Policy Name	**Academy Counselling Policy**
Policy Number	**LFTSFQ/0044**
Date of Issue	**July 2026**
Reviewed by	**Miss C Wright**
Date of next review	**September 2027**

1. Purpose of the Policy

At Landau Forte QEMS and Sixth Form, we recognise that good emotional wellbeing is essential for students to thrive both academically and personally. This policy sets out how we provide access to confidential counselling support, ensuring all students feel safe, listened to, and supported.

Our counselling service aims to:

- Promote positive mental health and wellbeing
- Provide a safe space for students to talk about worries or concerns
- Support students in developing coping strategies and resilience
- Work alongside safeguarding and pastoral systems to ensure student safety

2. Aims of the Counselling Service

The school counselling service aims to:

- Offer professional, impartial, and non-judgemental support
- Help students explore feelings such as stress, anxiety, low mood, friendships, family concerns, or school pressures.
- Encourage students to develop self-awareness and confidence and be given strategies to use to cope.
- Support early intervention to reduce escalation of mental health difficulties

3. Accessing the Counselling Service

Students can access counselling in several ways:

Referrals can be made by school staff by filling in the wellbeing referral form.

All referrals will be discussed in the Safeguarding meeting and appropriate support will be allocated by Miss Wright (DSL)

Sixth Formers can access self-referral support on Wednesdays drop- in sessions or through Staff referral.

We aim to ensure access is:

- Easy and confidential
- Responsive to need
- Inclusive for all students

Students will be given clear information about what counselling involves before sessions begin.

4. Confidentiality

Confidentiality is a key part of the counselling service.

- Sessions are private and confidential
- Information shared will not be disclosed without the student's consent unless there is a safeguarding concern

- If a student is at risk of harm to themselves or others, the counsellor has a duty to share relevant information with the Designated Safeguarding Lead (DSL)

Students will be informed clearly about the limits of confidentiality at the start of their counselling.

5. Safeguarding

Safeguarding is at the heart of everything we do.

- The counselling service operates in line with the school's Safeguarding and Child Protection Policy
- Any concerns about a student's safety will be reported to the DSL
- Counsellors are trained in safeguarding procedures and work closely with pastoral and safeguarding teams

This ensures that while counselling is supportive and private, student safety always comes first.

6. The Role of the School Counsellor

The school counsellor will:

- Provide planned one-to-one sessions for students
- Maintain accurate and secure records in line with GDPR
- Work ethically in accordance with professional standards (e.g., BACP guidelines)
- Liaise with staff where appropriate (while maintaining confidentiality)
- Promote mental health awareness across the school

The counsellor does not provide:

- Crisis emergency services (but will refer to appropriate services if needed)
- Long-term clinical therapy where external support is more appropriate

7. Parental/Carer Involvement

We value partnership with parents and carers.

- Students in lower years may require parental consent, depending on age and circumstances
- Sixth Form students can usually access counselling independently
- Parents will be informed where appropriate, particularly if there are safeguarding concerns

Our approach balances:

- Respect for student confidentiality
- Duty of care and safeguarding responsibilities

8. Equality and Inclusion

The counselling service is available to all students regardless of:

- Background
- Identity
- Ability

- Faith or belief

We are committed to creating a safe and inclusive environment where every student feels respected and heard.

9. Session Structure

- Sessions are typically weekly and time-limited
- Each session lasts approximately 40–50 minutes
- Reviews take place to ensure support is effective and appropriate

Where necessary, students may be:

- Referred to external services (e.g., CAMHS or local support organisations)
- Supported through alternative pastoral route
- Students will be offered 6 weekly sessions, this will then be reviewed at the safeguarding meetings should they require more sessions or other support (e.g., Mentoring .

10. Monitoring and Evaluation

To ensure high-quality provision, the counselling service is regularly reviewed through:

- Student feedback
- Outcome monitoring
- Case reviews (anonymised)
- Collaboration with safeguarding and pastoral teams

This helps ensure the service continues to meet student needs effectively.

11. Links with Other Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Mental Health and Wellbeing Policy
- Behaviour Policy
- Data Protection (GDPR) Policy

12. Key Contacts

- Designated Safeguarding Lead (DSL): Claire Wright
- Deputy DSL(s): Hannah Robbins
- School Counsellor: Mel Fallows
- Medical Officer: Claire Goodwin

13. Conclusion

At Landau Forte QEMS and Sixth Form, we are committed to ensuring every student feels supported, valued, and able to succeed. Our counselling service plays an important role in helping students navigate challenges and build resilience, contributing to a positive and caring school environment.

Date	**July 2026**
Change Made	**Various**
Made By	**Miss C Wright**