Killester College Counselling Service

Role and Nature of the Service

The Counselling Services Team at Killester College includes qualified counsellors and psychologists. The team supports students' wellbeing and learning through the following services:

- Counselling and emotional support
- Wellbeing and social/emotional assessment
- Consultation with parents/guardians and staff
- Advice to support learning, engagement, and adjustment at school
- Psychoeducational assessments to inform learning adjustments

Students can be referred to the service via self-referral, their Year Level Leader or Assistant Principal - Students. Families can also directly refer their young person to the service by contacting reception or emailing the Counselling Services Team (counsellors@killester.vic.edu.au).

Participation in the counselling/psychology service is voluntary. The service is no cost and is provided in school, during school hours and during school terms only. It is not a replacement for emergency mental health care, specialist treatment, or long-term therapy. If external support is required, the counsellor/psychologist can provide appropriate referrals for students.

Our Team

- Sally Zou – Student Counsellor (Social Worker)
- Apeksha Das – School Psychologist
- Maree Keel – Student Counsellor
- Brenna Faragher – School Psychologist (Educational and Developmental Psychology Registrar)
- Madeline Armstrong – Counselling Services Team Leader (Educational and Developmental Psychologist)

Consent

Consent can be provided by students (i.e., mature minors) and/or parents/guardians. Consent can be withdrawn at any time. Services cannot begin until consent is received. Release of Information forms are required to share confidential information with external agencies/professionals.

Confidentiality & Privacy

Student information is kept private and secure, in accordance with Australian Privacy Principles and the Health Records Act. Records are stored securely and retained until the student turns 25, unless legal requirements dictate otherwise.

Limits to Confidentiality

Information may be shared without consent if:

- There is a significant risk of harm to the student or others
- There is a legal obligation (e.g., mandatory reporting, court orders, information sharing scheme)

Information Sharing at School

Specific information may be shared on a need-to-know basis with relevant staff to support the student's learning, wellbeing, or safety. Counselling notes are not shared. Information shared with parents is limited to what is appropriate for the student's wellbeing, safety, and best interests.