

A Guide to the School Counselling Service

The counselling department aims to build on the school's pastoral provision by offering additional emotional support to students who may benefit from the opportunity to work with a professional counsellor. This confidential service helps promote the psychological well-being of students, enabling them to make the most of the opportunities offered for their social and academic development.

Services provided

- Providing a psychological counselling service for vulnerable students in an education environment by working in a confidential setting, supporting students, families and school staff.
- Wellbeing programs, in small groups, covering a range of areas such as friendship issues, self-esteem, transition to secondary, mindfulness and parenting workshops.
- Meeting with staff and families in relation to student concerns and difficulties as appropriate.
- Providing open door policy availability for 'drop in' sessions as and when the need arises.
- Reporting child protection concerns when required.
- Consulting and liaising with internal and external professionals and agencies.

Sample of types of problems brought to counselling, among others

- Anxiety
- Family/relationship issues
- Depression
- Isolation
- Grief/loss
- Stress
- Transition

Making a referral to the School Counsellor

- Where you have a concern that a student is experiencing some form of psychological distress, please get in contact with me (call into me or email) in order to discuss your concern and complete the counselling referral form
- Once it is determined that the student may benefit from counselling, the counsellor will send you a parental consent form if it is a primary school student which you will need to get signed by the student's parents before counselling can commence. Students in secondary school are capable of provided their own informed signed consent.
- Once signed consent has been obtained, the counsellor will then be able to schedule the student into the next available opening in consultation with relevant teacher and the student's timetable.
- The number of sessions per student will depend on each case.
- As the student advocate, the counselling department cannot be involved in disciplinary/ behavioural issues.
- Counselling sessions are confidential. However, as we are part of a school community, the counsellor will always liaise with staff to offer some guidance or approaches that would help support the student at school. It is always a team-approach.
- There are three situations where confidentiality will be breached in terms of child protection protocol.
 - a. Where the student discloses that he/she is being hurt by someone
 - b. Where the student discloses he/she wants to hurt someone else
 - c. Where the student discloses that he/she wants to hurt herself

If you are unsure about any of this, please come and talk to the counsellor.

See Referral Flow Chart on the next page.

School Counselling Referral Chart

