



## Who Are We?

**Crystal Waters Counselling** was created with your pupils in mind. We are passionate about creating a safe space for you to be able to offload, unwind and regain peace of mind when it all gets too much. Led by Fay Lindo (Dip. Couns), Crystal Waters Counselling specialises in partnering with young people on their journey to healing the emotional and psychological wounds that cause them pain regardless of how deep the hurt may be.

With over 14 years in professional counselling experience, Fay has dedicated her life to helping her clients find their smile again. Specialising in Alderian Counselling, Fay has developed the unique ability to get to the root of the challenges her clients face and guide them towards their breakthrough. Her genuine, empathetic and gentle nature allows her clients to quickly feel safe in her care, building a rapport that is pivotal to the success of her approach.



## How Can We Help?

We offer 6 – 12 week counselling and mentoring sessions that cover a range of issues including (but not limited to): -





### Counselling (60mins per session)

-  Depression
-  Self-harm
-  Anxiety
-  Suicidal Ideation
-  Loss

### Mentoring (30mins per session)

-  Respect/Empathy
-  Anger management
-  Self-esteem
-  Communication & assertiveness
-  Mindfulness & stress reduction
-  Emotions/feelings

### CrystalWaters Counselling will:

-  Liaise with parents
-  Maintain regular communication with contact person and/or student support
-  Provide weekly summary of progress with the pupils
-  Provide an end of year review



# Why Crystal Waters Counselling?



Our counselling and mentoring services have been designed to provide pupils with the support they need in overcoming the fundamental barriers (internal and/or external) to learning. In our experience, these barriers can include a variety of issues that range from challenges out of school relating to family and social media to challenges within the classroom or among peers.



We have found that by improving a pupil's mental and emotional stability and their overall wellbeing, you can significantly raise their academic standards.



Counselling and mentoring intervention provides an avenue to helping pupils understand themselves, others and their school community.

Crystal Waters Counselling works professionally and ethically within BACP guidelines

Find out more about BACP  
**bacp**  
www.bacp.co.uk

## Contact us today

to discuss how we can help to improve the academic attainment of your pupils by improving their mental and emotional state!

☎ 07368 252 864

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🌐 [www.crystalwaterscounselling.co.uk](http://www.crystalwaterscounselling.co.uk)



# SCHOOL COUNSELLING

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