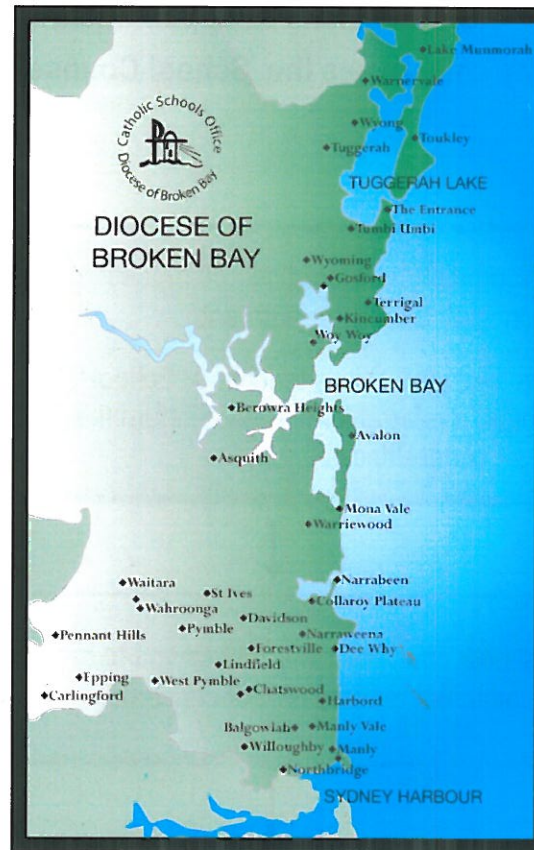


Is your child having trouble at school?

- ◆ Struggling with grief and loss?
- ◆ Anxious?
- ◆ Feeling Down?
- ◆ Scared?
- ◆ Worried?



Perhaps they might benefit from seeing one of our school counsellors.



Primary School Counselling

Information for parents



Caroline Chisholm Centre
Building 2, 423 Pennant Hills Road
Pennant Hills, NSW 2120
PO Box 967 Pennant Hills NSW 1715
Tel (02) 9847 0000
Fax (02) 9847 0001
mail@cso.brokenbay.catholic.edu.au



Counselling at your School

The Catholic Schools Office employs qualified school counsellors who are available to assist students and their families. These counsellors are qualified psychologists or social workers, experienced in child counselling and mental health.

They provide short term counselling and/or mental health screening and referral options, free of charge to students and families in the Diocese of Broken Bay.



Reasons for seeing the School Counsellor may include:

- feeling anxious or worried
- feeling sad or 'down'
- family issues
- grief and loss
- difficulty coping at school

How do I make an appointment for my child to see the School Counsellor?

- 1.** A counselling referral can be requested by a Principal, teacher or a parent.
Contact your child's teacher or School Principal to obtain a referral form. Please return this form to the School Principal.
- 2.** A school counsellor will contact you to make an appointment to discuss your concerns.
- 3.** If it is appropriate your child will be seen by the school counsellor, on the school premises, during school hours. Usually 3-6 sessions are offered.
- 4.** The counsellor will provide you with information regarding their assessment and intervention and will offer further recommendations for follow up if it is required.

Confidentiality

School counselling is a confidential service. Information will only be shared when it is in the best interest of your child.

For example in order to manage your child better at school and in situations where your child is considered at risk of harm and/ or when others are at risk of harm.

Other Sources of Support

- Your local GP
- Your local Community Health Centre or Child and Adolescent Service
Free counselling may be available
- Your local Paediatrician
Referral from GP needed for a Medicare rebate
- Local Psychologist
Fees may apply, some health funds support the costs, ask your GP if you are eligible for a Medicare rebate through the Better Access Scheme
- Kids Help Line – 1800 55 1800
- Parent Line – 132 005 (Toll Free)
Free telephone counselling
Mon-Sat 9am - 4:30pm
- The Emergency Department at your local hospital (in case of emergency)

