



Someone to talk to: Evaluation of Counselling in Schools

SUMMARY



Students' mental health is strongly linked to their engagement, achievement, and school attendance. Counselling in Schools is an initiative which began in 2021 with the aim of providing evidence-based counselling support in primary, intermediate, and small secondary schools, to help young people thrive at school.

The Education Review Office looked at the effectiveness of Counselling in Schools, how well it reached the students it is targeted at, the impact it had, and some lessons for counselling programmes in the future. We found that counselling improves students' mental health, and we also saw some encouraging signs of improved learning and wellbeing more widely.

The Counselling in Schools - Awhi Mai Awhi Atu programme (Counselling in Schools) was rolled out in primary, intermediate, and some small secondary schools. It's available in selected schools in many regions, with a particular focus on schools with the greatest need.

