

Confidentiality and school counselling records

School counsellors are required to keep records of their work and the law requires that all information shared with them remains confidential.

There may be times when the school counsellor needs to share information about students with other people, including when:

- * the law says the school counsellor has to (e.g. court subpoenas, mandatory reporting of abuse or harm to a child)
- * the safety or wellbeing of the student or others is at risk
- * permission has been given by the student (or parent for younger students) to share information with others (e.g. teacher, GP).

All school counselling records must be remain confidentially stored at the school until the student reaches 25 years of age.



For additional information please contact:

School Counsellors

*Working together,
including all*

School Counsellors

Who are school counsellors

School counsellors are qualified social workers, psychologists or teachers (with additional specialised training in counselling).

School counsellors work in partnerships with families and school staff to support students in overcoming any social or emotional barriers to their learning, so that they can achieve educational success.

Some common social or emotional barriers to learning include:

- **Friendship issues**
- **Stress / worry**
- **Bullying**
- **Feeling down**
- **Bereavement**
- **Self-harm**
- **Parental Separation**
- **Anger**



How can school counsellors help?

School counsellors are committed to ensuring that all students have the skills needed for social, academic and personal growth. They do this by:

- Providing short term individual or group counselling to students to help them improve the way they feel about themselves and to think about issues in different ways.
- Working with families to facilitate referrals to appropriate external support agencies for students with concerns that do not impact on their learning, or for concerns that require longer term counselling.
- Working with school leadership to implement school-wide practices that promote positive relationships and positive emotional wellbeing.
- Working with families and school staff to increase their understanding of why a student may be presenting with specific social, emotional or behavioural concerns
- Working with families, school staff and external support agencies in supporting students with specific social, emotional or behavioural needs.
- Working closely with Catholic Education Services Psychologists to identify and support students with mental health concerns which are presenting at school.

Who can access school counsellors?

All students enrolled in a Catholic school in the Diocese of Cairns can access school counselling.

Parent permission is required for any student enrolled in a primary school to access ongoing school counselling and students in secondary schools are able to refer themselves to school counselling services without parent permission.

As school counsellors may not be at school every day, it is important that if parents have any concerns about their child they first share these with their child's teacher or Principal.



Working together, including all