

PRIMARY SCHOOL COUNSELLING

For young people in
Primary 6 & Primary 7

ABOUT COUNSELLING

Counselling sessions with Relationships Scotland are available to all pupils in Primary 6 & 7. A 6-week block will run before Christmas and another between January and Easter. Venue TBC.

WHAT CAN YOU TALK ABOUT IN COUNSELLING?

Counselling gives you the chance to talk about difficult feelings such as:

- Low mood, feeling anxious & stress
- Wanting to hurt yourself or others
- Parents separating
- Being bullied
- Feeling confused about who you are
- Worry about going to high school



HOW TO GET INVOLVED

To get involved in Primary School Counselling, you can either:

- Speak to your school
- Scan the QR code
- Contact Relationships Scotland through the details below



01324 670067



info@relationships-
scotlandcccs.org.uk



@FALKIRKCMHWB

