Making a difference to young lives
Safe Space provides quality assured Counselling and Arts Therapies for 5-19 year olds across Hertfordshire.

With over 15 years of quality assured services, backed by Hertfordshire County Council, we have a range of experience to draw on from 30+ Counsellors and Therapists in the team.

Our counsellors also have play therapy skills allowing them to work with younger aged children.

Safe Space offers:

- Quick response to crisis
- Quality assured Counselling
- Arts Therapies (including Dramatherapy and Play Therapy)
- Group work (maximum of 6 per group)
- Supervision for staff
- A range of bespoke training courses
COUNSELLING/ART THERAPY IN SCHOOLS?

1 in 10 children between 5 and 16 suffer from a diagnosable mental health disorder - that’s 3 per class!

Half of all mental health conditions start before the age of 14

Children are less likely to suffer from serious mental health conditions later in life if they receive support at an early age

Rates of anxiety and depression amongst teenagers have increased 70% in the last 25 years

Children and young people can find that their behaviour and/or ability to concentrate is affected when they are trying to deal with difficult issues. Allowing them a safe and confidential space to explore issues can enable them to achieve their full potential. Mick Cooper’s report "School-based Counselling in UK Schools: A review and critical evaluation" highlighted that almost 70% of students would rather see a Counsellor at their school, rather than outside of the school environment.
For pupils the benefits can include:

- Improved self-esteem
- Improvements in behaviour and/or attendance
- Better attainment / achievement
- Reduced risk of exclusion
- Improved peer relationships
- Better academic progress

Often children and young people find it difficult to tell us their thoughts, ideas and feelings. As a result their behaviour can be the way they express themselves to try and get their needs met.

Therapy can be used very effectively as an early intervention strategy to prevent the deterioration of a child or young person’s emotional health and wellbeing. It can enable them to cope more effectively in a school setting; both socially and academically.

The therapeutic aim is to open up ways of development and healing without confrontation. Children are encouraged to explore and express themselves through creativity.

This type of intervention will be assessed positively by Ofsted
All Safe Space Counsellors / Therapists:

- Have a valid DBS (Disclosure Barring Service) certificate
- Are qualified to Diploma level and beyond; with Arts Therapists to Masters Level
- Have Professional Indemnity Insurance
- Work confidentiality, except when a child or young person (or someone they know) is at significant risk or harm
- Regularly access clinical supervision
- Receive regular safeguarding training
- Undertake regular continuous professional development to enhance their practice
- Are line managed in accordance with Hertfordshire County Council regulations
- 90% are accredited with the British Association of Counselling & Psychotherapy (BACP) or registered members of the Health and Care Professinals Council (HCPC)
When can therapy be helpful?

Where there is behavioural change such as becoming withdrawn or disruptive.

When a young person is angry, erratic, shows mood swings or signs of depression.

When parents are going through separation and there are signs of distress.

Following the death of a family member or friend.

Where there is knowledge or suspicion of some form of abuse or domestic violence.

When there are difficulties with friendships or bullying.

When a child or young person is new to the school or area and is having difficulty settling in or integrating.

When there are identity issues i.e. gender, cultural.

Where there are health or disability issues such as life limiting illness.

When a child or young person refuses to engage with specialist services.
This is an invaluable service for our young people, families and school.

The service provided is of a very high standard and has had a positive impact on the pupils.

Our pupils have benefited hugely from the emotional support and their success is due to the therapy they have received.

The Counselling has helped to make a difference to many pupils’ wellbeing and behaviour.
WHAT CHILDREN AND YOUNG PEOPLE SAY

What did you like most about counselling/arts therapy?

Two talk about stuff I can't trust anyone else with.

What did you like most about counselling/arts therapy?

Being able to cry about things and to let it out not hold onto it.

How has your time with your counsellor/arts therapist helped?

It's helped me get through my first year at school.

What did you like most about counselling/arts therapy?

Saying stuff I was never able to say

I like the time I spend with my counsellor/arts therapist because...

She is kind and helpful and the best person ever.
If you would like more information on our service or to speak to a member of the team you can contact us via:

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Manager: 01992 588189

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