

# School Counsellor Service

School counselling staff support students by providing a psychological counselling, assessment and intervention service.

The school counselling service works directly with students to help them with issues related to learning, peer and family relationships, and managing emotions such as depression, anxiety, worry or isolation.

The school counselling service includes school counsellors and school psychologists. Our school counselling staff are highly skilled and play a crucial role, in supporting children and young people to thrive and succeed at school, making a real difference in the lives of children and young people.

The NSW Department of Education currently employs over 1,200 school counselling staff working across all public schools from Pre-School to Year 12 across a diverse range of school settings in metropolitan, regional, rural and remote areas of New South Wales.

## **What is the role of the school counsellor?**

Our school counselling staff are uniquely qualified members of school teams. They apply expertise in mental health, learning, and behaviour to help children and young people succeed academically, socially, behaviourally, and emotionally.

School counselling staff work with teachers, families, school executive, and other professionals to create safe, healthy, and supportive learning environments that strengthen connections between home, school, and the community.

Students and parents can contact their school counsellor or school psychologist directly through the school. School counsellors and school psychologists:

- provide counselling to students individually or in groups
- assess students with specific needs
- work collaboratively with teachers and specialist staff
- help families understand and manage their children's learning and mental health needs
- liaise with external agencies and other mental health professionals to provide coordinated, wrap around support for individual students.

## **Referral**

Currently, our school counsellor works at Mount Annan Public School three days per week, spending the remainder of the week servicing other schools in the local area. It is necessary for parents or carers to make an appointment by telephoning the school. With that said, we strongly recommend having a discussion with your child's teacher first. The classroom teacher holds a rich source of information about your child's academic, social and behavioural functioning within the classroom and playground. With your permission, the teacher can then discuss any concerns you and the teacher may have at a learning support team meeting, which the school counsellor attends.