

Accessing the College Psychologist

The College Psychologist is there to support students by providing short-term counselling regarding difficulties which may impact the ability to learn or be at their best.

In order to ensure that the most appropriate support is provided, students are encouraged to follow these steps to access the College Psychologist:



Speak to a trusted adult

Speak to a parent, or trusted teacher about your concerns. People such as your Homeroom Teacher or another trusted teacher are a good place to start. They may be able to help support you without needing to speak to the College Psychologist



Talk to your Head of Year

Your Head of Year is there to help you have the best experience whilst at school. All requests to speak to the Psychologist generally come via the Head of Year. You can send them a SEQTA message to request to chat. There may be supports the the Head of Year can arrange without needing to speak to the College Psychologist.



Referral to Psychologist

If you continue to experience difficulties once speaking to your Head of Year, they may suggest that you speak with the Psychologist. The Head of Year will fill in a form with brief information so that the Psychologist is aware of what sort of help you are requesting.



Parent contact

When they receive the referral form the Psychologist may need to speak with your parents to obtain permission for you to access counselling. Parental consent is required for all students in the Middle School. It's also helpful to gain some background information and discuss ways your parents may be able to support you.



Appointment arranged

If counselling is appropriate and consent has been obtained the College Psychologist will contact you on SEQTA to arrange an appointment.

If you are worried about speaking to a parent, or teacher, or are in the Senior School, you are welcome to complete the Wellbeing Referral Form which will go directly to the College Psychologist. More information regarding this process is located in the form.

Wellbeing Referral Form

