School Counselling

Supporting Your Students to Thrive

STEP 2 young people's health



Step 2 provides professional, compassionate counselling in schools, helping young people with their mental health and emotional wellbeing.

Because when young people feel supported, they are more likely to engage, learn and thrive.

The Benefits

- Improved mental health and emotional wellbeing
- Increased confidence and self-esteem
- Better attendance and engagement at school
- A safe, confidential space to talk
- Support to build coping strategies for life's challenges

Common Issues Young People are Facing Today

- Anxiety and worry
- Low mood and depression
- Exam and school pressure
- EBSA (emotional-based school avoidance)
- Bullying and peer relationships
- Family and social pressures
- Neurodiversity (e.g. ADHD, Autism)
- Trauma and past experiences
- Self-harm and suicidal thoughts

Many young people are feeling more anxious, stressed and isolated than ever before.

How Step 2 Counselling Can Help

Our experienced counsellors offer a safe, non-judgemental space where young people can talk about what's on their mind. Using a person-centred approach, we help them:

- Explore their feelings and find their own solutions
- Develop coping strategies and resilience
- Build confidence and self-worth
- Access additional support where needed

"Counselling helped me talk about my worries, and I feel much more in control now."

Working together to support the mental health and wellbeing of your students.

info@step2.org.uk 01274 720185 www.step2.org.uk

Step 2 – Here for young people.