



MACKILLOP
Catholic College
WARNERVALE

Primary School Counselling Guide For Parents

Supporting our students and our families

The Catholic Schools Office provides a school counselling service to all systemic Catholic schools within the diocese.

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. Feeling safe and supported at school is essential for student wellbeing and a pre-requisite for effective learning.

The place of parents as prime educators of their children is respected and affirmed.

How you as parents and carers can help the school?

- Communicate with the school counsellor regarding any changes or circumstances that may be having an impact on your child.
- Provide relevant information pertaining health and mental health concerns.
- Work collaboratively to ensure best support and care of your child while at the College.
- Understand that the school counsellor is a mandatory reporter and must report any serious concerns to child protection agencies.
- Provide the school with any relevant documentation that will assist in supporting the emotional and psychological wellbeing of your child. How you as parents and carers can help the College.
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What the school counsellor may do.

- Short term counselling and brief intervention for students.
- Family and carer engagement to support your child's wellbeing.
- Assist with transition or re-entry of students back to school where there are concerns about emotional and psychological wellbeing.
- Consultation with parents, teachers and external supports for the purpose of supporting your child at school.
- Information and referral to external community based organisations as needed.
- Offer targeted therapeutic groups.
- Support schools in the management of critical incidents.
- Support staff professional learning around mental health and wellbeing.

What the school counsellor cannot do.

- Act as the primary treating clinician for students with serious mental health issues or diagnosis.
- Offer specialist clinical counselling in areas outside their expertise. (e.g. eating disorders, sexual assault counselling).
- Become involved in family law matters or the interpretation or enforcement of court orders.
- Engage in family therapy.
- Respond to requests that breach principles of privacy and confidentiality.
- Offer counselling in situations where a conflict of interest exists.
- Offer individual counselling to students outside of school hours.

Referral to the school counsellor.

Request to see the school counsellor can be made through the School Principal by a:

- Parent
- Staff member
- Student (with parent permission)

The school counsellor will meet with parents and carers before starting counselling sessions with students.

Useful Contacts

Mental Health Line: 1800 011 511

Family Connect and Support: 1300 006 480

benevolent.org.au/services-and-programs/list-of-programs/family-connect-and-support

CatholicCare: 1800 324 924

catholiccaredbb.org.au/family-youth-children

Parent Line: 1300 1300 52

parentline.org.au

Kids Helpline: 1800 55 1800

kidshelpline.com.au

Yarn Line: 13 92 76

13yarn.org.au