

# **NORTH POINT**

## **YOUR SCHOOL THERAPY SERVICE**

## **IMPORTANT INFORMATION FOR PUPILS & PARENTS/CARERS**

Northpoint Wellbeing is a registered charity (no. 1057908) which provides counselling in many Leeds schools.

Northpoint Wellbeing  
Leeds Bridge House  
Hunslet Road  
Leeds LS10 1JN

### **About Northpoint Wellbeing**

Northpoint Wellbeing Limited is a charitable provider of a range of services to promote emotional wellbeing. We are commissioned by Leeds NHS Clinical Commissioning Group and a number of schools in Leeds to provide school therapy services. We are accredited by the British Association for Counselling & Psychotherapy, and all of our therapists are vetted, qualified, and experienced.

### **Why might I be offered therapy in school?**

Therapy is a private space and time where you can talk about what is going on for you or about anything that is worrying you. A therapist is someone who will listen to you; they will not judge you or tell you what to do. It's your time and space to be with someone who is there for you.

### **How can I see a therapist at school?**

You or your parent/carer can ask a teacher or staff member to refer you to the service. There may be a wait to see the therapist, but you should be told how long you might have to wait.

There may also be things you can do to help yourself by visiting <https://www.mindmate.org.uk/im-a-young-person/>. This site has useful information on a range of subjects, lots of tips, advice and ideas.

### **How many sessions will I have?**

If it is decided therapy is the right support for you and you would like to have the sessions, you will usually be offered up to 6 – 8 sessions. Sessions are offered on a weekly basis at a time arranged between you and your therapist. The sessions normally take place at your school in a suitable room, or will take place by phone or video-link if where necessary due to COVID.

### **Confidentiality**

Your parents/carers will normally know that you are attending therapy, unless you are old enough for them not to know.

Some staff at school will know you attend therapy. In order to make sure you are given the right support, your needs and requests may be discussed with some others in the Northpoint and school staff teams. These discussions are confidential.

Neither school staff nor your parents/carers will be told about what you talk about in your sessions. What you discuss is confidential and is normally private between you and the therapist.

If the therapist is concerned about your safety or the safety of someone else, they may need to talk to someone else about their concerns. The therapist will always try to talk with you about this first. Occasionally this is not possible.

### **What information is stored about me?**

In order to make sure that we can provide you with the right support, we will keep records about why you were referred to the service as well as any forms that you complete during therapy. We also write a brief report at the end of the sessions summarising how many sessions were attended.

### **How are my records stored?**

In accordance with the relevant legislation, we will make sure that your records are stored safely and securely. They will be stored electronically on a secure system. Only staff who are involved in supporting you and your family will have access to these records.

### **How will my information be used?**

Some of the information we keep about you will be used to show whether the service has been helpful, and whether improvements can be made. It will also be collated and used in monitoring reports for the NHS and government departments which are used for funding purposes.

No information that could reveal your identity is used in these reports. If you would like to find out more then please contact the Head of Service for the Schools Service at Northpoint on 0113 243 3400 [info@northpoint.org.uk](mailto:info@northpoint.org.uk)

### **What will happen to any art work?**

Your therapist will ask you if you want to keep any art work or written pieces of work that are created during your sessions; if you decide not to keep them your therapist will dispose of these pieces of work safely and securely.

### **What do I do if I have questions or concerns?**

It is important that you are happy with the arrangements we have made for your support, so please feel comfortable contacting an appropriate person if not. You could consider letting a member of staff at school know or the Cluster Manager. Contact details for your Cluster Manager can be found through the Families First Team on 0113 378 1840.

If after speaking with them your query or concern is still unresolved, you can contact Northpoint and ask to speak to the Head of Service for the Schools Service at Northpoint on 0113 243 3400 [info@northpoint.org.uk](mailto:info@northpoint.org.uk)

*Northpoint's full privacy notice is available at <http://schoolcounsellingleeds.org.uk/privacy-policy-leeds-school-therapy/>*