



Sometimes the questions are complicated and the answers are simple."
- [Dr Seuss](#)



"For every minute you remain angry, you give up sixty seconds of peace of mind."
- [Ralph Waldo Emerson](#)



Midhurst Rother College

The best in everyone™

A member of United Learning Trust



"As a College we believe that the enhanced support that a trained counsellor can provide is important to the well-being of our students."

Mrs C Denne - Vice Principal

To make an appointment to see Ali

Talk to your Pastoral Leader or Tutor and they will contact her. You do not need to give them any reasons as to why you want to use the service.

Email Ali directly on

Ali.Meyrick@mrc-academy.org

Ali Meyrick (BA Counselling) is an Accredited Counsellor with the British Association of Counselling and Psychotherapy (MBACP) and abides by their Code of Ethics. Ali's specialism lies in working with children and young people gaining much of her experience through schools. Ali has extra qualifications in Supervision, Life Skills Coaching/CBT & Creative Arts.



**COUNSELLING
&
LIFE SKILLS SERVICE**

**A SAFE PLACE
FOR YOU**



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'You come out
feeling a weight has
been lifted'
CB Yr 11

'It helped me feel
happier and believe
in myself'
KB Yr 9

'It helped me get
through things that
would have been
harder on my own'
AK Yr 9

'You feel understood.
It's easy to talk. Then
things go away'
LR Yr 7

'It was really helpful
with all the things going on at
home which made me more
motivated at school'
HH Yr 11

Frequently Asked Questions

How many times will I see you?

We will discuss that when we first meet and agree how many sessions. It could be as little as one or two. You can also carry on for as long as you want.

Will anyone have to know I see you?

You are not obliged to tell anyone the reasons why you are coming to see me although the school will have to know where you are in the College building.

Will what I say remain confidential?

Yes, provided you are not at risk. Nothing will happen regarding your wellbeing without you knowing. This will all be discussed at our first meeting.

How will it fit into my day?

When we meet we will look at your timetable to make sure the meetings fit into your college day with the least disruption to lessons.

Do I have to have a big problem to come and see you?

No. Counselling and life skills coaching is about helping you make sense of your thoughts and feelings so that you can then make decisions about what to do to bring about making changes in your life.

'I really think it's helped.
You feel things have been lifted
off your shoulders. I didn't realise
how much I had to say.'
J Yr 11

'It really helped me
move on with my life
after the death of Dad.
I feel a lot happier now.'
GG Yr 11

It's a quick way to get
over things. I realised I put a
lid on my sadness and things
I was scared of'.
CG Yr 7

'Talking to someone in
confidence makes you feel better'
DG Yr 9