



The Joseph Rowntree School Counselling Service

Student self-referral form

How counselling might help?

Counselling is being able to talk through your thoughts and feelings in a confidential setting.

It can help you to get a clearer picture of what is affecting you and enable you to make positive changes in your life.

How to make an appointment?

If you would like more information on counselling or would like to make an appointment please fill in this form, put it into an envelope and hand this to Ms Mann, Designated Safeguarding Lead, or your Pastoral team. You can also put it in an envelope marked confidential and for the attention of Ms Mann. We will then pass this information to Ms Clare, our counsellor.

Miss Clare will then arrange to meet you for a quick chat.

Name: _____

Year Group: _____

Form: _____