

Counselling at Oxford High School

l.healey@oxf.gdst.net

h.fenton@oxf.gdst.net



Counselling is
confidential

You can miss
lessons to
come see us

It's your time
and space to
talk about
what you
want

We're here
to help and
support you

Why come for counselling?

People come for lots of reasons, including:

- Friendship issues
- Home life
- Schoolwork and/or exam anxiety
- Relationships
- Gender issues
- Grief

Sometimes it's easier to talk to someone outside of the situation who is neutral and there just to listen to you.

Outcomes

Types of outcomes people can expect from coming for counselling include:

- Feeling happier
- Feeling more able to cope
- Having working strategies to deal with difficult situations
- More insight into themselves and their motivations

Who are we?

Lucy and Hannah are qualified and experienced counsellors who have worked in schools for a number of years.



**Hannah
Fenton**



**Lucy
Healey**

How to contact us

We work Mondays (Hannah), Wednesdays (Hannah, 2 hours), Thursdays (Lucy).

All appointments need to be booked in advance. You can email the school nurse, speak to her in person, or speak to your Head of Year or Form Tutor to make an appointment to come and see one of us.

If you can give us your mobile number when referring yourself that will help us make contact with you quickly