



How to connect with a school counsellor



What we offer:

- Individual counselling
- Wellbeing group programs
- Consultation
- Support & Advocacy
- Support connecting to other services
- Culturally inclusive service, regardless of religious beliefs, culture or background.

Helping Parents

We offer support to children and young people, assisting them in developing skills and strategies to tackle life's challenges. Our services include improving parent-child communication, discussing concerns about your child's well-being, and providing referrals to other services.



We're here to help you!

Navigating life's challenges can be hard at times with the pressures of school, family issues, and friends. There are many ways a school counsellor can support you in your mental health and wellbeing.

Helping Students

We provide support for a wide range of presenting issues such as: stress management, anxiety/depression symptoms, academic stress, family problems, grief and loss, peer conflicts, self-esteem and confidence, behavioural support, emotional management, body image concerns, and self-harm/suicidal thoughts.

Helping Teachers

We provide social-emotional well-being groups for children and young people to build resilience. Programs cover anxiety, depression, self-esteem, body image, social skills, behavioral support, stress management, mental health awareness, and tailored options. School counsellors also assist with student support plans.

Are you experiencing difficulties:

- Not eating or wanting to be involved in things you normally enjoy?
- Are you feeling sad or 'down' or crying more often?
- Are you easily irritated?
- Are you having issues with friends and/or family?
- Having trouble concentrating?
- Feeling unusually stressed or worried?
- Not performing as well at school as you used to?

Accessing support with a school counsellor:

- Students under 14 require parental consent to access counselling.
- Self-referral for students over 14 years old accepted.
- Teacher referral
- Parent referral
- School Principal referral



To make a referral to see the School Counsellor please contact the school office

Additional support:

If you are feeling distressed and need support, please contact a support person to help you.

Support people include:

- Family and friends
- Your general practitioner or doctor
- Kids Helpline **1800 551 800**
- Lifeline **13 11 14**
- Beyond Blue **1300 224 636**
- Mental Health Line **1800 011 511**
- Parent Line **1300 130 052**
- Suicide Call Back Service **1300 659 467**
- NSW Domestic Violence Line **1800 656 463**
- Aboriginal & Torres Strait Islander crisis support line **13YARN 13 92 76**

ReachOut <https://au.reachout.com>

Medicare Mental Health
<https://www.medicarementalhealth.gov.au/>

Headspace <https://headspace.org.au>



Our commitment to keeping children safe

CatholicCare is committed to the safety, welfare and well-being of children and young people. They are given the highest priority in every preventative and protective action taken. We recognise that the care and protection of children is a collective responsibility. We work in cooperation with government authorities, agencies and families in the care and protection of children and young people.

Feedback and complaints

We take pride in the services we deliver and encourage our clients and stakeholders to provide us with feedback about their experiences, whether this is a complaint, a compliment, or a general comment. Feedback and complaints can be provided via our website.

To find out more about our School, Student and Family Program please call **02 4227 1122**

Email

enquiries@catholiccare.dow.org.au or

visit our website via the QR code below



catholiccare.dow.org.au

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**Together
in Care.**