



## About Your Time with the Psychologist

Hi there! You're going to be spending some time with a psychologist, and this note is just for you. It explains what that means and what you can expect. You don't need to remember everything - but it's important that you know what's going on and feel okay about it.



## What's a Psychologist?

A psychologist is someone who helps kids (and grown-ups too!) understand their thoughts and feelings. They're here to listen, help you feel safe, and work with you to make things better when life feels tricky or confusing.



## What Will We Do?

In your first few visits, your psychologist will get to know you and learn about what's been happening. You might talk, play games, draw, or do activities that help you understand your feelings. You don't have to talk about anything you're not ready to share.

If something feels weird or uncomfortable, you can say so. You can also ask questions anytime.



## What You Say Is Private

Most of what you say in your sessions stays between you and your psychologist. That's called confidentiality. But sometimes, if your psychologist is worried that someone might get hurt or be unsafe, they might need to tell a trusted adult - like your parent or a doctor - to help keep you safe.

Sometimes your psychologist will talk to another psychologist who helps them be the best psychologist they can be. If your psychologist talks about you, they won't say your name and both psychologists will keep things private.

They'll try to talk to you first before sharing anything.



## Talking to Your Parents or Carers

Your psychologist might talk to your parent or carer to help support you. They won't tell them everything - just what's needed to help you feel okay. If you're old enough to make decisions about your care, you can help decide what gets shared.



## Things That Matter to You

If there's something important about your culture, language, or how you learn or move around, let your psychologist know. They want to make sure you feel welcome and comfortable.



## Paying for Sessions

Each visit costs money, and your parent or carer will usually take care of that. If you can't come to a session, it's important to let your psychologist know ahead of time.



## If You Need Help Outside of Sessions

If you ever feel really upset or unsafe and your psychologist isn't around, you can:

- Tell a trusted adult
- Go to a hospital
- Or call Kids Helpline on 1800 55 1800