

What else can I do to help my child express their feelings?

It's important for parents to provide their children with safe opportunities to express their feelings in age-appropriate ways.

Some strategies you may find useful include:

- Talking and acknowledging their feelings
- Drawing
- Painting
- Using play dough or clay
- Stories
- Play
- Keeping a diary
- Writing a letter
- Using a feelings thermometer / faces on the fridge
- Creating a memory box
- Providing reassurance
- Spending quality time with your child.

Appointment details:

Date:

Time:

With:



Children's Counselling Service



Contact Us
Monday to Friday
9am to 5pm

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What is the Children's Counselling Service?

This is a confidential service. It provides counselling and support for children up to 10 years and their families in North East Victoria and the Border region.

Why does it exist?

It exists because we recognise that children, like adults, experience difficulties from time to time that may affect their emotional health and wellbeing – and that children, just like adults, sometimes need someone to talk to.

We also recognise that access to a counselling service for children and their families is essential, as good mental health through childhood and adolescence often underpins mental health and wellbeing throughout later life.

The service is child-centred, and counselling is based on a developmental framework, acknowledging the specific needs and abilities of children at different stages.

We give priority to the voices and needs of children, as well as recognising the importance of families, throughout the process.

How will counselling help my child?

Counselling may:

- Help children make sense of their feelings and experiences
- Help children develop strategies to manage their feelings and experiences
- Help parents recognise and respond to their child's mental and emotional needs
- Help children and their parents to better manage a range of behavioural and emotional difficulties.

Is there a cost?

Many of our services are free, but fees do apply to some services.

How do I access this service?

You may contact the service by phoning Gateway Community Health directly or through a referral from another person working with your child or family.

What will happen when my child attends counselling?

Before your child's first appointment the Children's Counsellor will have a talk with you about your concerns and how the service may best be able to help.

The child will usually attend counselling on his or her own, although sometimes the child may wish for a parent to be present. This decision is left up to the child.

The Children's Counsellor will work with your child using a variety of age-appropriate techniques and resources.

Will I be told what my child says during counselling?

We provide children with a safe place to explore their experiences and feelings.

We acknowledge that it is imperative that parents are involved in the process, and the Children's Counsellor will work very closely with you to achieve the best outcomes for your child.

This means you may be told only in general terms what your child's concerns are.