

Contacts

Vanessa Sleeman *Head of Counselling*
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P: 9713 3184
Monday to Friday

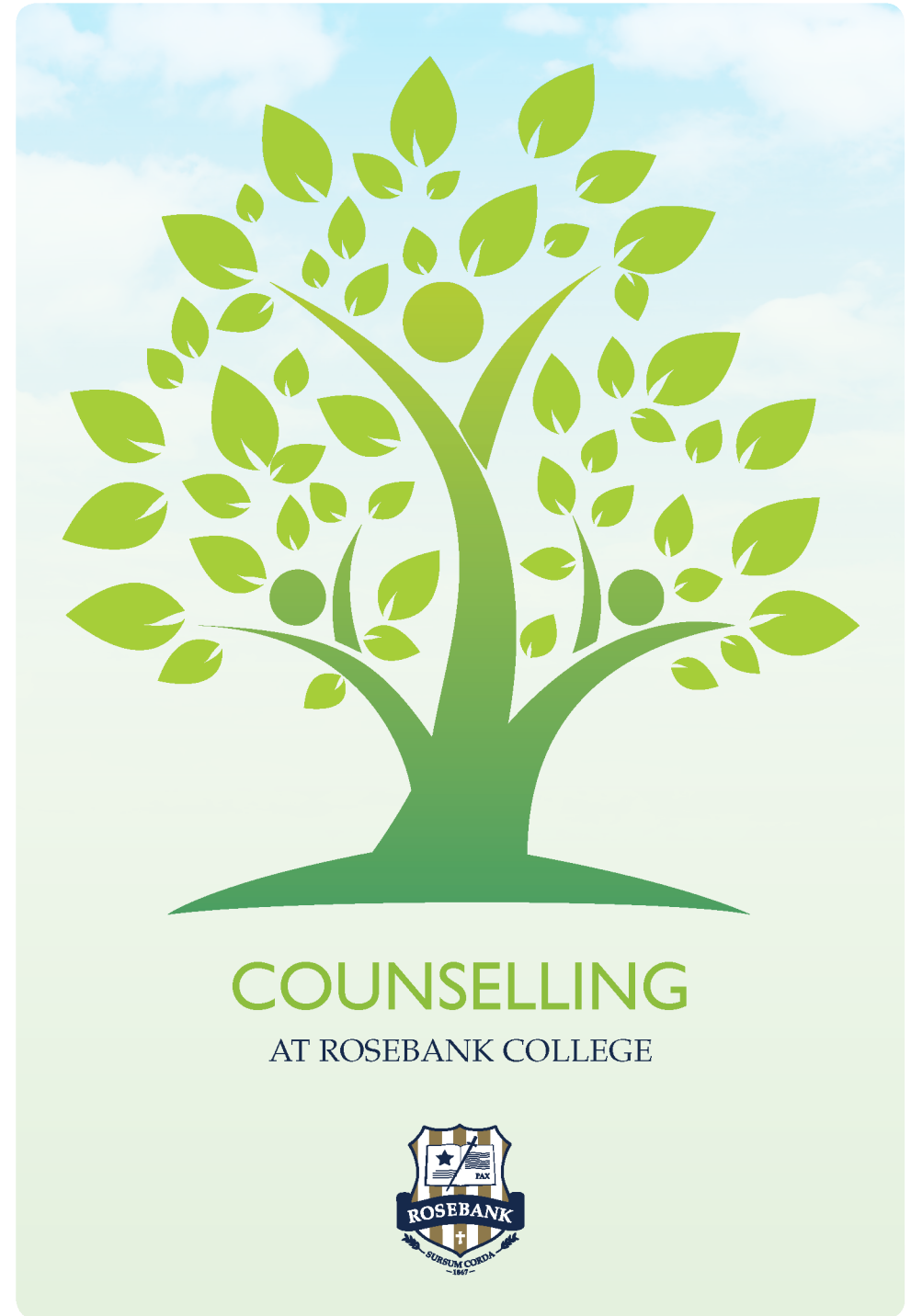
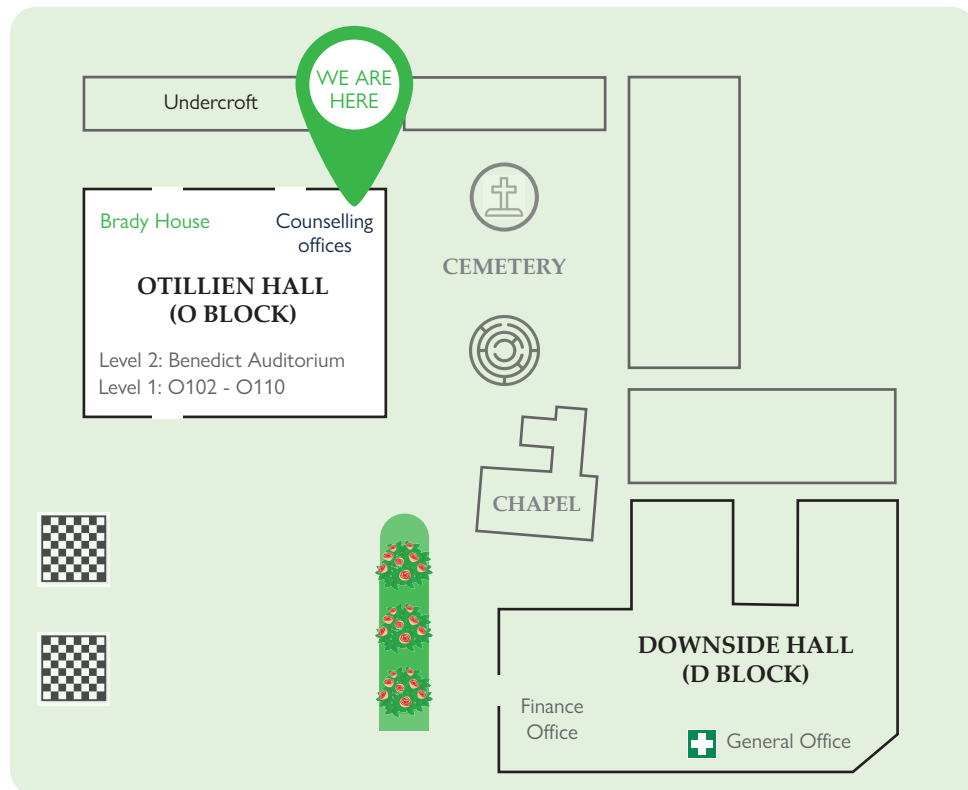
Imogen Abba *Psychologist/Counsellor*
E: iabba@rosebank.nsw.edu.au
P: 9713 3172
Tuesday to Thursday

Rita Tawil *Psychologist/Counsellor*
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P: 9713 3168
Monday to Wednesday

Leonie Benson *Psychologist/Counsellor*
E: lbenson@rosebank.nsw.edu.au
P: 9713 3101
Thursday and Friday

To contact all counsellors: counsellor@rosebank.nsw.edu.au

The counselling offices are located in **O Block**.





COUNSELLING SERVICES

Rosebank College has four registered psychologists providing counselling services to students during the school day. This is a voluntary service available to all students of the College. The primary role of the College counsellors is to provide a safe, non-judgemental space to support students who may be facing life challenges.

What kind of things can you talk about with your counsellor?

Common reasons why students access the service include:

- Anxiety and stress
- Mood changes, depression and sadness
- Relationship difficulties
- Bullying
- Challenges at school
- Anger
- Family difficulties
- Grief and loss
- Difficult thoughts and emotions including suicidal thoughts and self-injury
- Sexuality and identity
- Substance misuse
- Trauma

FAQs

When can I see the counsellor?

Students can request appointments during class times and typically the appointment lasts the duration of the period.

Who will know?

If an appointment is scheduled during class time, your class teacher will need to know why you are absent, however no other details will be shared.

Will my counsellor tell my parents or teachers what I talk about in session?

No, we will only talk to your parents and teachers if you are in danger, or if we are working on something that may be helpful for important people in your life to know about. Confidentiality and the limitations of this will be discussed during your first appointment.

How to make an appointment

- Complete the Student Referral Form - located on the Rosebank Counselling Exchange Page under "Student Resources"
- Ask your parent or House Coordinator to complete a Referral for you (located on the Rosebank Counselling Exchange Page under the relevant section)
- For any general enquiries or questions, please contact us on counsellor@rosebank.nsw.edu.au

