



Counselling for Kids

What is counselling?

Lots of kids have problems that affect how they feel, think or act. Counselling is a way to get help with these problems. It can help you learn to cope, communicate, and feel better.

If you're dealing with a problem, your parent or doctor might suggest you talk to a counsellor. Or it might be your idea.

What problems do counsellors help with?

They help kids going through tough times like:

- » Family problems
- » School problems
- » Bullying
- » Health problems

They help with feelings like:

- » Sadness
- » Anger
- » Stress and worry
- » Low self-esteem
- » Grief

Why do kids need counselling?

Kids need counselling when they have problems they can't cope with alone. Counselling helps you talk about your feelings and learn new skills. It helps you work out your problems. As this happens, you will start to try new skills and feel better.

How does it work?

In counselling, you will learn by talking and doing. Counsellors will do activities with you that teach skills. You will learn to use these skills to solve problems. Your counsellor will give you praise and support as you learn. This will help you do your best and feel proud of the work you are doing.

How long do kids do counselling for?

It depends on your problem and what you need. Most of the time, a counsellor will want to meet with you once a week (or every two weeks) for three or four months.



What happens?

At first, your counsellor will talk with you and your mum or dad. Your counsellor will ask questions and listen. This helps them learn more about you.

Your counsellor will tell you how they can help, and the two of you might:



Talk

Talking is a healthy way to express feelings. Kids are more ready to learn when someone listens to how they feel.

Play & Draw

Counsellors use games that teach things like taking your time on schoolwork or other tasks. Some games teach kids how to try again instead of giving up. Drawing can teach about feelings.

Practice New Skills

Your counsellor might teach you skills like mindfulness and calm breathing. These take practice. Your counsellor will help you practice what you're learning.

Do Activities

Counsellors teach lessons about feelings, coping skills, or facing fears. Activities help make these lessons more fun.

Solve Problems

Your counsellor will ask about how problems affect you at home and at school. They will talk with you about how to solve these problems.

