



PARENT / CARER INFORMATION

WHO ARE WE

North Staffs Mind can offer counselling for your child/young person within their educational setting.

Working within our procedures and policies, we normally offer a programme of up to 6 sessions. However, as the service is commissioned by your child's school, we can extend the programme providing it is agreed by the counsellor, the school, and the client (your child/young person), and that the work remains ethical and therapeutic.

HOW WE WORK

We offer a range of therapeutic interventions tailored to meet your child's/young person's needs. This usually includes creative working and solution focused strategies. We ensure that they have a safe space to discuss any difficulties that they may be experiencing and work to build a trusting and therapeutic relationship with them.

CONFIDENTIALITY

Unless a safeguarding disclosure is made, the content of the sessions is strictly confidential and is not disclosed to either the school or parent/carer. In the event of a safeguarding disclosure, we will inform the relevant person in the school who will act upon any safeguarding concerns in line with the school's own safeguarding policies and procedures.

In some cases, the child/young person may feel that some information would be useful to share with their parent/carer. If so, we will encourage them to speak to the parent/carer directly. However, if they find this difficult to do, then we are open to speaking direct to the parent/carer on their

INITIAL PARENT CONSULTATIONS

In the case of children/young persons under the age of 11, we will speak to the parent/carer prior to initiating any counselling sessions. This is to discuss your concerns and to gain a better understanding of how we can best help your child. We do not offer Initial Parent Consultations to parents/carers of children/young persons over 11.

GDPR

Our Privacy Statement can be found at: <https://nsmind.org.uk/privacy/>

CONSENT

We need at least one parent/carer to consent to the referral, if their child is under the age of 13. However, there are exceptions to this under Gillick Competency.

Gillick competence refers to the recognition that the capacity of a child to make serious decisions about

their life will increase as does the age and understanding of that child. The principle behind Gillick competence is based on the idea that as children grow older, they acquire the maturity and autonomy to make informed decisions about their own healthcare.

ONWARDS REFERRAL

When working with a child/young person, it may become apparent that a referral into CAMHS is necessary. This will be based on our experience and may include presentations Deliberate Self-Harm, Suicidal Ideation or Neurodiversity.

We are not a diagnostic service, hence will not diagnose conditions such as Autism, ADHD etc.

We may work with Deliberate Self Harm and Suicidal Ideation should these be presented, and depending on the risk factors. In which case, a safe plan will be completed with your child/young person, and an informed action such as a Step Up to CAMHS may be completed.

WHAT IF YOUR CHILD/YOUNG PERSON LEAVES THEIR EDUCATIONAL SETTING

Should your child/young person leave the school that we are working in, the sessions will end. However, if they move to another one of our commissioned schools, then they will be able to re-commence access our service. Though this is very likely to be with a different counsellor.

COMPLIMENTS & COMPLAINTS

It is important to us to gain feedback from the school / our clients and you, as parents/carers. Feedback forms will be sent to you once therapy has ended.

Should you wish to make a complaint – [Link to complaints policy](#)

If you have any questions, please feel free to contact our schools team on schools@nsmind.org.uk