SCHOOL STAFF COUNSELLING

At bccs we know the energy and commitment it takes to work with children and young people in school; we do it every day. We also know that in order to maintain this every day, the adults supporting these children and young people ideally need to be in as good a place as they can be - mentally, physically and emotionally. We absolutely appreciate however that circumstances are not always ideal and that now more than ever, the mental health and emotional well-being of school staff is being challenged.

We are here to help: our trained and qualified counsellors are ready to talk to you and your colleagues about ANYTHING; these issues do not have to be school related. We know that you are professionals and experts in your field but for most people there comes a time when it may not just be school pressures that are affecting your ability to get up, get in and get going. Anxiety, relationship issues, work/life balance, dependents, self-esteem and trauma are just a small part of a very long list of issues that can compromise your daily functioning.

Our counselling is confidential and we will endeavour to offer either video or face to face sessions as appropriate. We can offer a fixed term or open-ended intervention and will always provide a space where you will be listened to, supported and restored.

Sessions cost £55 for 50 minutes and can be self-funded, funded by your school or a part-funded mixture of both.

For further information please contact your line manager or
Louise Picton: lpicton@bccs.org.uk / 07715665249

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