



Personal Development at Newbridge School



Pastoral & Therapeutic Support at Newbridge Learning Community

Health & Wellbeing at Newbridge Learning Community - Counselling



Counselling Support

Learning is built on emotional security. That's why we offer dedicated in-school counselling for our SEMH pupils.

Meet Vickie - Our School Counsellor

Vickie provides a safe, confidential and compassionate space for pupils to explore thoughts, feelings and experiences.

Counselling Provides:

- A safe, non-judgemental environment
- Emotional regulation and coping strategies
- Identity and self-exploration
- Confidence and resilience building
- Relationship support
- Trauma-informed care
- Flexible, SEMH-responsive sessions

How It Works:

1. Referral from staff, parents or self-referral
2. Regular, consistent sessions
3. Shared goal setting and review
4. Support integrated into school life

Confidentiality is respected at all times, with safeguarding as our priority.