

## Counselling can help your student with:

- Anger and Anxiety
- Depression & low mood
- Bereavement and loss
- Bullying
- Difficulties with relationships of all types
- Difficulty with transitions or adjusting
- Trauma and all types of abuse
- Stress including exam related stress
- Sexual orientation
- Gender identity
- Food/eating concerns

## Costs

Newman Health & Wellbeing Counselling & Psychotherapy operates on a cost recovery basis, paid for by either commissioning organisations, such as educational establishments or individuals themselves with a contribution from Newman University.

Schools, academies and colleges draw upon their own budgets (including using pupil premium funding). Adults requiring counselling or parents concerned about their child, may self-refer and provide payment for the service they receive.

## Further information

**To find out more  
please contact:**



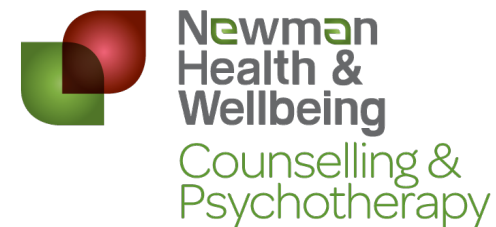
**0121 483 2205**

**counselling@newman.ac.uk**

**www.newmanhealthwellbeing.org**



Newman University  
Genners Lane  
Bartley Green  
Birmingham, B32 3NT



*breaking barriers unlocking potential creating flourishing communities*

**Newman Health & Wellbeing** exists to improve the quality of life for individuals and to make a positive contribution to the communities and organisations to which they belong. We are commencing with two services:

- **Counselling and Psychotherapy:** for children, young people and adults across Birmingham and beyond
- **Reach Out:** building connections with young people in our local area

## A New Service for Schools and Colleges

**It is widely recognised that dealing with children and young people's mental health has become a regular part of teachers' and lecturers' workloads.**

Even well-developed pastoral care systems, including access to specialist SEN (Special Educational Needs) support and referrals to GPs and Child and Adolescent Mental Health Services (CAMHS), often need to be supplemented to meet the emotional and mental health needs of young people today.

Some schools, academies and colleges have already invested in on-site counselling expertise, but even then it can be difficult to keep waiting lists short and ensure students receive timely support. Other institutions recognise their students need additional support, and are seeking alternative ways to provide this assistance.

**Newman University has a proud history of training teachers and working in education. Newman Health and Wellbeing is a new way building on these existing relationships to provide emotional support to pupils and students.**



# Newman Health & Wellbeing Counselling & Psychotherapy

Newman University also has a strong track record in the training of professional counsellors, which includes a postgraduate level integrative counselling and psychotherapy course, specialising in working with children and young people. Following a successful school based pilot, a new campus based counselling service called Newman Health & Wellbeing Counselling & Psychotherapy will help schools to meet the increasing demand for counselling and emotional support.



Newman Health & Wellbeing Counselling & Psychotherapy brings the skills of practitioners, tutors and trainee practitioners together to deliver a professional counselling service. Your pupil will be matched to a counsellor that is best able to relate to the young person and the issues they are looking to resolve.

## Benefits to schools and colleges of choosing Newman Health & Wellbeing Counselling & Psychotherapy

- Flexible delivery – at school or from campus based counselling rooms, including a dedicated children's therapy room
- Extensive knowledge and practical expertise – the service is based on the collective knowledge and experience base of the counselling lecturers, all of whom are senior practitioners in their own right
- Practitioners with specific training and experience in working with children and young people. Newman University currently offers the only professional training programme in the West Midlands that leads to registration as child and adolescent counsellors/ psychotherapists and is accredited by the UK Council for Psychotherapy (UKCP)
- Counselling available throughout the year – offering continuity of service during school holidays
- Range of appointment times available – daytime and evenings
- Impact Evaluation and Research Reports – schools will be able to request reports prepared to University research standards based on the specifics of the service delivered
- Professional body membership – all counsellors as a minimum will be members of their professional bodies and will work to the relevant ethical code. Some will be close to or have achieved accredited counsellor status and others will have many years counselling experience
- Clinical supervision – all counsellors receive external supervision to ensure the quality of the therapeutic work
- Expertise in adult counselling – referrals can also be made for members of staff, either as a stand-alone option or in combination with pupil counselling support

