



Information about the School Counselling Service – April 2020

Dear Students, Staff, Parents and carers,

As the lockdown continues it is important that you all take care of your mental health and wellbeing, and to seek support early if you find yourself struggling.

The school counselling service is open, and I am able to offer appointments to both students and staff, albeit these will take place either via phone or using Zoom. As well as providing counselling I am also happy to talk to any parent who wishes to discuss the emotional needs of their child and how best to support them through these stressful times.

The school counselling service continues to be open on a Tuesday, Wednesday, Thursday and Friday afternoon and anyone wishing to make an appointment can do so using the methods listed below. In addition, any student who was engaged in counselling last term is invited to continue with their sessions. I hope to contact you all in due course, but please email me if you feel you need to restart your sessions as a matter of urgency.

How to make contact / book a counselling appointment:

- Email : l.othen-price@haileybury.com
- Phone: my direct line at school: +44(0) 1992 706 241. Messages will continue to be picked up from this number. Please state clearly your name and a number I can contact you on. I hope to return your call as soon as possible.
- Alert your HM or any other member of staff who can pass me your request that you wish to make a counselling appointment.

How the counselling / consultation will work:

The way the counselling will work will be exactly as it had worked prior to us having to leave school. As it is not possible at the moment for me to provide face to face counselling, I will arrange to speak to you either by phone or by using Zoom. Once I have received your request, I will contact you and we can discuss a convenient time to proceed with your appointment and your preferred way for this to be conducted.

Finally, if you have any further questions about this or any related matter I may be able to help you with please do contact me and I will try my best to help you.

Best Wishes
Lindsey

Lindsey Othen-Price *School Counsellor / Psychotherapist*

