



COUNSELLING

**THROUGH CATHOLIC CARE,
WOLLONGONG**

The CatholicCare School, Student and Family Program provides a free counselling service funded by the Catholic Education Diocese of Wollongong.

- Family and relationship breakdowns
- Peer relationships
- Social skill building
- Self-esteem and confidence
- Anger management
- Academic challenges
- Stress, anxiety, and depression
- Grief and loss
- Self-harm
- Suicidal ideation
- Trauma
- Body image concerns

Other ways to support your Kiddo...

If you're concerned about your child's mental wellbeing, your doctor is always a good place to start.

Parents Helpline NSW 1300 1300 52

Life Line 13 11 14

Reachout [Reachout.com](https://www.reachout.com)

Kidshelpline 1800 551 806

INTRODUCING...



CLAIRE

At Saint Josephs every Tuesday of term.

Referral Forms can be sought through the school, via your child's teacher or leadership.

After consultation with the counsellor to consider availability, these forms will be handed directly to the Counsellor.

