The counselling service offers:

- Help to manage relationships with family, teachers and peers.
- Support to manage issues of concern.
- Crisis responses.
- Support to encourage attendance, behaviour and learning at school.

A common way counsellors can support you is by offering to talk with others on your behalf for example with teachers, friends or parents.

Katherine Fisher
School Counsellor

Our Counselling service provides help and support for you, your friends and our wider school community. We help you to manage things that are happening in your life and to develop the skills and confidence.

School-based counsellors are qualified teachers with additional skills in promoting and supporting student learning and wellbeing.
Your Responsibilities in the Counselling Process

Counselling is most effective when you form a trusting relationship with the Counsellor. Resolving issues often means that you have to make some changes, so be prepared to work with the Counsellor on different ways of thinking and behaving to achieve your goals.

Making an appointment with a counsellor:

- If you wish to discuss an issue you can go to the front office and staff will help you make an appointment with the Counsellor.
- Small groups of students may also wish to make an appointment about an issue of concern to them all.

Parents/Carers or teachers who are concerned about you can ask the counsellor to make an appointment with you. This may make it easier for you to seek support.

Involving your 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.

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.

Confidentiality and Informed Consent

It is the responsibility of counsellors to protect the confidential information you share with them during the counselling process. Counsellors will share your confidential information when:

- you ask them to, or
- they ask for you to give permission and you give it.

Counsellors will only share your confidential information without your consent when:

- They are required to do so by law.
- The Counsellor believes it is necessary to help prevent a serious threat to your or others’ safety or wellbeing.