

SHARE

SHARE YPCS is a free counselling service located in Cheltenham, available for young people aged between 11 and 25. It is jointly run by James Mann, who has worked with Balcarras over a number of years.

James is a specialist counsellor and the pupils who have worked with him have been enormously positive about the help he has been able to provide. The sessions are in the evening, so a pupil does not need to miss vital school lessons to access the counselling. Contact details are:

Tel: **07928 775 015** just call for an appointment

Opening Times:

Thursday evenings 6pm – 9pm

Your Doctor

Your child's GP can access a whole variety of support and therapy from across the NHS. A GP is also an excellent source of advice and expert guidance.

CYPS

Children and Young People Service
CYPS is a specialist emotional wellbeing and mental health service for all children and young people who are registered with a GP in Gloucestershire. They see children and young people up to 18 years of age when they find it hard to cope with their feelings. CYPS therapy can be accessed by any parent for their child. A visit to your child's GP and an explanation of the problems may be sufficient to access CYPS counselling.

The School Counsellors

The school employs specialist counsellors on a part time basis. If no other forms of counselling are available, a pupil can be given a maximum of six counselling sessions at school. After these sessions, the hope is that the pupil will feel able to cope with their worries. However, if more counselling is required, then this can be accessed through one of the agencies detailed in this leaflet. To get access to the school counsellor a pupil must first discuss the problem with his/her Head of House. Unfortunately sometimes the waiting list can be quite long, so in an emergency situation, access is usually quicker via your child's GP.

Teens In Crisis

TIC provides professional counselling services for young people aged 9 - 21 and their families across the county of Gloucestershire. Services and information can be accessed by anyone over the phone or via the website:

www.ticplus.org.uk

Vantage Point Business Village Building 8,
Fourth Floor, Office 30, Mitcheldean, Gloucestershire GL17 0DD

tel: **01594 546117**

Families First

Early Help for Children, Young People and Families

“We want to support children, young people and families deal with problems they’re experiencing at the earliest possible stage. The aim of Early Help is to work with children, their families and a range of local agencies and organisations in a coordinated way to provide the support they need, when they need it.”

Cheltenhamearlyhel-

phub@gloucestershire.gov.uk

01452 328161

Social Services

Contact: Gloucestershire Social Services

Email: [social-](mailto:social-care.enq@gloucestershire.gov.uk)

care.enq@gloucestershire.gov.uk

Telephone: **01452 426868**

Visit: www.gloucestershire.gov.uk/socialcare

Sandford Park House, 39-41 London Road, Cheltenham, Gloucestershire, GL52 6XJ

Counselling



Balcarras School

Guide for Parents

There are times in a school career when a pupil may need counselling. This might be because outside influences are getting out of control or because a pupil is finding it hard to cope with his/her feelings. Whatever the reason, help is available. Detailed inside this leaflet are some of the services that can be accessed by pupils and their parents.