



# Here4You

**Counselling and Emotional Well Being  
Services for Students and Schools**  
A Service Offered By Metanoia Institute

It is often a much smaller step to make contact with a school counsellor than to be referred to a service separate from the school. Early Intervention can mean that many young people who might otherwise not be seen or who might only be referred when problems have become severe will receive services.

## Here4You Provides:

- **One to One and Group Counselling**
- **Peer Groups: Organisation and Monitoring**
- **Staff Support: Training, supervision, consultation**
- **Rapid Response: Staff, students and whole school**

The level of service provided by **Here4You** can be tailored to the needs of each particular school. We would typically provide:

- ⇒ A **Lead Person Centred Counsellor** who is fully qualified and experienced to head up the provision of the counselling service on site.
- ⇒ An **Associate Counsellor** who is also fully qualified and experienced in the Person Centred approach and is completing their post-qualification specialism.
- ⇒ **Day To Day School Link Support** for the service through the School Counselling Liaison Manager at Metanoia Institute.
- ⇒ **Consultation To Staff** on counselling related, safeguarding and well being issues.
- ⇒ **End Of Term Reports** summarising the outcomes of counselling work undertaken.



# Here4You

Counselling and Emotional Well Being  
Services for Students and Schools  
A Service Offered By Metanoia Institute

## What is the Person Centred Approach to Counselling?

Person Centred Counselling, is an approach that requires the client to take an active role in his or her treatment with the therapist being non-directive and supportive.

Everyone's counselling will be tailored to suit their issues; with the counsellor creating an environment that is respectful and healing; helping the young person to feel comfortable to explore their feelings and experiences.



## Supportive Services to Staff

Teachers are important. Working with children who are having a difficult time with their emotions and behaviours can be challenging both professionally and personally.

Learning self care could help reduce burnout, increase quality of life and help you help your students. **Here4You** is able to assist schools in developing a culture of care for teachers.

Please contact the School Counselling Liaison Manager Noelle Adames at:

[noelle.adames@metanoia.ac.uk](mailto:noelle.adames@metanoia.ac.uk) with any questions or for more information on bespoke supportive services for staff.

**Counselling Package: Lead Counsellor one day per week £10,500 per annum  
(10% discount on the first year of services) \*Associate Counsellor at no cost to the  
school when available**

**Bespoke services also available**

**Here4You will continue to explore funding sources with the school in order to  
provide services to those in need**

Alternatively you can also contact our Senior Academic and Research Coordinator for more  
Information about Here4You:

[Cristina.soares@metanoia.ac.uk](mailto:Cristina.soares@metanoia.ac.uk)

Tel: 0208 832 3096