



My name is **Annmarie Johnson**. I am employed in a private capacity as **School Counsellor** with Naas CBS since 2001. I have over 20 years experience as a **Qualified and Accredited Psychotherapist & Counsellor** and I am accredited with the **Irish Association of Psychotherapists and Counselling** and thereby adhere to their **code of ethics**.

As parents, we are very much aware of the challenges presented to us on a daily basis. We do our best to meet these challenges, whether they are personal, family or work related. We have learned how to cope over the years, and through our many life experiences, we know where to get help and who to talk to.

Here in Naas CBS, we place great emphasis on our young people's mental health. Our ethos and values as a body emphasises the importance of the individual, along with the need to provide assistance and support for both our collective school community and each individual child. Our school of over 1000 students is a microcosm of society. While it provides many opportunities to develop and grow there are significant challenges facing our student, particularly as they move through the teenage years, challenges such as

- **Home Life**
- **Friendships**
- **School Life**
- **Internet**
- **Loneliness**
- **Social Interaction**
- **Sexuality**
- **Divorce**
- **Bereavement**

These things can unfortunately make life very difficult for some students. Thankfully, many can talk to their family or friends but others may find it difficult to verbalise how they are feeling and wonder who and where they can turn to for support.

I am therefore available to meet with the students on a one-to-one basis, and with their parents if necessary. The service is completely confidential. Students can self-refer, or parents can ring me if they are worried (Extension 4). I will of course require permission to meet him and a permission form is sent home requiring a parent/guardian signature.

Sometimes all that is required is a friendly face, a non-judgemental attitude and a listening ear...

Please feel free to contact me or perhaps encourage your son to pop in to see me for a chat should the need ever arise. I will always do my very best to support and help him.

Kindest Regards,

Annmarie Johnson

B.Sc., (Hons), Psychotherapist/Counsellor/Supervisor, M.I.A.C.P.

School Counsellor