



Counsellors are committed to working respectfully and collaboratively with students, parents/ caregivers and teachers in ways that build on the individual's strengths.



FAMILIES, CHILDREN AND YOUNG PEOPLE
CARER SUPPORT, DISABILITY, AND AGED CARE
DOMESTIC VIOLENCE AND HOMELESSNESS
EDUCATION, TRAINING, HEALTH AND WELLBEING

School Counselling Program

08 8215 6310
enquiries@centacare.org.au
www.centacare.org.au



Catholic Education Office
08 8301 6600

A Child Safe Organisation

Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



Statement regarding the traditional owners of the land.
For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare is nationally accredited against the Quality Improvement Council (QIC), Australian Health and Community Services Standards.



SCHOOL COUNSELLING PROGRAM





About the Program

Centacare Children's Counsellors work in Catholic Primary Schools in partnership with students, teachers and parents to enhance students' social and emotional wellbeing.

Counselling is child-focussed and trauma-responsive, informed by the needs, goals and developmental level of the child. It is a voluntary process that takes place individually or in groups, in a school setting.

Children's Counsellors offer support and trauma sensitive therapeutic intervention on issues impacting wellbeing, such as:

- Anxiety/depression
- Social skills
- Grief and loss
- Family issues/breakdown
- Relationships
- Violence/abuse
- Stress

Confidentiality

Children's Counsellors work with the understanding that children, young people and their families have a right to confidentiality and privacy.

A student's right to confidentiality is paramount except where the student's safety is of concern.

Children's Counsellors are legally required to report suspected child abuse/neglect, intentions of harm to others or self or any threats to safety or life.

Privacy and Security of Personal Information

Children's Counsellors are committed to the protection and security of all personal information collected during the counselling process.

Strict guidelines ensure that information received is used only for the purpose for which it was intended.

Referral Process

The School Counselling Program is provided as a service of the school.

Students can request to see the children's counsellor or can be referred by parents/caregivers, school leadership and teachers.

Any counselling with the student is conducted with their consent.

Useful Numbers

- | | |
|---------------------------|---------------------|
| • Child Abuse Report Line | 13 14 78 |
| • DV Crisis Line | 1800 800 098 |
| • Homelessness Gateway | 1800 003 308 |
| • Kids Helpline | 1800 551 800 |
| • Lifeline | 13 11 14 |
| • Parent Helpline | 1300 364 100 |