

## 2025 Counselling Services Policy

### Counselling Consent Process

For students in primary school (K-6), parental consent is required before the counselling process can begin. The school will seek parental permission before initiating counselling sessions for primary school students.

For students in secondary school (7-12), the responsibility of consent for counselling is left to the students themselves. However, parents who do not wish for their children to access counselling without their express permission must provide a written withdrawal of consent.

### Confidentiality

The privacy and confidentiality of all students will be respected at all times up to the defined limits of confidentiality pertaining to the safety of students/clients. Counselling services are overseen by a dedicated and qualified professional committed to supporting the well-being of the students.

Professional notes will be kept for a period of 10 years after the client/student turns 18 and will be accessible to the school counsellor and if deemed necessary the Principal.

### Counselling Hours and Crisis Support

The school counsellor is available and is reachable during school hours (8:00am – 4:00pm) for counselling sessions, check-ins, and to support the general well-being of the students.

Outside of school hours or during weekends, students and parents are encouraged to utilise the following mental health services for crisis support:

- Kids Helpline: A 24/7 counselling service for young people aged 5 to 25.  
Phone: 1800 55 1800
- Headspace: Provides mental health support to young people aged 12 to 25.  
Phone: 1800 650 890
- Parentline: Offers counselling, information, and support to parents and carers.  
Phone: 1300 30 1300
- Lifeline: A crisis support service providing 24/7 assistance to anyone experiencing a personal crisis. Phone: 13 11 14
- Beyond Blue: Offers support and information on anxiety, depression, and suicide prevention. Phone: 1300 224 636