

"more confident" - Male, aged 14

The school had a Health Day and we got to come to the counselling room and meet the counsellor and I was talking to her then just about what exactly happens and what I should do and how you got into the programme and it seemed like something I really needed at that time and really wanted to do, so I just talked to my Guidance teacher and decided to start it.

I thought, before I thought about doing it, I thought it would be more like not so much in the school but I always imagined it just going in to a big office and lying on the couch or bed or something and just like talking about your dream, but then when I saw this room and talked, it seemed more like you talking about whatever you wanted and just more conversations than discussions.

I can talk about what I need to talk about and she will never tell me, like today we are going to talk about this problem and this problem, it's always what I need to talk about and she will just let me talk for as long for as long as I need to and then she will always lets me think about it with different perspectives, like from the other persons and that's definitely was helped me the most.

When I come in, we always talk about what has recently happened and she will relate it to something else and then we talk about that but then sometimes I just come in and we can just like have a laugh together, she is able to do that and it's not like, 'cause she doesn't act like a teacher or anything it's not like you have to be formal, you can just be yourself, and you talk like you are talking to one of your friends, so you can have a laugh with her and talk about anything you want to and then she will let me like talk about whatever I need to talk about and whatever I want to talk about but then sometimes when I need it she will push me that little bit and she'll try and like writing things down and we will try like writing, like drawing things and it's just a different way to look at things with different perspectives and that's probably the best way, just talking through things.

I think, for a lot of young people in schools, it's the only place to go. There is just somethings you can't say to your friends or your family or to your teachers and it is just the one place you can go and feel safe and it's confidential and you can talk about anything you need to and your counsellor is there to support you throughout it all and a lot of people need it.

It's made me a lot more confident through everything really, through school and with my friends and with my family and just meeting new people. It's also, when a situation comes in or a problem comes up, I know how to deal with it in a much healthier and better way. It's just kind of, this knowledge is within me now so I can look at it in a different perspective