NEWMAN
Senior Technical College

Counselling Information

COLLEGE COUNSELLOR:
LINDA MCGUIRE

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; unless there may be harm caused and 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.

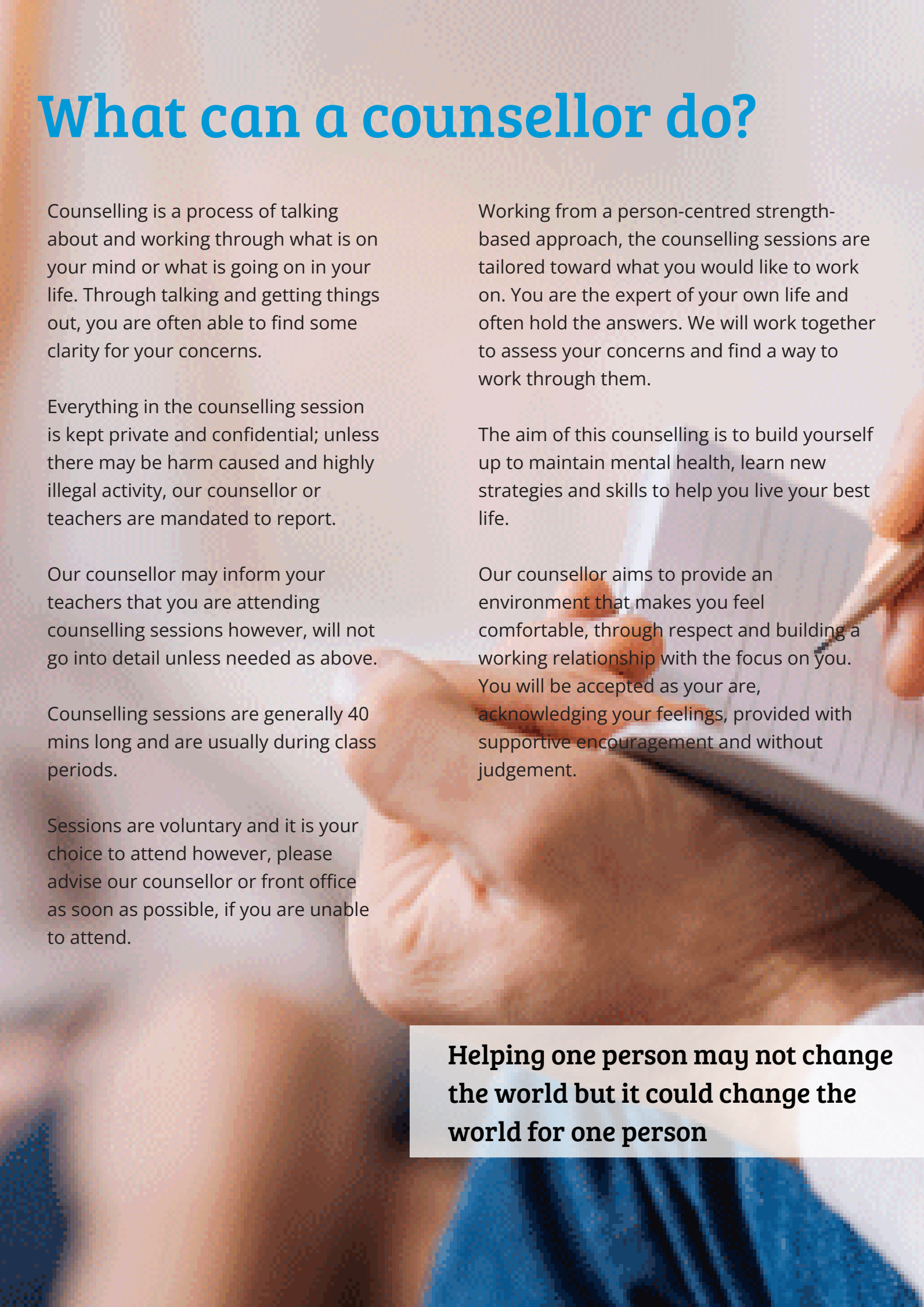
Counselling sessions are generally 40 mins long and are usually during class periods.

Sessions are voluntary 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 your are, acknowledging your feelings, provided with supportive encouragement and without judgement.



Helping one person may not change the world but it could change the world for one person

Are you experiencing any of the following?

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

We Are Here To Help

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

Strategies which may be helpful include:

- Talking
- Meditation
- Relaxation techniques
- Goal setting
- Self-care
- Exercise
- Positive thinking
- Gratitude
- Problem solving
- Education & Learning
- Activities
- Music
- Art
- Social connection
- Acceptance
- Journaling
- Support
- Skills training

- Referral and guidance to other services and supports for example: Doctor, Psychologist, Housing, Employment, Allied Health, Sporting and Social Groups.

How to Make Contact:

Students:

Please book through Compass * Star sign - School favourites and scroll down to Student Request for Wellbeing Support or alternatively speak with a teacher or the front office.

Staff:

Please enter a chronicle entry in Compass under the students name and then complete a Wellbeing Support Request.

Availability:

Monday: Linda McGuire
Tuesday: Linda McGuire
Thursday: Linda McGuire
Friday: Linda McGuire

Location:

Our College counsellor is located in I3.5 (between classrooms I3 & I4)

24hr Supports:

If you or someone you know needs immediate support please contact these crisis services:
Emergency: **000**
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? Contact Us

Newman Senior Technical College
02 6580 3800
linda.mcguire@lism.catholic.edu.au

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