

Self-referral to School Counsellor

Please complete this form and send it to the school email. We will arrange to contact you as soon as we can.

Name:

Year:

Date:

Reason for referral:

HOME ISSUES

FRIENDS ISSUES

STRESS ISSUES

LEARNING ISSUES

OTHER STUFF:

How urgent is it?

ASAP

(please note there will be some wait time for a School Counsellor to be able to contact you. If you require more immediate support, please consider an alternative contact eg: Kids Helpline until we are able to make contact. In case of an emergency or if you are feeling unsafe, please call 000.)

IT CAN WAIT a few days or so

Preferred time I'd like to be contacted:

Morning: Between 9:00am and 11:00am

Afternoon: Between 12:00pm and 3:00pm

After school hours: Please use an alternative contact eg: [Kids Helpline](#), [Lifeline](#) or [eHeadspace](#). In case of an emergency or if you are feeling unsafe, please call 000

Contact details:

Email:

Phone number:

Follow the steps below and one of us will get in contact with you to arrange a time to chat:

1. Fill out this form letting us know what kind of issue you are having and when your preferred time to chat is
2. Send it to **evans.schoolcounsellors@det.nsw.edu.au**
3. One of us will be in touch via email to arrange a time

We will do our best to get in touch within the time frames you indicate, but this may not always be possible. If you require more immediate support, please consider one of the alternative contacts until we are able to make contact. In case of an emergency or if you are feeling unsafe, please call 000.

**** The School Counselling is a confidential service. The completed self-referral form will only be seen by the School Counsellors and any information discussed with a School Counsellor will be kept confidential, unless we are concerned for your safety. If we are concerned, we will discuss with you how we can best support you and keep you safe. ****