



JEP Counselling 2025/26 Impact Report

“**ALL** children and young people need and deserve the space and opportunity to grow.”



WWW.JEPYOUTHENGAGEMENT.COM

Foreword



As Head of Counselling at JEP Youth Engagement, I am proud to introduce our Counselling Impact Report for the 2025/26 academic year.

Over the past year, we have continued to see the increasing importance of accessible, high-quality mental health support for children and young people. Many of the young people we work with face significant challenges, including anxiety, low mood, trauma, bereavement, family difficulties, low self-esteem and barriers to education. Through counselling, we strive to provide a safe, non-judgemental space where they can be heard, understood and supported to develop the skills and resilience needed to navigate these challenges.

At JEP Counselling, we believe that every young person deserves the opportunity to thrive emotionally, socially and academically. Our team of dedicated therapeutic counsellors work tirelessly to build trusting relationships with young people, helping them to better understand their thoughts and feelings, improve their emotional wellbeing and develop positive coping strategies that can have a lasting impact on their lives.

This report highlights the reach and impact of our service throughout the 2025/26 academic year. Behind every statistic is a young person who has taken positive steps forward, a family who has received support during a difficult period, or a school that has benefited from a collaborative approach to wellbeing. Whilst we are proud of the figures presented within this report, it is the individual stories of growth, resilience and progress that truly demonstrate the value of our work.

As we look ahead to 2026/27, we remain committed to expanding access to meaningful mental health support and ensuring that every young person has the opportunity to feel safe, valued and empowered to fulfil their potential.

Thank you for taking the time to read this report and learn more about the impact of JEP Counselling.

Michael Watt
Head of JEP Counselling



About JEP Counselling

At JEP Youth Engagement, we know that positive mental health and emotional wellbeing are fundamental to a young person’s ability to engage in education, build healthy relationships and to reach their potential.

JEP Counselling provides specialist therapeutic support to children, young people and adults, across schools, alternative provision and community settings. Our service is designed to offer a safe, confidential and non-judgemental space where individuals may explore challenges, develop coping strategies and build resilience.

Throughout the 2025/26 academic year, our team of qualified and experienced counsellors supported young people facing a wide range of emotional and psychological difficulties, including anxiety, low mood, trauma, bereavement, emotional regulation difficulties, school avoidance, exam-based stress, family challenges and low self-esteem.

Working closely with schools, local authorities, families and other professionals, we deliver tailored interventions that place the needs of each individual at the centre of the therapeutic process, underpinned by JEP Youth Engagement’s Core Values.



OUR CORE VALUES

-  **EMPOWERMENT**
-  **OPPORTUNITY**
-  **INDIVIDUALITY**

OUR APPROACH

Our Counselling Service is driven by a trauma informed, person-centred model that recognises each young person’s experiences, challenges and aspirations.



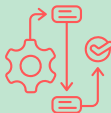
PERSON CENTERED

We place the young person at the heart of the counselling process, respecting their voice, choices & pace.



TRAUMA-INFORMED

We understand the impact of Trauma/ACES and create a safe, supportive space for all.



VARIED APPROACH

Our team of counsellors are trained in various modalities, including CBT, Psychotherapy, Person-Centred and PACE approach

SERVICE SNAPSHOT 2025/26



Therapeutic Support Delivered across Schools, AP & Community Settings



Qualified & Highly Experienced Team of Therapeutic Counsellors



Support provided for Children, Young People & Families



Trauma-Informed and Person-Centred Practice

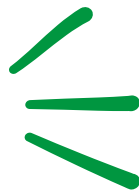


Strong partnership working with Schools, Local Authorities and External Agencies



Focused on Improving Wellbeing, Engagement, Resilience and Long Term Outcomes

2025/26 in Numbers



This year, our counselling service has reached more young people than ever before. Here's some numbers that show the extent of the impact we've had, and represent the courage, growth and positive change in those we've worked with.



**OVER
10,000 + HOURS
COUNSELLING
DELIVERED**



**1,864
YOUNG PEOPLE
SUPPORTED**



**66
SCHOOLS/SETTINGS
SUPPORTED**



**LONDON
W. MIDLANDS
YORKSHIRE
G. MANCHESTER
LANCASHIRE**

**5 REGIONS
SUPPORTED**



**97%
AVERAGE
ATTENDANCE
RATE**



**157%
INCREASE IN YOUNG
PEOPLE SUPPORTED
COMPARED TO
2024/25**

DID YOU KNOW?

We use the **CORE-10** psychometric test as a key measure of wellbeing improvement from initial assessment to point of discharge, with those that we support.

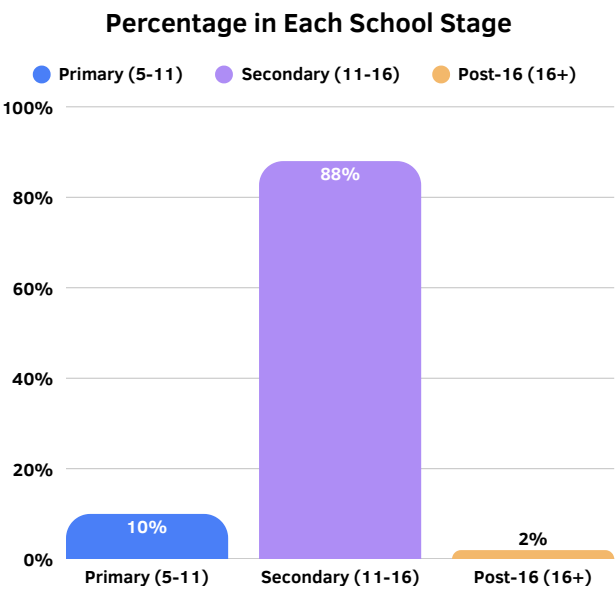


**10
AVERAGE NO. OF
SESSIONS PER
YOUNG PERSON**

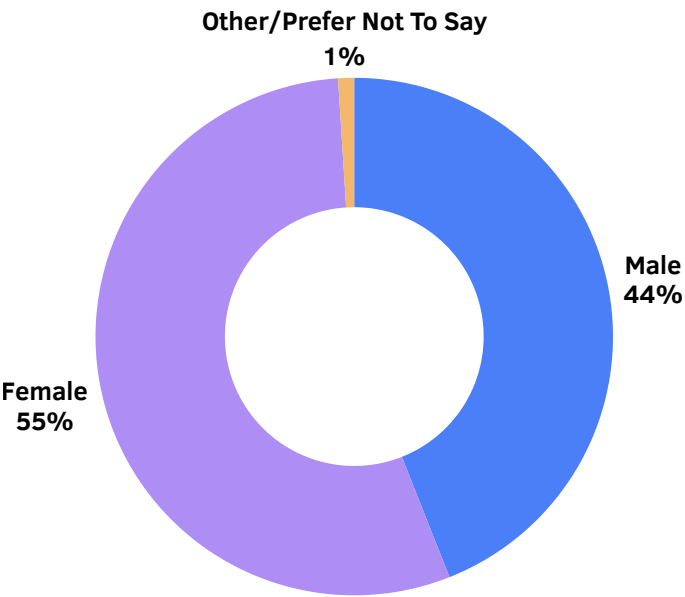
Who We Support

Our Counselling service supports a diverse range of young people across various ages, settings and backgrounds. Our support is tailored to meet individual needs, ensuring each young person feels seen, heard and supported.

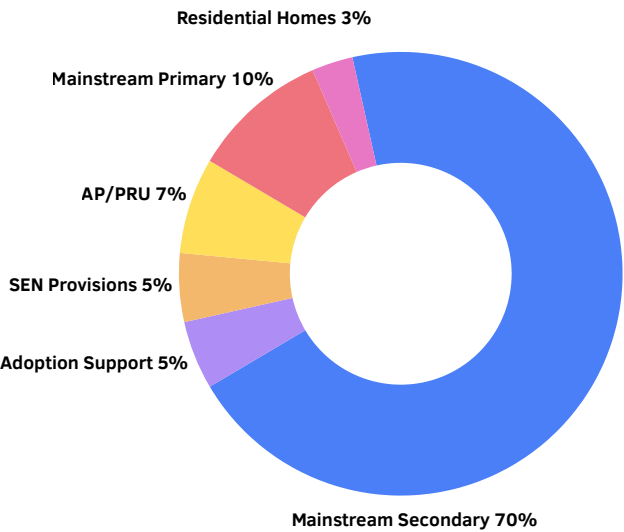
AGE RANGE



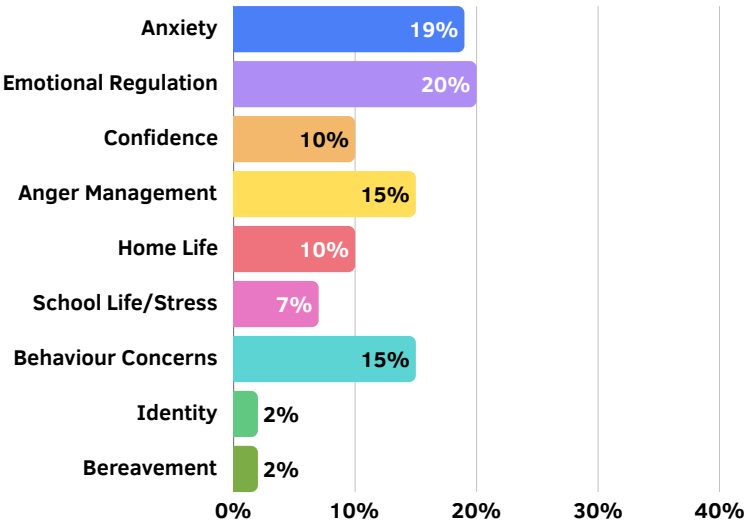
GENDER BREAKDOWN



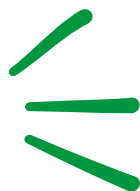
SETTING



REASON FOR REFERRAL

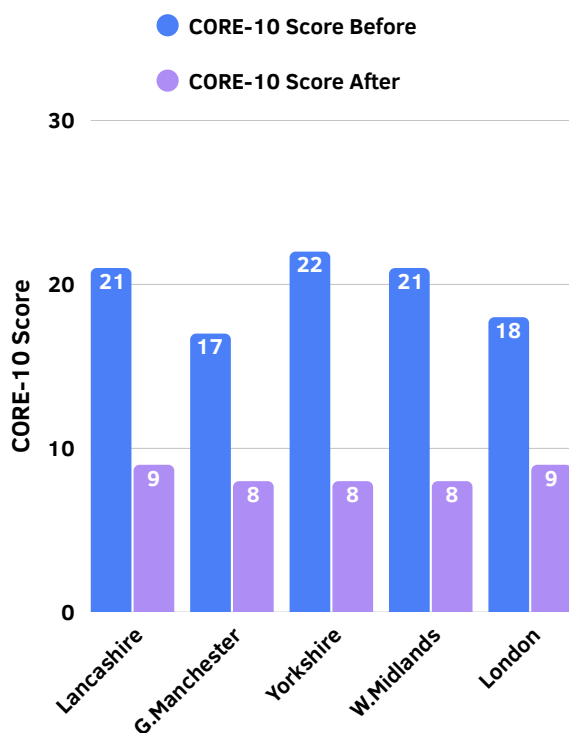


Impact & Outcomes



We use the **CORE-10** Questionnaire as a means to measure the impact our service has with those we support. The CORE-10 is a clinically recognised questionnaire used to measure psychological wellbeing. Young people complete it at the start and end of counselling.

Scores range from low to high distress, with a lower score at discharge indicating improved emotional wellbeing and positive therapeutic progress.



Across the 5 Regions we have supported in 2025/26, we seen significant reductions in CORE-10 scores, following Counselling Support

AVERAGE REGIONAL IMPROVEMENT

-11.4 POINTS
(CORE-10 SCALE)

Young People Reported Positive Change Following Our Support:

**IMPROVEMENT IN
SCHOOL
ATTENDANCE:**

**AVERAGE: 15%
INCREASE**

**IMPROVEMENT
IN SCHOOL
CONDUCT:**

AVERAGE: 60%

**NEET YOUNG PEOPLE
THAT ENTERED
EDUCATION,
EMPLOYMENT OR
TRAINING:**

76%

**SCHOOL PUPILS THAT
REPORTED
SIGNIFICANT
IMPROVEMENT IN
THEIR HOME LIFE:**

87%

OUTCOMES SUMMARY

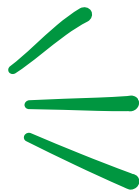
- ✓ Significant improvements across key areas of wellbeing
- ✓ High levels of progress maintained across different ages, genders & settings
- ✓ Consistent regional positive outcomes, demonstrating the wide reach of JEP's counselling support
- ✓ Young people feel more able to manage challenges and engage in education/daily life



DID YOU KNOW?

We don't just offer 1:1 support! JEP Counselling also offers group session support within schools, with specific topics/areas of need/interventions delivered based on the bespoke needs of each individual setting.

What People Say



Behind every number is a young person with a story of their own, and an education setting that is working hard to support them! Here's what some of them have shared about the difference JEP Counselling has made this year.

YOUNG PEOPLE SAY...

My counsellor has helped me to control my anger better and to think before I react. I haven't had any suspensions in months when I am in my other school because I can control it better now.

It's helped me understand why I feel the way I feel. I never thought I'd be able to work through it but I know how to cope much better now! Thank you to my counsellor!

It's been good having somebody to talk to and be able to open up with... exams are so stressful and I feel much more ready to take them on after my counselling sessions!

PARTNERS SAY...

It's the best counselling service we've worked with. Their support for our pupils consistently delivers fantastic outcomes. Their wraparound approach makes a real difference, and we would highly recommend them.

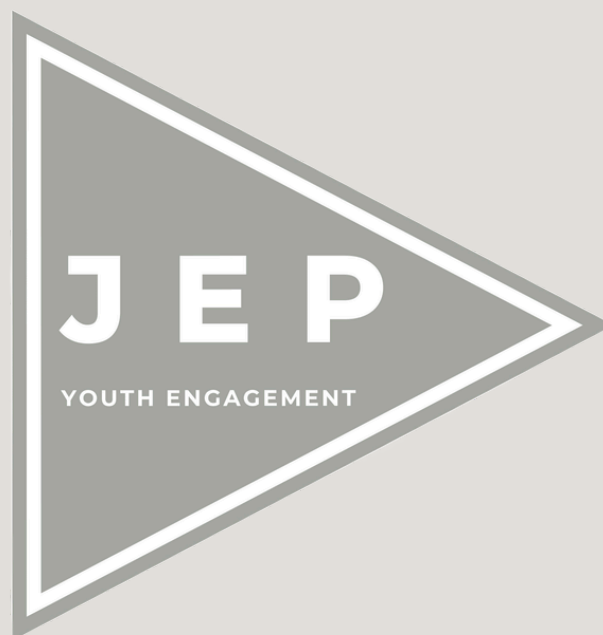
Our partnership with JEP Counselling has grown alongside us! As we expanded from one home to six, JEP met the increasing demand for therapeutic support, providing outstanding services and outcomes for the children in our care.

We are so happy that we invested in JEP Counselling this year! We have referred our most vulnerable students and the changes that we've seen are remarkable. We are really looking forward to continuing our work with JEP Counselling."

THANK YOU TO ALL OF OUR PARTNERS!



To the young people who trust in us, the partners who work with us, and the families who support the journey - Thank you! Together, we're **DETERMINED** to support young people to fulfil their potential



info@jepyouthengagement.com



www.jepyouthengagement.com



[/JEPYouthENGAGE](https://www.facebook.com/JEPYouthENGAGE)



[@jepyouth_engage](https://www.instagram.com/jepyouth_engage)



[/jep-youth-engagement](https://www.linkedin.com/company/jep-youth-engagement)