

## Other Services and Information:

[www.catholiccare.org](http://www.catholiccare.org)

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

[www.lifeline.org.au](http://www.lifeline.org.au)

[www.headspace.org.au](http://www.headspace.org.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

[www.esafety.gov.au](http://www.esafety.gov.au)

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[www.parra.catholic.edu.au](http://www.parra.catholic.edu.au)

# SCHOOL COUNSELLING

A Catholic Education Diocese of Parramatta Service



"Catholic Education Diocese of Parramatta is committed to providing child safe communities that recognise and uphold the dignity and rights of all children and young people."



The wellbeing of the children and young people in the Catholic Education Diocese of Parramatta (CEDP) is of paramount importance. As a faith community, we know that every child deserves to be safe, known and cared for. As such, a school counselling service is available in all CEDP schools. The counsellors are a key part of our whole school pastoral care and wellbeing approach. Counsellors work with students, families and school staff to assist in the emotional and psychological wellbeing of students within the school community.

## Partnering with the School

Keep the school informed of important changes that are affecting your child and your family that may impact upon your child at school.

Provide the school with relevant information pertaining to your child's social, emotional and psychological wellbeing.

Work collaboratively with the school to ensure the proper supports and care of your child are provided within the context of the school environment.

Understand that the wellbeing counsellor is a mandatory reporter and must notify Department of Communities & Justice of concerns relating to the safety, welfare or wellbeing of the child or young person.

## How does the School Counselling Service Work?

Requests to see the wellbeing counsellor can be made by a parent\*, student or school staff.

Students aged 14 years and under will need parental consent.

Counselling may include\*\*:

- Individual student counselling
- Group programs that promote social and emotional learning, resilience and good mental health
- Assistance with attendance, transition or re-entry of students back to school
- Referral to other diocesan services or community based agencies or specialists
- Liaison with parents in regards to their child's wellbeing
- Consultation with staff for the purposes of supporting your child at school
- Professional learning of staff in relation to the wellbeing of students
- Facilitation of parent education programs

*An important Note about Confidentiality - wellbeing counsellors are bound by law to maintain client confidentiality when collecting, recording, storing, disseminating, and disposing of information. Students and parents will be made aware of the limits of confidentiality before counselling begins.*

*\* Parent, guardian or caregiver*

*\*\*CEDP counselling service does not act as the primary clinician for students with serious mental health issues, requiring provision of specialist clinical counselling (eg sexual assault counselling), involvement in family law matters, discipline of students, counselling outside of school hours or premises.*

