

Counselling & Training In Schools

"The staff and parents value this service. The children talk positively about the sessions. I feel the support that is given is professional and makes a great difference to the children and their families. The great contribution of the service to the mental health of the pupils at our school can not be underestimated." (Headteacher - 2014)

Off The Record

Charity No. 508061

- Prices Start From £36.50 Per Hour -

(Rates are negotiable for school term contracts)

office@offtherecord.demon.co.uk

www.otr-tameside.org

0161 355 3553



- Accredited Member of BACP
- All staff are fully insured & DBS checked
- All staff are experienced and professionally qualified



We Cover a wide range of issues facing young people today, including;

Bullying/Cyber Bullying
Stress
Exam Pressure
Family Breakdowns
Bereavement
Transition
Anger

Domestic Abuse
Self-Harm
Anxiety
Self Esteem
Confidence
School Exclusion
Substance Misuse

Off The Record Counselling Service

Off The Record provides an experienced, flexible counselling service that respects the ethos of each individual school or college and compliments the existing pastoral care pathways.

Our counsellors work on the school premises, so they are easily accessible and able to respond quickly to the emotional needs of both your pupils and staff team.

- Prices start from £36.50 per session/hour -
(Rates negotiable for school term contracts)

- One to One Counselling
- Peer Support Programmes
- Play Therapy
- Staff Supervision
- Anger Management
- Reduced Waiting Times
- Student & Staff Training
- Training Workshops

- We Offer -

- Qualified and experienced counsellors to support the emotional/mental health and well being of children and young people (Age 5 to 25)
- Appointment based counselling sessions and Drop-In services.
- A safe, confidential space that allows users to explore issues that they may be having by developing positive coping strategies to enable them to build strong relationships at home and school.
- Staff counselling, training, supervision and play therapy to enable children to learn and connect, calm anxiety and improved self esteem.