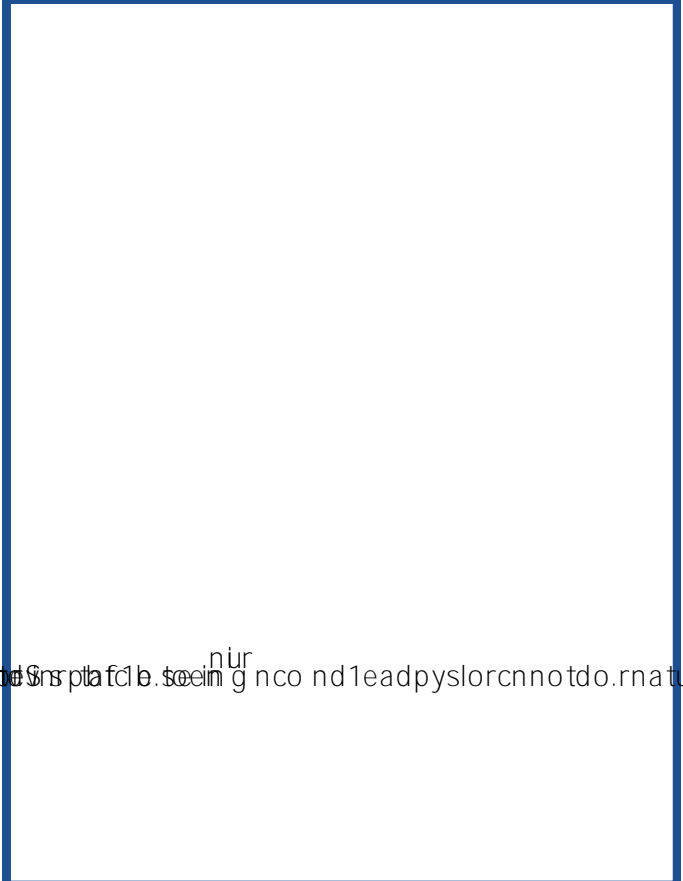


Secondary School Counselling Guide For Parents

What the school counsellor may do.

- Short term counselling and brief intervention for students.
- Support students in developing coping skills to manage challenges such as:
 - Anxiety or depression
 - Grief and loss
 - Friendship or relationship issues
- Assist with transition or re-entry of students back to school where there are concerns about emotional and psychological wellbeing.
- Consultation with College staff and external services as appropriate.
- Information and referral to external community based organisations as needed.
- Offer targeted therapeutic groups as appropriate.

What the school counsellor cannot do.





Referral to see the school counsellor can be made by:

- Students
- Staff members
- Parents by contacting the College office

School counselling is voluntary service and students are not obliged to attend sessions. Younger students will require parent or carer consent to see a school counsellor, and older students may engage with the school counsellor without discussing it with family.

H a a d c a c a c

- Communicate with the schoo