



For more information
contact:

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Counselling in Schools Service (CiSS)

Parent/Carer Information



What is Counselling in Schools?

Clackmannanshire Education Service and Wellbeing Scotland are working in partnership to provide support for children and young people who are experiencing mental health and wellbeing issues.

Counselling in Schools is a universal service available to all 10 – 18 year old pupils in Clackmannanshire and each Secondary School will have the equivalent of one, full time counsellor on site. Counsellors will also be available to support Primary Schools and Additional Support Needs (ASN) settings.

Who are the Counsellors?

Counsellors are professionally qualified and registered. They will offer a confidential, one-to-one service in school or virtually with your child. If required, Clackmannanshire Council Child Protection procedures will be followed.

When can my child see a Counsellor?

The counsellor will see your child in school during term time. The Service will also be available throughout the school holidays for children and young people who wish to continue seeing a counsellor during these times. However, as access to schools is not possible during the holidays, counselling may take place on the phone, using online software, in an alternative venue, or 'walk and talk'. The counsellor will make individual arrangements to best suit the needs of your child.

How can my child access a Counsellor?

If you feel that your child may benefit from seeing a counsellor, speak to them and their school about making a referral.

If the school feels that your child might benefit from counselling, they will speak to you and your child to discuss making a referral.

Young people 12 years and over can ask to see a counsellor themselves and do not have to have parental consent. Parental consent must always be obtained for children under 12 years.

Why would my child see a Counsellor?

Counsellors offer support for issues such as:

- Trauma
- Depression
- Anxiety
- Bereavement
- Loss and separation.

