

Counselling Service

The counselling service at John Lyon is part of our pastoral care provision and it has been developed to strengthen and complement the support that students already receive.

The School is keen to address, as fully as possible, the needs of students who are experiencing personal difficulties and who feel they could benefit from speaking to a trained professional who is outside their network of family and friends. Counselling in School offers individual support to students and provides a confidential service, which aims to help students gain the most from academic and social opportunities, both in and out of school.

Emotional problems affect school life and work in a variety of ways. These include difficulties in friendships, anxiety about attending school, disruptive or aggressive behaviour, worries or obsessive thoughts, and actions which lead to preoccupation and loss of concentration, along with family issues, relationship problems, generalised anxiety and depression. In young people, depression is not always expressed as low mood. It can also show as a withdrawal from activities and/or irritability. Depression can lead to students acting as a bully. Emotional difficulties of any kind can lead not only to great personal unhappiness but can also affect the ability to achieve one's academic potential.

Mrs Laura Herman MBACP UKCP FPC, our School counsellor, is professionally qualified and adheres to a strict code of ethics. She is situated in the Old Building and is available for appointments during the School day.

Anyone wishing to contact Mrs Herman with any concerns or enquiries is welcome to do so via the School switchboard or by email staff.herman@johnlyon.org