

# What is Counselling?



*Relationships*<sup>™</sup>  
AUSTRALIA • NT

**Let's learn about  
counselling at  
Relationships  
Australia!**



Hello there! Today, I want to tell you a little story about a place where you can talk, play and feel safe. It's called counselling!



Have you ever heard of the word **counselling** before?





Relationships Australia is where you get to meet a kind person called a counsellor. The counsellor is a special person who listens to you and helps you with any **big feelings** you might have.

# You can talk to a counsellor about anything



You can talk about your favourite sport, your favourite books or your favourite colour. You can share things that make you want to jump up and down with joy!

You can also tell the counsellor about things that make your **tummy feel yucky**.



Or things that you don't understand and make you **want to scream**.



**I wonder if you have ever had feelings  
like these before...**



We also get to play! Sometimes, it is easier to share and talk about your thoughts and feelings when we play. There will be lots of games and toys you can choose to play with.

If you are upset with something, we want you to tell someone you trust.

## You can tell...



**Your parents**

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**Your teacher**

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**You can tell your carer, uncles and aunts.**

**You can also tell the  
counsellor who works at**

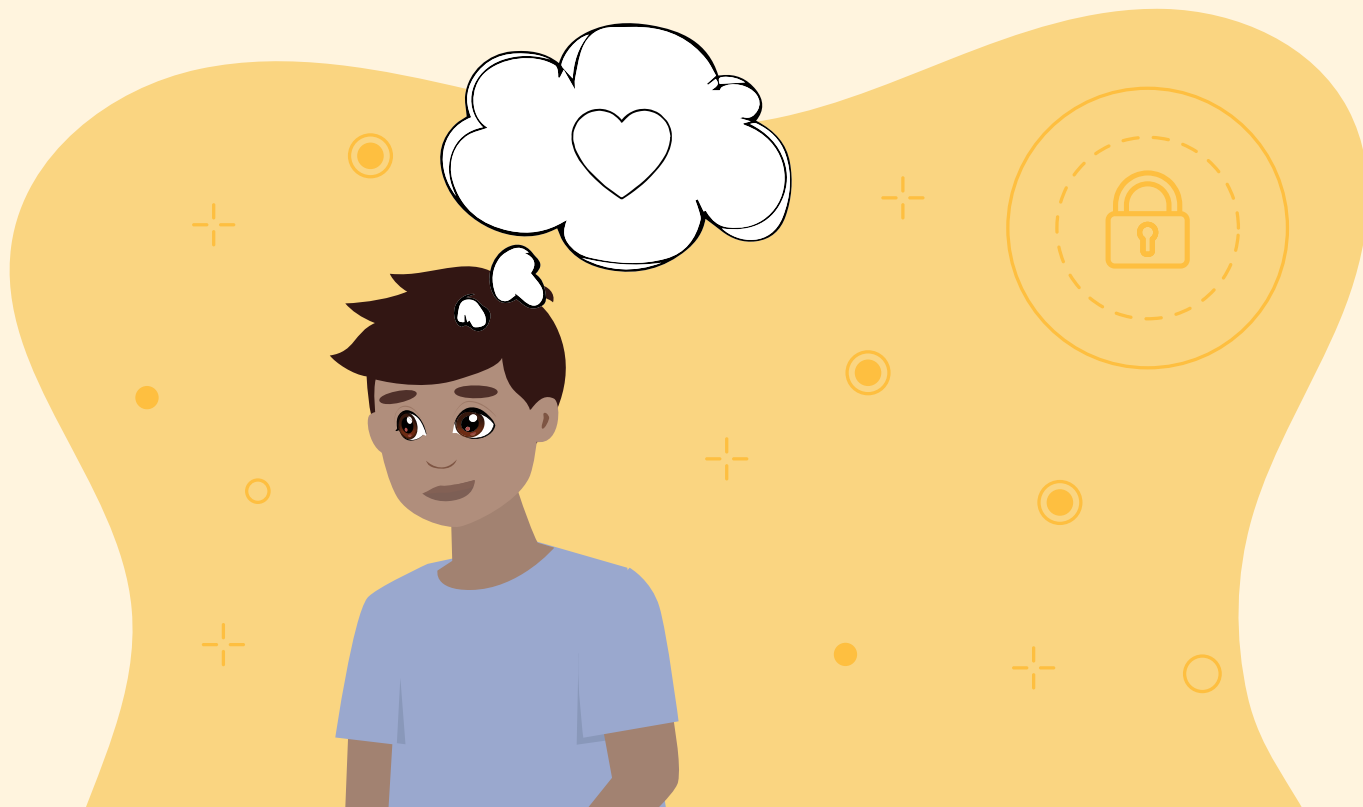
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At Relationships Australia we  
want you to feel comfortable  
and cared for.

**And also feel safe!**



Whatever you tell us, we will listen. We can make a plan together to help you feel safe.



If we are very concerned about you, we will talk to other adults to make sure you feel safe.

We will take what you tell us seriously, no matter how old you are.



**We will do our best to help  
with any worry you have.**



**1300 458 600**  
**[nt.relationships.org.au](http://nt.relationships.org.au)**

This booklet was written by Bormei Than while on student placement with Relationships Australia - Northern Territory