

# Feeling down?

## What you can do to take care of yourself.

- Talk to someone you trust about how you are feeling
- Put in place self-calming techniques like deep breathing
- Eat, sleep and exercise: go for walks, go to the beach, play some sport
- Relax: listen to music, read a book, do something creative
- Keep in touch with friends
- Find out where to get help if you need it



## COUNSELLOR'S OFFICE

Ask at Senior School Reception for directions to the counsellor's office.

8525 2224

[www.inaburra.nsw.edu.au](http://www.inaburra.nsw.edu.au)

[counsellors@inaburra.nsw.edu.au](mailto:counsellors@inaburra.nsw.edu.au)

## HELP LINES

Other services available for young people and their families

### Lifeline

131 114

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

### Kids Help Line

1800 55 1800 24

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

### Helpful Websites

[anxietybc.com](http://anxietybc.com)

[reachout.com](http://reachout.com)

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

[moodgym.anu.edu.au](http://moodgym.anu.edu.au)

[raisingchildren.net.au](http://raisingchildren.net.au)

### Local Community Health Centres

Menai 9543 1111

Caringbah 9522 1000

Engadine 9520 4644

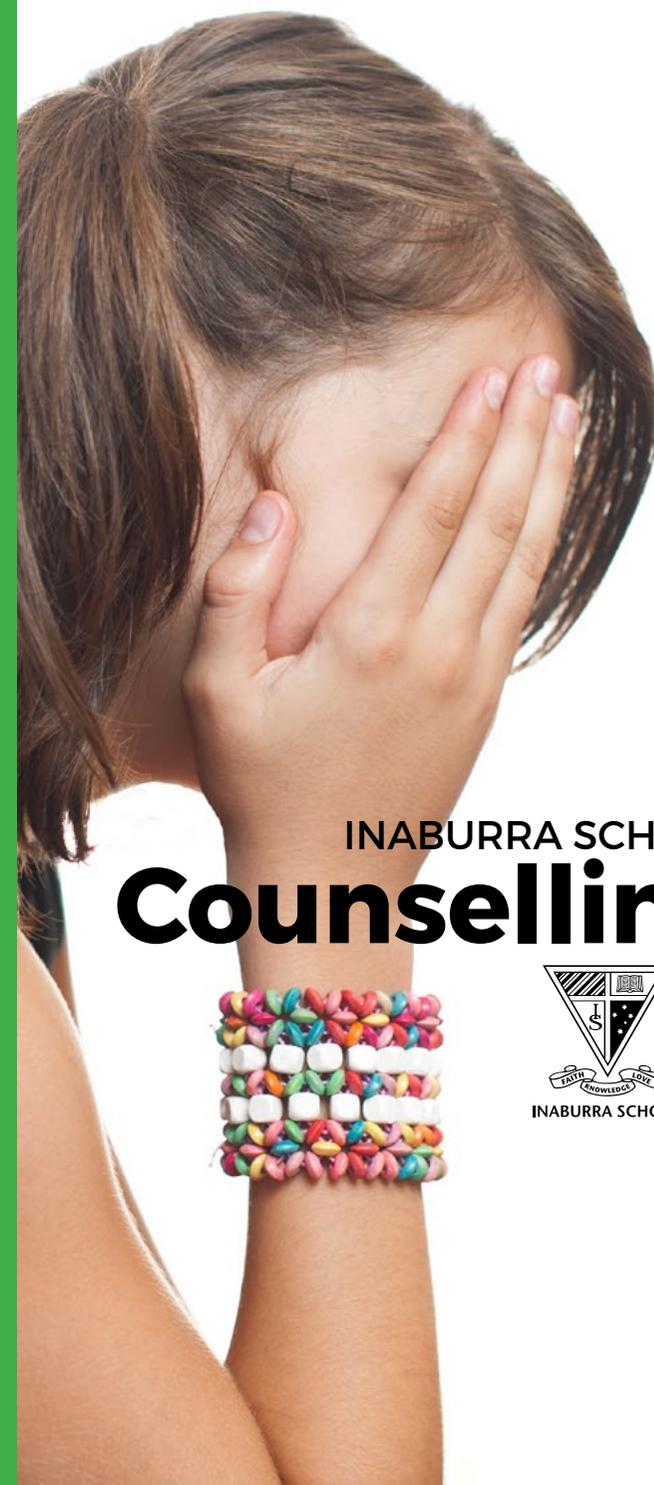
Hurstville 9570 2877

### Headspace Centres for Young People

Miranda 95751500

Hurstville 80483350

Mental Health Professionals in Private Practise can be accessed through the Medicare Better Access Scheme. Talk to your local doctor.



## INABURRA SCHOOL Counselling



INABURRA SCHOOL

What you think and do affects the way you feel

# When should I see the School Counsellor?

## When you are having problems

- Learning at school
- Getting on with teachers, family members, friends and others
- Making tough decisions or if you feel you need a different point of view
- You often feel unhappy, angry or scared
- Coping with a difficult situation
- Feeling hurt or unsafe

# What does the School Counsellor do?

School Counsellors are fully trained mental health professionals with experience in recognising and understanding the kinds of problems that school students face and they have lots of ideas about dealing with them.

Counselling offers a space and time to talk about your worries, stressors and difficulties. Counsellors are non-judgemental and will listen to you and help you explore ways to manage hard times in your life.

[counsellors@inaburra.nsw.edu.au](mailto:counsellors@inaburra.nsw.edu.au)

# Working with my School Counsellor?

To begin with, the School Counsellor will want you to explain your concerns and experience, as best you can, from your point of view.

Later the School Counsellor will try and help you work out what you want to do, and work with you to achieve your goals.

# Confidentiality

The counsellor will make notes during the sessions, but these will be confidential. Your information will not be seen by anyone outside the counselling service except if ordered by a court of law.

Conversations with the counsellor are confidential unless you disclose information relating to severely harming yourself, another being harmed or something illegal.

# How do I get to see the School Counsellor?

Sometimes students are referred to the counsellor by a parent, teacher or friend who thinks they may need help dealing with a problem.

At other times students refer themselves to the counsellor. You can do this by:

- Letting your Year Advisor know
- Speaking to the Students' Secretary
- Slipping a note under the door of the counsellor's office
- Make an appointment by emailing [counsellors@inaburra.nsw.edu.au](mailto:counsellors@inaburra.nsw.edu.au)

The counsellor will make a time to see you during school hours, as soon as possible. A counsellor is available five days a week. Ask at Senior School Reception for directions to the counsellor's office.

