



The school counselling team is available to support your child's mental health by focusing on their social and emotional development., Emmanuel has a dedicated team of mental health professionals, including registered psychologists; provisional psychologists; school counsellors; and a youth worker.

The school counselling team work with students across the spectrum of mental health. We pride ourselves on empowering young people to improve their overall wellbeing using evidence-based psychological interventions, both with individual counselling and group programs. School counselling is an accessible setting for young people to receive confidential and free psychological support. When necessary, the counselling team will also support families by providing referrals to external support services.

## **HOW DO I KNOW THAT MY CHILD MIGHT NEED EXTRA SUPPORT?**

Young people who are struggling are often difficult to identify, as they tend to “mask” their distress. The following may indicate that your child is struggling with their mental health, and could be signs that a check-in with a house leader or counsellor could be needed:

- Not enjoying activities they would normally enjoy
- Being easily irritated or angry
- Decrease in academic performance
- Drastic changes in sleep patterns outside of routine changes (i.e. school holidays)
- Involvement in risky behaviour
- Seeming unusually stressed or distressed
- Expressing negative or unusual thoughts

## **CONFIDENTIALITY AND PRIVACY**

All counselling sessions are confidential, with the only exceptions being if there is a risk of harm to the student or another person (where parents will be contacted), if a subpoena is served, or if disclosures are required under the school's Child Safe Policy. When necessary and appropriate, the school counsellor may discuss the student's circumstances with the student's teachers, having sought permission from the student and/or parent.

## **WHAT IS THE PROCESS TO HELP MY CHILD GAIN ACCESS TO SCHOOL COUNSELLING?**

1. Contact your child's house leader to discuss your concerns. House leaders can be contacted via email or phone during school hours.

2. The house leader will discuss your concerns and can refer your child to the counselling team. House leaders can also liaise with other teaching staff to ensure your child's needs are supported.

3. One of the school counsellors will contact you to discuss options for support. Some options include individual counselling, group work, parent/teacher consultations, or a referral to an external support service.

The college recognises that students may experience times of distress out of school hours. In the event of a mental health emergency, it is recommended that students or parents call emergency services on 000 or present at the hospital emergency department. If you need to speak with a professional urgently, the College encourages the student, friend, or family member to contact one of the following organisations to seek support and guidance.

Parentline (8am - midnight) **13 22 89**

Kids Helpline (24/7 for ages 5-25) **1800 55 1800**

Beyond Blue (24/7) **1300 22 4636**

Lifeline (24/7) **13 11 14**