

Online support available from our School Counsellor (ref COVID-19)

The current global pandemic, with the ensuing lockdown of normal life, is an incredibly difficult and stressful situation which has placed us all under increased strain. This may well have triggered feelings which are difficult to manage; if so help is at hand.

After the Easter break we will be offering a remote counselling service for students. The remote service is open to students from both secondary age and sixth form - SFH6.

Students in Years 9 to 13 are welcome to make contact with the counsellor themselves if they wish to self-refer.

Students in Years 7 & 8 need to be referred by their parents/carers, and Ms Rhodes will follow up with a call back.

If you would like to take up this offer please contact the counsellor by emailing C.Rhodes@foresthillschool.co.uk Ms Rhodes will be following up on messages from the start of the Summer Term.

This is an anonymous service, so if a *student* is making contact **please email using your school address**, NOT an external or other personal account. Dialogue between Ms Rhodes and students is via school email addresses, so please ensure you check your inbox for a response.

Existing clients need not email Ms Rhodes as she will be making contact with them directly to offer them access to this service.

Please also refer to the Counselling Policies' links on the School Policies' page