About Central Coast Primary Care (CCPC)

CCPC provides effective health care solutions that support the delivery of Primary Care for the betterment of the Central Coast community.

For more information about CCPC and its programs, visit www.ccpc.com.au

Other useful contacts:

Kids Helpline
1800 55 1800
www.kidshelp.com.au

Headspace (12-25 yrs)
1800 650 890
www.headspace.org.au

www.ccpc.com.au
167B The Entrance Rd
Erina NSW 2250
02 4365 2294

ABN 85 603 048 808

Talking with a psychologist for the first time

Information for children
What is a psychologist?
If you have a broken arm or a bad cold, you go to the doctor for help and to feel better, right? Well, sometimes kids and adults of all backgrounds and abilities have problems with their feelings, and so they see a psychologist to get help.

A psychologist is a person that is specially trained to help us with problems – from small ones to big ones. They help us understand our feelings and cope with difficult situations.

A psychologist’s job is to help us do things and feel better. They do this by listening to us and talking to us about the hard things we are facing. They work with us to develop a special plan to help us tackle our problems.

Why am I seeing a psychologist?
Sometimes children and adults face challenges or difficult situations. You might be worried or stressed, feel sad or angry, or be struggling with grief or loss in your life. These feelings are natural, but sometimes it’s really hard to cope on your own. That’s why it’s a good idea to talk to someone about it who understands what you are going through.

Is there something wrong with me?
No! We all face tough situations that can be hard to get through on our own. Talking to someone about how we feel – and how we can feel better – is a very brave thing to do. Kids and adults all around the world talk to psychologists about how to deal with their feelings and feel better about life.

Who will know about this?
Your doctor and the psychologist will know about your sessions, but it’s up to you and your parents/carers if you want anyone else to know.

For example you might want your school counsellor and teacher to know, so they can help you make some changes at school based on the plan you work out with the psychologist.

Where, when and how often will we meet?
You will generally meet at the office where the psychologist works.

You will meet at a time that suits you and your parents/carers. Sometimes this may be during school time but it may also be after school or on weekends.

You are set up to attend six sessions at the moment. After the first six sessions, you and the psychologist might decide to do another six sessions together.

There is no cost to your parents/carers to attend these sessions. The government pays for up to 12 sessions per year as a way to try and help kids all around Australia who are facing difficulties at school and at home.

Who do I talk to if I have questions or worries?
If you are worried about seeing a psychologist for the first time, try talking to your parents/carers about how you feel. You might also want to talk to your teacher or school counsellor about it. They are all there to listen to you and help you through these tough times.