

Confidentiality

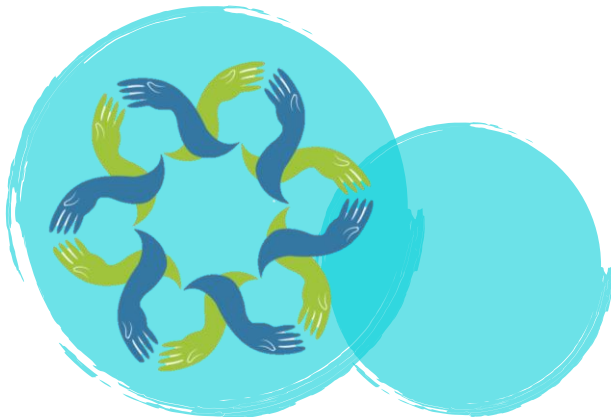
All school counsellors and psychologists are required to keep the sensitive and private information that students and families share with them confidential.

There are some limited exceptions, where safety is involved, that the law requires school counsellors to disclose information to others. This will be discussed in further detail during your first meeting.

Role of the School Counsellor

The school counselling service provides specialised psychological assessment, counselling and intervention services for students. We may be able to help you:

- ✓ Problem solve tricky situations
- ✓ Get on better with friends
- ✓ Deal with grief or loss
- ✓ Better understand and control your emotions
- ✓ When you're feeling anxious or overwhelmed
- ✓ If you are feeling down or stressed
- ✓ Improve learning and organisation



“A joyful life is an individual creation that can not be copied from a recipe”



You are not alone. There is always someone to hear your pain and problems, and to help you keep safe.

Kids Helpline – 1800 551 800

Lifeline – 13 11 14

Beyond Blue – 1300 224 636

School Counselling Service



Narrabri West Public School

Counsellor Emily Meldrum



Making an Appointment

If you would like to see the school counsellor, you will need to make an appointment either before school or in your break times. There is generally a wait time for an appointment. If you need to speak to someone urgently, speak to your Year Advisor who may be able to arrange an appointment on behalf.

School Counsellor Location

Description of location

What to Expect

The school counsellor will:

- Explain how they work
- Listen carefully to what you have to say
- Help you clarify your options
- Encourage you to make your own decisions

The school counsellor may also:

- Help you discover new ways of doing things
- Suggest ways to help you learn and succeed at school
- Recommend other people or services who may be able to help you

Involving Parents/Carers

The support and understanding of your parents/carers may help to resolve an issue and increase your safety and wellbeing. So, the counsellor may ask you if you would like to involve them in the counselling process. The decision whether or not to involve your parents/ carers is up to you, and your views will be respected.

Your parents/carers might also make an appointment to meet with the counsellor seeking support to manage issues that concern them as parents. They will be assisted by the counsellor in the same way as you are.

The information from their appointment will not be shared with you, nor will the information you have shared be given to them, without consent, unless it is necessary to prevent a serious threat the counsellor anticipates to your or others' safety and wellbeing.

