

BASE⁵¹

SCHOOL COUNSELLING SERVICE

Bringing our safe space to your school



One in four children aged five to 16 were identified as having a probable mental health problem as of 2025, a huge increase from one in nine in 2017.

That's five children in every classroom.

83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.

Suicide was the leading cause of death for males and females aged between five to 34 in 2019" (youngminds.org.uk)

Despite a government initiative to have counsellors in all schools, many still do not have a qualified counsellor available to students.

Yet since the pandemic there has been a rapid increase in young people reporting various mental health difficulties.



Base 51 - a young people's charity in Nottingham and Nottinghamshire

Base 51 is well known charity based in Nottingham city centre. We have been supporting young people for almost 30 years.

Our work is centred around providing the best support for young people in Nottingham and Nottinghamshire.

Young people's comments after receiving our counselling:

Thank you for your help and support I can now keep in contact with my family which means a lot to me and I always know that Base 51 is a safe place for me.

Base 51 saved me when I didn't realise I needed saving.

My counselling is going really well. I look forward to my sessions because it helps me understand myself and think about what I want, it has a good impact. I feel safe with my counsellor and the youth team at Base 51.

What can Base 51 do for your school?



Base 51 can provide a dedicated, professional counsellor with experience in supporting young people with their mental health needs.

All you need is an available, private room from which our counsellor can meet your students on a daily or weekly basis.

Our counsellors can also offer drop in sessions and group work if required.

Supporting your staff

Working in you school enables us to support more young people with their mental health, and it also eases the pressure on faculties, who may be having to work outside of their expertise to help students with serious mental health concerns.

A dedicated Counsellor in your school will work with the staff to ensure that young people get the support they need.



Why hire a Counsellor when you may have pastoral care or wellbeing support staff?

A recent study conducted by the British Association for Counselling and Psychotherapy and Roehampton university found that school-based humanistic counselling led to significant reductions in pupils psychological distress over the long-term, compared to pupils who only received pastoral care. (BACP.co.uk)

Person-centred therapy is a psychological treatment founded in the 1940's by the American psychologist Carl Rogers. It is one of the core humanistic approaches. Its values are to offer a person empathy, congruence and unconditional positive regard, in doing so people are able to use this environment to grow and change.

Anyone offering psychological support to young people should be suitably qualified. Person centred therapists can complete between 4- 7 years of professional training. They should be qualified to at least diploma level 4.

Our counsellors are all fully qualified and are accredited members of a professional governing body such as the BACP (British Association for Counselling and Psychotherapy) or NCS (National Counselling Society). They also have vast experience of working with young people and enabling individual engagement.

Why can't we just refer to the NHS?

You can refer to NHS services and in some case's there may be a need to do this, however mental health services are inundated with referrals and waiting times are between 6 months to 2 years for some services. By hiring a counsellor for your school you are ensuring that young people get support quickly, which may reduce the pressure on our NHS in the long term.

Early intervention and prevention is the most effective way to promote good mental health.

Not just a Counsellor

Base 51 are not simply offering a counsellor, but a full counselling service for your school.

We will manage, supervise and monitor the service so that you don't have to worry if your school counsellor is offering the best support for your students in a cost effective way.

By having an external service offer counselling within your school you are offering your students a unique, safe space where they can talk confidentially about the issues they may be facing.

Our counsellors can work with the school to support a better overall understanding of mental health issues and a more positive approach to healthy coping.

We believe that offering counselling in schools can:

- Improve the overall wellbeing of the entire student body
- Reduce difficult behaviours
- Improve engagement and performance
- Reduce pressure on NHS mental health services
- Improve future prospects of young people
- Breakdown barriers between some communities and professionals
- Increase support to minority communities
- Improve the overall wellbeing of the entire student body
- Reduce self-harm and suicidal ideation in young people

Your students will also have access to Base 51's wider services including our youth groups!



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CONTACT US



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