

Information for Parents - Accessing school counselling through Better Access

1. Meet with your school principal/ vice principal/well being officer to discuss your child accessing counselling. The school may also approach you and recommend this for your child
2. Your school will provide you with information about this counselling service, this Information sheet, and referral form. Please fill in the referral form
3. Make an appointment with your GP. Ask for a Mental Health plan appointment, and this will take approx. 15-30 mins. Please take your referral form and information to your GP appointment so they are aware to make the referral to myself.
4. At the end of your GP appointment you will receive a referral/ mental health Plan. This need to be returned to the school staff along with my referral form and
5. Your school will then notify me of your referral and thereafter a time will be made to meet with your child and begin the counselling process.
6. At the first session it would be beneficial if parent/s can attend also. This assists in information gathering and assessment of your child's needs and setting up goals. The following 2 session are dedicated to building a relationship and trust with your child. You will be invited to attend a further session to discuss the plan in working with your child.
7. After 6 sessions, a letter will be written to your GP to explain the progress of the sessions and to decide whether your child needs a further 4 sessions. Your child can access up to 10 sessions in a calendar year.
8. If you have further questions relating this counselling program you can call me on

All sessions are at no cost to your family

This service is family inclusive to support your whole family.