



Request for School Counsellor Appointment

To Be Completed by Student:

Name:..... Year..... Date:.....

I would like to make an appointment to see (please circle):

Andrew Moore / Mark Rose / Ashleigh Hennessy / Any

I need to see the school counsellor (please circle):

Urgently / As soon as possible / No Hurry

Is there anything you would like the school counsellor to know about this request?

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If you are concerned about your safety or the safety of someone else please speak to a teacher, your Year Advisor, Head Teacher Wellbeing (Mrs Jones), Student Support Officer (Jarrod Featonby or Phoebe Teal-Spicer), your Deputy Principal.

When you have completed this form please place it under the School Counsellor door or give it to the School Counsellor directly. It may take a week or two before the school counsellor is able to see you.

For support outside of school:

Kids Helpline – 1800 55 1800 (free call 24/7)

Lifeline – 13 11 14

Or online

Lifeline Crisis Chat – lifeline.org.au/crisis-chat/

Headspace – eheadspace.org.au

School counsellors provide confidential support to students with a range of issues related to learning, peer and family relationships, and managing emotions.

School counsellors have qualifications in psychology, and hold or are working towards registration as a psychologist with the Psychology Board of Australia.