

From mountain to sea

# Aberdeenshire School Counselling Listening Service Information for Young People

## What is it?

A confidential [Listening Service](#) for Aberdeenshire school pupils aged 14 -18. We are there to listen and support you through any difficulties you are experiencing which are impacting your emotional wellbeing. Through a quick and easy appointment booking system you can set up a telephone call with one of our school counsellors. They will phone you at a time selected by you to listen and really try to understand whatever worries you.

We offer a non-judgemental and expectations free, voice only, one-to-one telephone call so you can speak to an adult who is uninvolved in your life about what you're going through.

## How do I make an appointment?

Click on this link [Listening Service](#) and choose an appointment time that best suits you and follow the directions on the screen. You can make an appointment up to a week in advance or as little as an hour before an available time slot.

## 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, but your counsellor will help by asking questions to support you. Calls usually last around 30 minutes.

## Who will need to know that I called?

The content of the call is completely confidential and private, the only time anything you speak about would be shared is if you asked us to, or if we were 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 enables us to contact you and set up the call.