



Dear Parents & Carers,

I would like to take this opportunity to introduce “A Place for Parents”, a free, confidential counselling service.

You may be wondering what counselling is. Possibly be thinking how does talking to a stranger actually help? You may feel slightly overwhelmed at the idea of counselling, or feel like it is something that only you can deal with. You might be nervous at the idea of talking about yourself and what you feel you can or can't say. It also could be that you have experienced counselling in the past from other services and felt like it hasn't helped or that you have been let down.

By providing a safe, confidential, supportive environment I hope we can work together to explore any concerns or worries you might have. As a qualified counsellor I have a several years' experience working with issues surrounding mental health, addiction, domestic violence, depression, anxiety, low self-esteem and bereavement.

Initially we would be introduced by your School Project Manager. This is an opportunity to say hello, explore any questions you may have and decide if counselling is for you.

I look forward to meeting you.



Sarah Anderson – Parent Counsellor