**Counselling Consent Form**

**Purpose**

The Mary Mackillop Counselling Team provides high quality, support-based counselling services to care for the mental health of our students. These services reflect the values of the College, providing opportunities for students to think deeply about the challenges they experience and to take ownership of their responses as they build self-efficacy. Through making connections with the College counselling team, students are being courageous through increasing their skills of self-awareness and self-regulation.

The College Counselling Team focuses on providing early intervention services that are client-centred and tailored to each individual young person, this includes working closely with teachers, parents and other outside support services. The College Counselling Team is made up of qualified and experienced professionals with a range of skills, who have the ability to work together with outside support services in order to safe guard your child

**Confidentiality**

All counselling sessions are confidential, with the only exceptions:

* being if there is a risk of harm to the student or another person
* if a subpoena is served, or
* if disclosures are required under the school’s Child Safe Policy
* necessary for a legal claim.

For further information about confidentiality and privacy please click the link below.

<https://www.mackillopleongatha.catholic.edu.au/discover-2/wellbeing/college-counsellor/>

When necessary and appropriate, the school counsellor may discuss the student’s circumstances with the student’s teachers, having sought permission from the student. School counsellors will report to leadership team when and if necessary.

**Referral Process**

There are three ways that a student can be referred for counselling;

* A teacher/member of leadership team may refer a student
* A parent/guardian can call/email and ask for their child to see a college counsellor
* A student can self-refer to see a college counsellor which can be through email, their teacher or student admin.

**Referrals to External Specialists**

Occasionally, referrals for external support can be made/suggested by the College counsellors when the counsellor believes further intervention is required. This may include, doctors, paediatricians, psychiatrists, psychologists, mental health services. External referrals will be discussed with the student and parent/guardian.

**Remote Google Meet Sessions**

Through remote schooling students will continue to have access to the school counsellor. These sessions will be held through our virtual online Google Meets. All communication will be via the student and counsellors College email and/or only on Google Meets. All sessions will be held within normal school hours of 9am to 3pm. Counsellors may be contacted via email between, 8.30am and 4.30pm. The counsellor will send the student the link to their school email address. Please note there is to be NO recording of sessions. When students are online they will be given the privacy to communicate the same as if they were face to face. Notes of the session will be taken the same as any normal counselling experience.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent/guardian name) provide consent for my child\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (child’s name) to attend counselling sessions while attending Mary MacKillop Catholic Regional College.

Rhiannon Le Busque, College counsellor