



# Northumbria Counselling & Psychotherapy

**Top five issues raised by teachers seeking help**

- **stress, anxiety and depression 27%**
- **conflict with managers or colleagues 14%**
- **pressure of workload and excessive changes 9%**
- **loss of confidence and performance anxiety 9%**
- **relationship, marital and family problems 5%**

(Teacher Support Line: First report, Managing Stress in Schools 2000)

## Professional Counselling for Professionals



British Association for  
Counselling and Psychotherapy



# If you want confidential, professional counselling and support call **01670 519569**

## Key causes of teacher stress

- **poor leadership**
- **criticism by the government, parents and the media**
- **pressures of inspections**
- **disruptive pupil behaviour**
- **long working hours and excessive workload**
- **providing cover for teacher shortages and absences**

(Tackling Stress, NUT, 2000)

If you have a particular problem at work or home which is causing you stress, the first step is to talk to someone. Many people find counselling useful to resolve difficulties.

### **How does counselling work?**

Counselling works by giving you the chance to be heard.

Your counsellor will give you time to talk or just think.

Counselling provides an opportunity to look at the problem in a different way with someone who'll respect and value you as a person.

**9b Chantry Place, Morpeth  
Northumberland NE61 1PJ  
24 hour helpline 01670 519569**

email: [info@northumbriacounsellingandpsychotherapy.co.uk](mailto:info@northumbriacounsellingandpsychotherapy.co.uk)  
web: [www.northumbriacounsellingandpsychotherapy.co.uk](http://www.northumbriacounsellingandpsychotherapy.co.uk)

