



Child and Youth Counsellor

WHAT IS COUNSELLING?

Counselling gives you a chance to talk about things that are happening in your life. A counsellor will listen, support, and help you find ways to deal with things that are bothering you. Mental health is important, just like physical health. Talking to a counsellor can help.

All feelings matter and whatever you are feeling is worth talking about. Things to talk to a counsellor include: family and friends, loneliness, homework and stress, how you are feeling about yourself, relationships, and the future. Even if you're not sure if counselling is the right option for you, your counsellor can help walk you through other supportive options.

WHAT SHOULD I EXPECT?

Talking to a counsellor is your choice. When you first start talking about things that are bothering you, it can be hard. Your counsellor can help you work through these feelings and give you tools to cope.

ARE MY CONVERSATIONS PRIVATE?

Conversations with your counsellor are private; they will not be shared with your teachers, parent(s) or guardian(s), friends, or anyone else. But, there are some things that your counsellor is not allowed to keep private. For example, your counsellor must tell someone if you say that you are planning to hurt yourself or someone else; or, if you or another young person has been hurt. You can ask your counsellor about which conversations they are not allowed to keep private.

HOW DO I FIND A COUNSELLOR?



It's important to have people in your life that you trust for support and advice. You can work with a counsellor to find other people in your life to be part of your support system (e.g. family, friends, Elders, teachers, or community members).

