



# Helping our tamariki to thrive



Awahi Mai Awahi Atu | Counselling in schools  
information for tamariki

*Poipoia te kakano kia puawai – Nurture the seed and it will blossom*

## Free counselling at school can help you with:

Coping with big feelings

Coping with sadness, loss, or grief

Managing friendships

Managing change, stress, and worries

Gemma is our counselling practitioner and is at school every Monday and Wednesday

**If you would like to make a time to see Gemma you can tell your teacher and they will let Gemma know.**

Sometimes your teacher or a member of your whānau might talk to you to and suggest going to see Gemma. They will then make a time for you.

## To help you:

You can have whānau (family) come along with you to see the counselling practitioner. Or you can go on your own.

You can bring a friend if you want some support. Sometimes the counselling practitioner helps groups of students who want to work together. You can ask to join one of these groups.

If you are under 16 years old, our counselling practitioner will ask your parents if it is ok for you to meet with them. If you are worried about this, you can talk with the counselling practitioner first and make a decision about this together.

You can stop the sessions whenever you want.

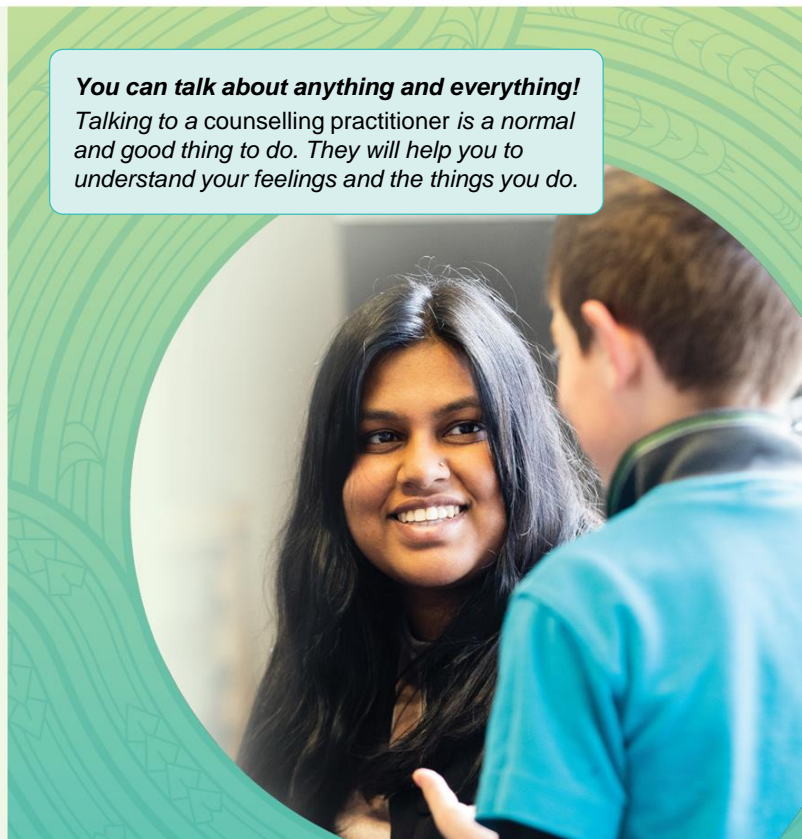
You can talk to an adult you trust, like a teacher, family member or your principal if you would still like some help, but in a different way.

Anything you talk about in the sessions is not shared with anyone else. Your information is kept safe and confidential so that no one else can see it.

Sometimes counselling practitioners do need to share your information without your permission. This only happens when:

- they believe there is a serious worry/threat to your or others' safety  
or
- they have to do so by law

***You can talk about anything and everything!***  
*Talking to a counselling practitioner is a normal and good thing to do. They will help you to understand your feelings and the things you do.*



Awahi  
Mai

Awahi  
Atu

# Helping our tamariki to thrive

Awahi Mai Awahi Atu | Counselling in Schools  
Information for whanau



*Poipoia te kakano kia puawai – Nurture the seed and it will blossom*

Our school is part of the Ministry of Education Counselling in Schools programme. This means we have free counselling available for tamariki.

## The support can help tamariki with:

- Coping with big feelings
- Coping with sadness, loss, or grief
- Managing friendships
- Managing change, stress, and worries

**Gemma is our counselling practitioner and is at school every Monday and Wednesday.**

**You can ask to meet with our counselling practitioner to talk about the support they offer.**

## To use this support, you or your child can:

- Talk to or email their teacher or principal who will organise the first appointment
- Get a referral form from the school office

We will also contact you if we think your child might benefit from this support.

## What you can expect from the counselling:

Counselling practitioners are chosen for their skills and experience working with children. There are a variety of professions who can deliver counselling, therapy and wellbeing support.

Our counselling practitioner will:

- Listen carefully, be respectful and trustworthy, and value your culture, language and identity
- Provide this service in a safe space
- Take action if your child or you are in danger

## Involving parents and whānau

We want you to be involved so we can work together to get the best support for your child. If your child is under 16, the counselling practitioner will contact you for consent. If your child is worried about this, the counselling practitioner and your child will talk this through and decide about it together. Your child can choose to have parents and whānau at the counselling sessions or to go on their own.

## Confidentiality

The information your child tells the counselling practitioner is kept safe and confidential. The only time it may be shared is if you or your child agrees to share it with someone. Once they have finished meeting with the counselling practitioner, information is destroyed.

Sometimes counselling practitioners do need to share the information without permission. This can only happen when:

- they believe there is a serious worry/threat to the safety of your child or others
- or
- they have to do so by law

