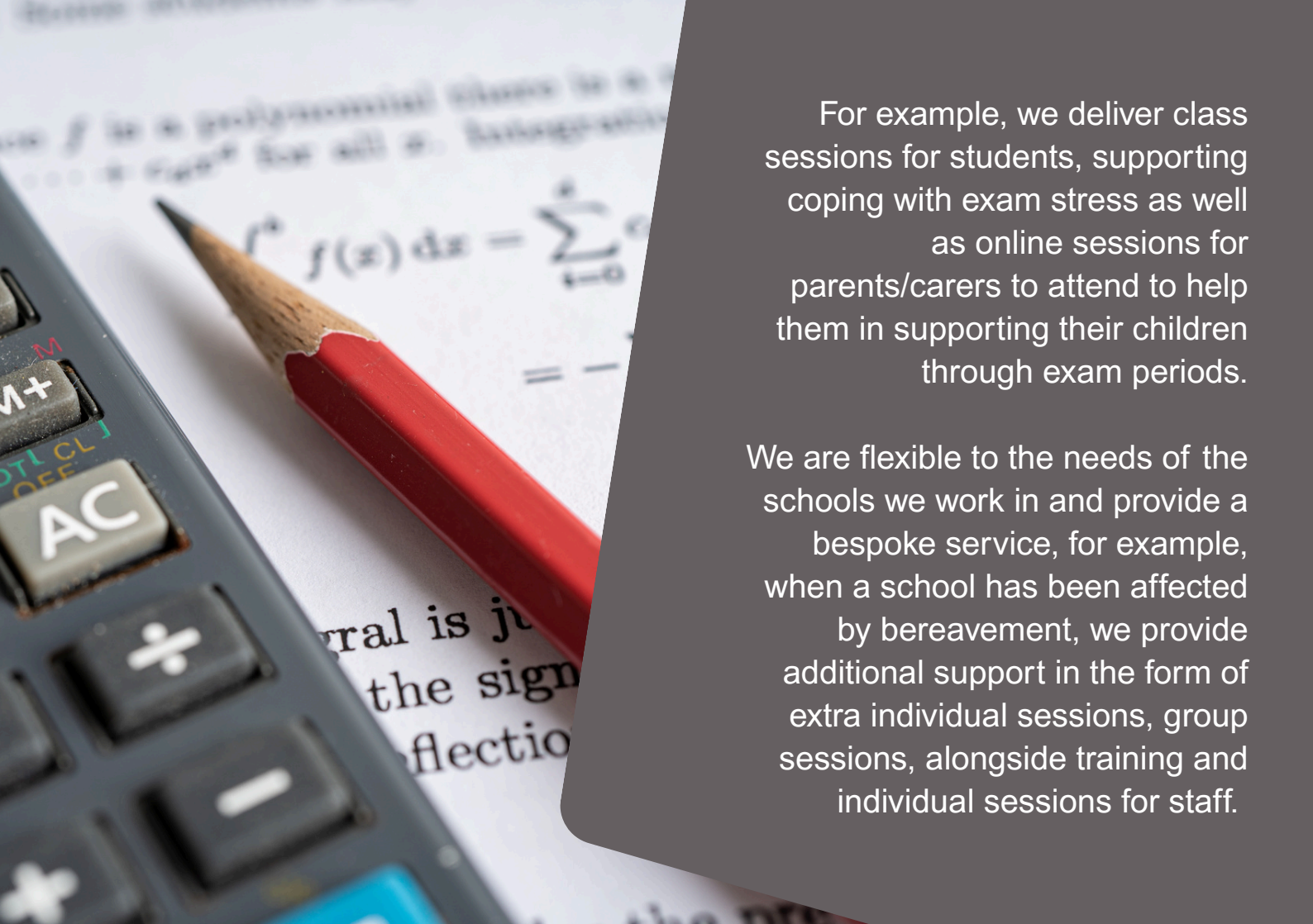
We also provide services in colleges and universities.





In Schools we provide:

- Individual counselling
- Group counselling
- Staff counselling
- Staff supervision
- Staff training
- Parental support
- Mental wellness presentations
- Support with neurodiversity (diagnosed and non-diagnosed)
- Support with transition into secondary school



For example, we deliver class sessions for students, supporting coping with exam stress as well as online sessions for parents/carers to attend to help them in supporting their children through exam periods.

We are flexible to the needs of the schools we work in and provide a bespoke service, for example, when a school has been affected by bereavement, we provide additional support in the form of extra individual sessions, group sessions, alongside training and individual sessions for staff.

How do we work?

Our counsellors are fully qualified and trained to work with children and young people. They incorporate different age appropriate creative techniques such as sand tray, drawing, puppets and modelling to promote the safe exploration and processing of emotions in young people.





We offer:
Experienced, qualified
CYP counsellors
BACP accredited service
Safeguarding trained
Supervision 24/7
Working with an
established charity
with 50 years in service

What do the students say?

"It's helped me so,so,so much. I'm very grateful."

Before counselling I felt hopeless but now, I feel so happy and relieved with the newfound hope and motivation I have gained."

Counselling has enabled me to better understand my thought processes and reactions to situations.

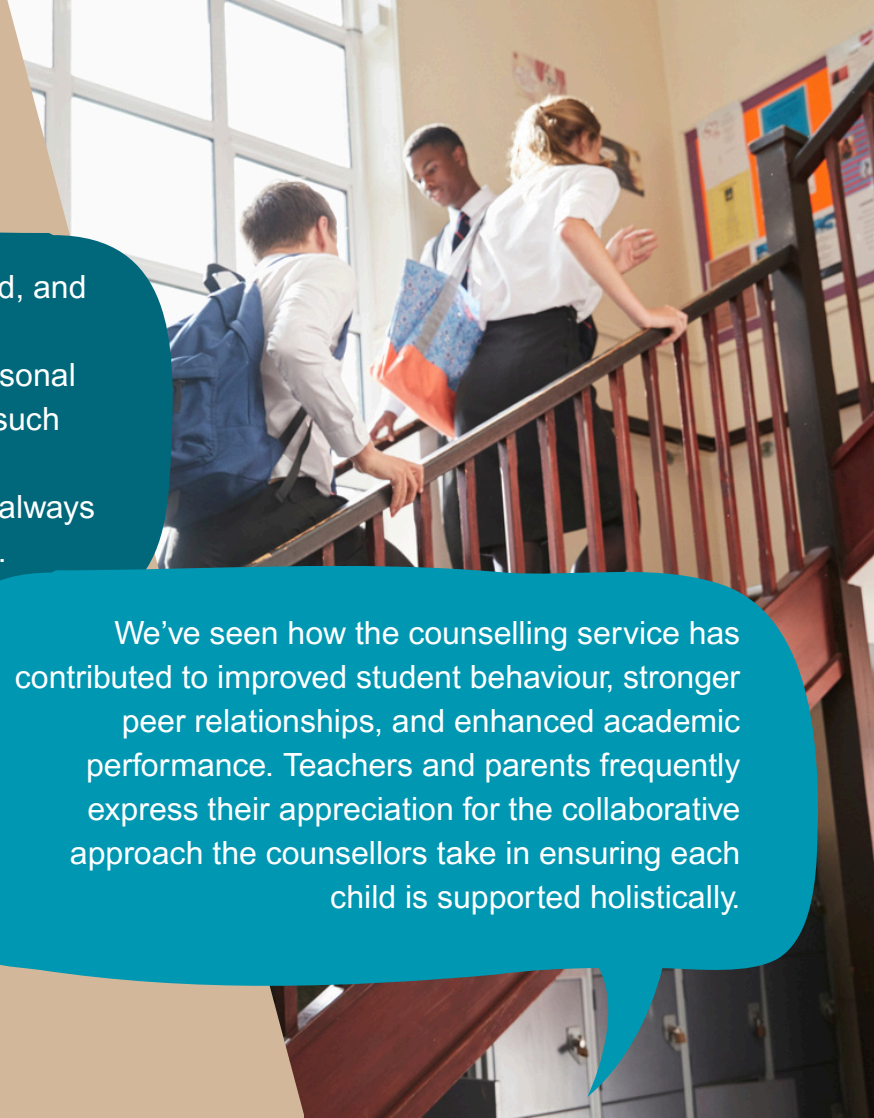
"It felt very safe talking about what happened to me, and the counsellor was reassuring, supportive and kind."



What do the schools say?

The service is responsive, student-centred, and deeply aligned with our school's values. Whether supporting students through personal challenges or supporting them on topics such as anxiety, self-esteem and emotional regulation, The Counsellor's approach is always respectful, inclusive, and evidence-based.

We've seen how the counselling service has contributed to improved student behaviour, stronger peer relationships, and enhanced academic performance. Teachers and parents frequently express their appreciation for the collaborative approach the counsellors take in ensuring each child is supported holistically.



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

