



**Mount
Carmel
College**

We nurture.
We challenge.
We care.

Counselling at Mount Carmel College

Mount Carmel College recognises that many things can impact on a student's performance and prevent her/him from being happy and achieving her/his best in school and in life.

The School Counsellor deals with the social and emotional well-being of students at Mount Carmel College. The School Counsellor for first term is Mrs Linda Howe

email: Linda.Howe@mountcarmel.tas.edu.au

phone: School Office 62167900

The School counsellor is available Monday, Wednesday and Friday until 4.30pm.

What does the school counsellor do?

The school counsellor is available to talk with students about any aspect of their lives that is affecting them (and therefore is, directly or by default, affecting their school performance). This includes:

- school issues (eg school performance, motivation, goals, and study practices)
- behavioural issues (at school or home)
- emotional issues (eg depression, anxiety, anger, loss and grief)
- relationship issues (eg social isolation, peer and opposite sex relationships)
- family issues (eg conflict with parent or sibling, unhappiness at home, family breakdown)

The school counsellor is available to talk with parents about such things as:

- concerns they have for their child
- difficulties they are having at home
- parenting an adolescent

Finally, the school counsellor spends time talking with teachers in assisting them understand and/or deal with student's behaviours and needs.

Is it confidential?

Counselling is a confidential process.

However, sometimes it may be deemed appropriate to talk with others;

in the school system - this is a "team" approach to confidentiality where those working with a student work together to improve his school experience and performance. Therefore information may be shared with, for example, a teacher or Year Master. This occurs after discussion with and approval from the student involved.

in clinical supervision - this is profession supervision of the counsellor. It is a process of talking about the work of the counsellor and aims toward the latter providing the best possible intervention for the student



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There are instances where the counsellor is, by law, bound to share information with others even without their consent. According to the Children and Young Persons (care and Protection) Act 1998 a counsellor has a mandatory reporting responsibility where there are reasonable grounds to believe that:

- they are at risk
- a serious crime has been committed
- there is serious risk of harm to self or others or where
- there has been a subpoena served to present documents to Court
- there has been a formal complaint that requires investigation

Lifeline (24 hrs)	13 11 14	www.lifeline.org.au
Kids Helpline (24 hrs)	1800 55 1800	www.kidshelp.com.au
Youth Beyond Blue	1300 22 4636	www.youthbeyondblue.org.au
Reach Out Australia		www.reachout.com