



Your College Counsellor *can help you to...*

Understand, acknowledge,
and manage your emotions

Equip yourself with tools
to manage anxiety and stress

Set milestones towards goals

Build a more positive
mindset and pattern of behaviour

Improve your relationship with
others and with yourself

Connect with
external resources
(such as people and tools)
when needed

Explore your identity and values

Develop coping skills, conflict
resolution skills and self-awareness

Process your emotions and
confront difficult situations

Find healthy ways to negotiate
grief and loss experiences

How do I arrange to see a College Counsellor?

Students can be referred to the College Counselling Team by a parent, teacher or Leader of House who thinks they may need help with an issue.

Students can also make a direct request for extra help or support
by email to counselling@eac.nsw.edu.au



**EMMANUEL
ANGLICAN
COLLEGE**

Learning ~ Living ~ Leading

