

“it’s good to talk” - Male, aged 14

I didn’t really hear much about it to be honest with you, just didn’t really hear anything about it. But, I was going to go to it a while back but not through the school or anything, but through another bit, but, I thought it was just somebody that spoke to you and all that and just to tell you a lot of stuff about them. And like, not help you in any way, I just thought you told them stuff.

Well, I moved to this school and, I stopped coming for a while. I had a few days off and all that, and, the guidance teacher he said there was a counsellor and I should see her, like he recommended it to me, and I just started going after that.

I have started going out more, and going out more feeling more confident and stuff. And that’s about it really, that’s what I wanted out of it, and I got it. It’s helped me focus as well about stuff.

I wouldn’t have went if it wasn’t confidential. I wouldn’t have went. But, see the first session she said everything you say to me is just between me and you. And I don’t write anything down or anything. That was good. That was alright.

Its like, the way she explains stuff to you, like she says stuff like, you can take it in slow easy steps and build up to it to just build up to things, do you know what I mean? And then I think that has made it better, ‘cause she is not just trying to jump right in at the deep end. We could take it in small steps.

I’ve not really told a lot of people about it. If I came into class late or something and someone said “where have you been” I would just say “I was with my counsellor” and then they would just ask about it and say like “what are you doing it for?” and I just say “just to talk about things and get things out of my head and all that.” And they don’t say anything really. They don’t say anything about it.

My Mum will ask me “did you go to counselling today?” and I will say aye or no and I don’t tell her if she doesn’t ask. I don’t really bother telling her. But I would, but it’s just, not really a big point to her, ‘cause there are more important things to say to her, do you know what I mean?

You should really have a counsellor in every school ‘cause it’s important for like pupils and all that to talk to somebody. It can be confidential and nobody else needs to find out. I think that’s important for somebody to have. I think that’s what I would say, that’s about all I would say really. Plus it helps people focus as well. Feel more confident about themselves, and that they don’t feel that bad making their own choices about stuff.

You should go ‘cause it’s good to talk to somebody. And you know, she is not going to say anything to anybody. You know like you talk to your pals about stuff, but they could go and tell somebody about it, do you know what I mean? Then counsellors are good ‘cause they just keep it private, it’s between you and her.