



Supporting our Students

The school counsellors are a key part of our whole school pastoral care and wellbeing approach. Counsellors work with students, families and College staff to assist in the emotional and psychological wellbeing of students within the College community. Feeling safe and supported at school is essential for student wellbeing and a pre-requisite for effective learning.

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.
- Support schools in the management of critical incidents.
- Support staff professional learning around mental health and wellbeing.

What the school counsellor cannot do.

- See students who do not consent to counselling.
- Act as the primary treating clinician for students with serious mental health issues or diagnosis.
- Offer specialist clinical counselling in areas outside their expertise. (e.g. eating disorders, sexual assault counselling or family therapy).
- Become involved in family law matters or the interpretation or enforcement of court orders.
- Respond to requests that breach principles of privacy and confidentiality.
- Offer counselling in situations where a conflict of interest exists.
- Offer individual counselling to students outside of school hours.



SCAN HERE
for referral form



Seeing the School Counsellor

School counselling is confidential, and information shared by students is not disclosed to College staff or others unless relevant to their safety or wellbeing. School counselling files are securely stored and do not form part of a student's school records. School counselling files are only released if required by law.

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.

How parents and carers can help the school

- Communicate with the school counsellor regarding any changes or circumstances that may be having an impact on your child.
- Provide relevant information pertaining health and mental health concerns.
- Work collaboratively to ensure best support and care of your child while at school.
- Understand that the school counsellor is a mandatory reporter and must report any serious concerns to child protection agencies.
- Provide the College with any relevant documentation that will assist in supporting the emotional and psychological wellbeing of your child.

Useful Contacts

Mental Health Line: 1800 011 511

Family Connect and Support: 1300 006 480 <https://www.benevolent.org.au/services-and-programs/list-of-programs/family-connect-and-support>

CatholicCare: 1800 324 924 catholiccaredbb.org.au/family-youth-children

Parent Line: 1300 1300 52 parentline.org.au

Kids Helpline: 1800 55 1800 kidshelpline.com.au

Yarn Line: 13 92 76 13yarn.org.au