



Listening Time4U

How it will work

Your Guidance Teacher may suggest that you might find Listening Time4U helpful.

If **you** feel you would like to talk with a Listener speak to any member of the Guidance Team to make an appointment.

Why is listening important?

Good listening gives time and space for people to:

- **Tell their story**
- **Understand and be understood**
- **Be valued and respected as a human being**
- **Be able to express feelings honestly**

Registered Listeners are trained and supervised by Listen Well Scotland

www.listenwellscotland.org.uk

www.facebook.com/listenwellscotland
<https://twitter.com/ListenWellScot>

*Listen Well Scotland is a registered SCIO
under Scottish Charity Number:
SC044382*

Listening Time4U

Pupil Information Leaflet

Times of concern, anxiety, fear and sadness are a normal part of life yet often make us feel physically and/or mentally unwell.

Listening Time4U is your time to talk through any concern or worry in a safe place with a trained Listener.

At Listening Time4U you will not be given any advice but hopefully being able to talk with an experienced Listener will help you better understand your feelings, find your own solutions and make your own decisions about what you want to do.

Listening Time4U is NOT counselling.

You might be:

- Being bullied
- Having difficulty making friends
- Experiencing family problems
- Feeling down, sad or fearful
- Feeling stressed with homework or exams
- Feeling uncertain about choices for the future
- Worrying about drugs, alcohol or sexuality

Having someone who will listen well to us without judgement can often help us to feel better and not alone.

What to expect at Listening Time4U

Each session will last up to 40 minutes and will take place in a safe discreet place within the school.

This is your time to talk about what is worrying you and how you are feeling.

What you say to the Listener is totally confidential unless the Listener is concerned for your safety or the safety of someone else. The Listener will then talk to you about who is the best person to speak with to keep you safe or for further advice.