



## From mountain to sea

### **Aberdeenshire School Counselling Listening Service** Information for Young People

#### **What is it?**

A confidential [Listening Service](#) for Aberdeenshire pupils aged 14 -18 which will operate during school closures.

A trained counsellor is there to listen to you if something is impacting on your emotional wellbeing. The service is non-judgemental and expectations free. It will be a voice only, one-to-one telephone call where you speak to an adult about what you are going through.

Through a quick and easy appointment booking system you can set up a telephone call with a counsellor. They will phone you at the time you have selected to listen and try to understand what is worrying you.

#### **How do I make an appointment?**

Click on this link [Listening Service](#) to choose an appointment time that best suits you. Follow the directions on the screen.

You can book an appointment 7 days in advance and cancel your appointment up to an hour before it is due to start.

#### **Is it for me?**

It is if:

- You're a 14-18 years old Aberdeenshire school pupil
- You have access to a stable phone line
- You'd like to speak to somebody who will really listen

#### **What happens during my call?**

This is directed by you entirely. Your counsellor will help by asking questions to support you.

#### **Who will need to know that I called?**

The content of the call is confidential and private. The only time anything you speak about will be shared is if you asked us to, or if we are really concerned about your safety.

#### **What information do you collect about me?**

We only collect the information you give us when requesting the service (name, school and contact number) which allows us to contact you and set up the call.