



College Psychologists

Appointments with the College Psychologists are confidential. This means that what is discussed during an appointment is not shared with anyone else - parents, friends, teachers, etc, unless an agreement is made between the Psychologist and student. If information shared with a Psychologist indicates that a student is at risk of harm or in danger, then the Psychologist may need to break this confidentiality agreement. In most cases, this is discussed with the student first.

Are You Experiencing Distress?

Remember it is okay and there are ways of coping with our emotions when distressed.

Try the below suggestions, they'll help you to calm and think more clearly.

- Cal Breathing - calm breathing (slow and deep, count in for 3 and out for 5)
- Mindful Colouring/Mandalas
- Dot-to-dot
- Physical things to play with (eg stress balls, kinetic sand, fidget toys)
- Ask for a drink of water or ice cubes at Student Services.

Problem Solving

- Can I make a practical change to address the problem?
 - Talk to a friend
 - Talking to a pastoral guardian or trusted staff member
 - Talking to your parents
 - Creating to-do lists and scheduling your time

After going through the above steps, what are my options?

- Visit your Pastoral Guardian
- Email the counsellors at counsellor@mta.qld.edu.au
- Use the referral form at student services or,
- Ask a teacher, pastoral guardian, or parent to refer for them.

The Psychologists determines the date and time of student appointments and will email the student with this information. The Psychologist then alerts the teacher whose class the student will be missing to attend the appointment. This allows the teacher to get back to the Psychologist if the appointment causes difficulties, eg because of an exam, excursion, etc. The student will come straight to the Psychologist at the beginning of the designated period. If this is in the middle of a class, the student would, of course, be expected to excuse herself before leaving. Students should not ask to leave class to see the Psychologist unless the above procedure has been followed. At no time will groups of students be sent from a class to see the Psychologist.

