



**NEWMAN**  
Senior Technical College

# Counselling Information

COLLEGE COUNSELLOR: LINDA MCGUIRE

[newman.nsw.edu.au](http://newman.nsw.edu.au)

# What can a counsellor do ?

Counselling is a process of talking about and working through what is on your mind or what is going on in your life. Through talking and getting things out, you are often able to find some clarity for your concerns.

Everything in the counselling session is kept private and confidential, however if we feel you are going to cause harm to yourself, or someone else or could be involved in a highly illegal activity, our counsellor or teachers are mandated to report.

Our counsellor may inform your teachers that you are attending counselling sessions however, will not go into detail unless needed as above.

Counselling sessions are generally 40 mins long. Sessions are flexible and can be conducted in an office or outdoors for example, walking and talking.

Sessions are not compulsory and it is your choice to attend however, please advise our counsellor or front office as soon as possible, if you are unable to attend.

Working from a person-centred strength-based approach, the counselling sessions are tailored toward what you would like to work on. You are the expert of your own life and often hold the answers. We will work together to assess your concerns and find a way to work through them.

The aim of this counselling is to build yourself up to maintain mental health, learn new strategies and skills to help you live your best life.

Our counsellor aims to provide an environment that makes you feel comfortable, through respect and building a working relationship with the focus on you. You will be accepted as you are, acknowledging your feelings, provided with supportive encouragement and without judgement.

**Listening is often the only thing needed to help someone.**

## Are you experiencing any of the following?

- Stress
- Loneliness
- Low self esteem
- Poor social skills
- Sleep disruption
- Anxiety
- Uncertainty
- Relationship problems
- Work concerns
- Anger
- Depression
- Sadness
- Loss & grief
- Suicidal thoughts
- Independence issues
- Living situation difficulties
- Matters at school
- Friends & Family concerns

## We Can Help

OVER 75% OF MENTAL HEALTH PROBLEMS OCCUR BEFORE THE AGE OF 25.

## Strategies which may be helpful include:

- Talking
- Meditation
- Muscle relaxation
- Goal setting
- Self-care
- Exercise
- Positive thinking
- Gratitude
- Education & learning
- Activities
- Music
- Art
- Social connection
- Acceptance
- Journaling
- Support
- Referral and guidance to other services and supports for example: Doctor, Psychologist, Housing, Employment, Allied Health, Sporting and Social Groups.



## Location:

Our College counsellor, Linda McGuire is located upstairs in the Pathways and Careers Office.

## Availability:

Monday 9am - 3pm  
Tuesday 9am - 3pm  
Wednesday Not available  
Thursday 9am - 3pm  
Friday 9am - 3pm

Extra appointments are available if necessary.

## How to Book:

### Students:

Please book through the Moodle page under - Wellbeing - Student Referral Form, or alternativley speak with a teacher or the front office.

### Staff:

Please book through the Moodle page under - Staff - Staff Referral of a Student to the Counsellor.

## 24hr Supports:

Beyond Blue (Trained mental health professionals) : **1300 22 46 36**

Lifeline (24-hour crisis support telephone service): **131 114**

Kids Helpline (24-hour Support Hotline ages 5-25): **1800 551 800**

NSW Mental Health Line (Concerns for you or someone else): **1800 011 511**

Suicide Call Back Service (For those affected by suicide): **1300 659 467**

## Any Questions? Call Us

**Linda McGuire**

College Counsellor

Newman Senior Technical College

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