How to Contact a psychologist

If you are a parent of a pre-school or primary age child you should approach the headteacher of your school. You can also contact the psychology service directly on the number below.

If you are a parent of a secondary age child you should contact either your child's guidance teacher, support for learning teacher or the depute head teacher responsible for pupil support. You can also contact the psychology service directly on the number below.

If you are a young person wishing to talk to a psychologist you should contact a member of guidance staff in your school who can then put you in touch. You can also contact the psychology service directly on the number below.

Perth and Kinross Educational Psychology Service
Perth & Kinross Council
Education & Children's Services
Pullar House
35 Kinnoull Street
PERTH
PH1 5GD

01738 476280

The Educational Psychology Service welcomes feedback. If you have a comment or complaint, you are encouraged to discuss this with your psychologist. If you prefer, you can contact the Principal Psychologist on the above number.

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting Sharon Watson on 01738 476873

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لملخص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:
الاسم: Sharon Watson
رقم هاتف للاتصال المباشر: 01738 476873

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ
(بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے
تو اسکا بندوبست سروس ڈیولپمنٹ Sharon Watson سے فون
نمبر 01738 476873 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式
（某些時候，這些文件只會是概要式的翻譯），請聯絡
Sharon Watson 01738 476873
來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Prosze kontaktować się z Sharon Watson 01738 476873

P ejete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny) Kontaktujte prosím Sharon Watson 01738 476873 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись Sharon Watson 01738 476873

Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility

Designed by Chief Executive's Service (2007188 - Feb 08)

Educational Psychology Service

Your Guide

Parents & Young People

Many children and young people have difficult times while growing up.

Psychologists may be able to offer help and advice.

PERTH & KINROSS COUNCIL
Education & Children's Services

Within Perth and Kinross every school links with a psychologist whose job is to give support and advice to school staff and other professionals. We also give support and advice to children, young people and families within the local area. The team of psychologists is called the Educational Psychology Service.

What sort of issues do educational psychologists deal with?

We could be asked to help:

- *with aspects of learning and development*
- *with friendships or bullying issues*
- *when a young person is getting into trouble at school or home*
- *when things at home or at school are causing distress*
- *when there has been an upsetting event*

We may also be involved when a child or young person is moving on from one place to another and is likely to need support in doing so. For example, moving from nursery into primary, changing schools, or leaving school to go to college.

As a young person, you can ask to talk to a psychologist without your parents knowing, although we hope that you will tell them.

Anyone can refer to the Educational Psychology Service. If the referral is made by someone working with the child or young person, eg a teacher, social worker or health professional, it is important that both the parent and young person agree to this. A young person may ask to see the psychologist themselves, either by asking their guidance teacher or by approaching the psychologist directly.

A referral usually takes place through a meeting where everyone can discuss their views, except when a parent or young person wishes the involvement of the psychologist to remain confidential.

What sorts of things do we do?

Depending on the nature of the problem we might do a number of things such as:

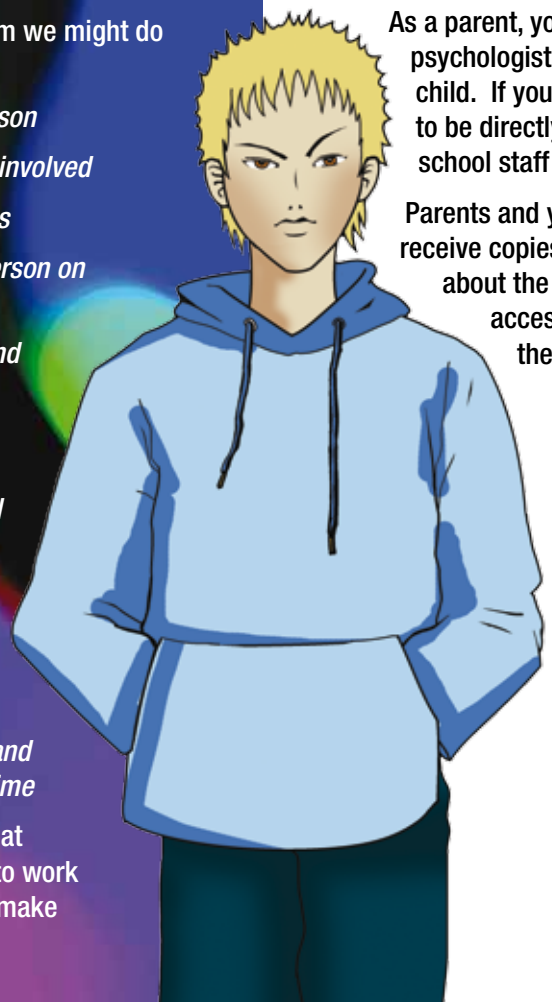
- *Talk and listen to the young person*
- *Listen to the concerns of those involved*
- *Look at school work or drawings*
- *Work with the child or young person on some activities*
- *Come along to the classroom and other places to see how the child or young person is getting on*
- *Attend meetings about the child or young person*
- *Work alongside other professionals who also work with or know the child or young person*
- *Give direct support to children and young people over a period of time*

All these things can happen at school, at home or somewhere else. Our aim is to work together to consider possible ways to make things better.

Confidentiality & Rights

Psychologists work within the policies of Perth & Kinross Council with regards to child protection and sharing information. We will respect the confidentiality of information unless the safety and wellbeing of any child or young person may be at risk.

As a young person, you can ask to talk to a psychologist without your parents knowing, although we hope that you will tell them. You have the right to be consulted about decisions which affect you, and you should be asked for your consent to work with a psychologist.

As a parent, you can ask to talk to a psychologist if you have worries about your child. If you do not want the psychologist to be directly involved with your child, school staff can still ask us for advice.

Parents and young people have the right to receive copies of letters and reports written about the young person and to have access to information held about them.