Counselling Services at Bedford Modern School

Appointments can be made during all school hours through the Welfare Liaison Manager

Telephone: 01234 332594
BMS Counselling Service

Bedford Modern School has two independent, confidential counsellors. They visit twice a week but also as demand requires. All students are welcome to see the counsellor and appointments can be made via Marian Jones, Welfare Liaison Manager.

**So what is counselling?**

It is a way of you getting help and giving you some support for any problems and difficulties that you are having in your life.

Very often, it is more helpful to sort things out if you share these problems with someone else who is trained to listen, rather than keeping them to yourself and hoping they either go away or the situation will get better. Sharing a problem with someone else can sometimes make you feel so much better. Also, talking it through with a trained person can help you move on, find a solution to your problem, and perhaps let you see what to do next. Sometimes there are no simple solutions to a problem. However, even if you cannot change the problem you can be helped to change the way you see, think and feel about it.

**So what kind of problems can you talk about?**

There are no right or wrong things to talk about in speaking with a counsellor. Anything that is a problem TO YOU can be shared. There are so many things, but here are a few:

Some students want to talk about problems connected with home and their family. Perhaps they are having a difficult time with their parents or brothers or sisters – or maybe all of them! Perhaps their parents are so unhappy that they have decided to separate, or they are going to get a divorce. Perhaps there has been a death in the family or a pet has died and you want to talk about it.
Other students want to talk about school worries – exam pressures, friendships, members of the teaching staff, bullying.

Yet others want to talk about themselves and their feelings – shyness, self-esteem, depression, feeling that they don’t belong.

**Who can see the Counsellor?**

Any member of the school can see the Counsellor. After a while, if the Counsellor feels that you need further help then, after talking to you, you could be referred to another agency outside school.

**How often or how many times can I see the Counsellor?**

There is no definite limit on how many sessions – that will be for you and the Counsellor to decide what is best for you. Many people see the Counsellor just for one “session”, and when they feel the need to share a particular problem. Others need support on a more regular basis.

**Does anyone else know what is said?**

The Counselling service is confidential unless you need to be protected from very serious harm either from yourself or someone else. Nothing that you talk about is shared with others or fed back to parents or staff without your permission (unless you need to be protected as above). However, remember that quite often the best way to solve a problem is first to gain self-confidence by sharing it with someone else, and then find a solution by asking others to help you.
How can I see the Counsellor?

- If you are worried about something, then you can speak to Marian Jones Welfare Liaison Manager and she will arrange an appointment for you (she tells nobody that you have been!).

- If a member of staff is worried about you, then they may suggest that you go to make an appointment to see the Counsellor.

- It may be that your parents are worried about you and they will contact your Tutor, your Head of Year, or Marian Jones directly.

If there is anything else that you want to know, why don’t you go and talk to Marian Jones directly.