



Prescott College Southern

Secondary School Student Counselling Service.

The wellbeing of students at Prescott College Southern is important and we recognise that positive mental health goes hand in hand with success at school. Life has its ups and downs and our counselling team are available to help the students navigate challenges that come their way.

The service we provide is based on a counselling model that allows students to access the service on a needs basis. Common concerns for students include, academic issues and pressures, feelings of anxiousness, friendships, organisation and prioritisation strategies, family and relationship difficulties, self-esteem and confidence along with grief and loss. Our counsellors are trained to provide ready assistance when the students or parents feel that it would be beneficial. Every person's particular situation is unique and sometimes students may require the occasional session with a counsellor or perhaps more regular appointments over a few weeks.

Counselling is very much a relational process and during the sessions the counsellor will help the student to explore their feelings, thoughts and personal experiences as a way of making sense of current situations. Students often find that talking things over with a trained listener can offer a new perspective and help them find ways to deal constructively with difficult situations and tough decisions. This can allow the development of strategies for the future.

Counsellors are trained to be non-judgmental, reflective and respectful of individual differences. They offer professional support and expertise on a wide range of social, emotional and psychological challenges. Students who need longer - term support will be encouraged to discuss this further with their GP and explore the option of a specialist referral. We can provide information about community counselling resources, or help to find a private psychologist /counsellor or local agency as required.

It is important to remember that if students need to talk to someone urgently, we suggest you consider the agencies below:

- [Kids Help Line](#) 1800 551 800
- [Parents Help Line](#) 1300 364 100
- [Crisis Care](#) 131 611
- [Youth Help Line](#) 1300 858 584.
- [CAMHS Connect](#) 1300 222 647 (Not 24hrs)