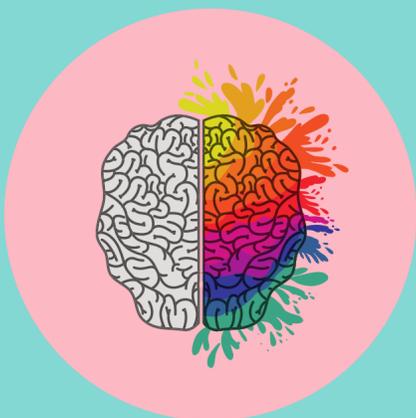


# SEEING A PSYCHOLOGIST

## • YOUTH •



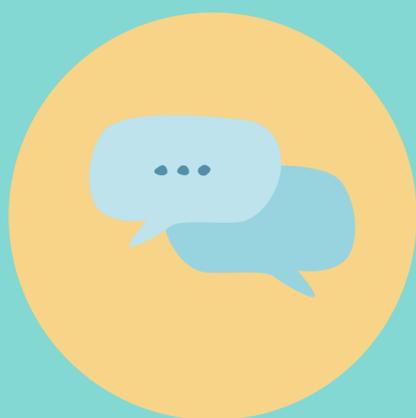
### WHY DO YOUNG PEOPLE SEE PSYCHOLOGISTS?

Psychologists help young people with lots of different things. You might be feeling sad or anxious, you might be dealing with some challenges with friends or family, or you might be having a hard time at school. Many young people see psychologists for a variety of reasons, though sometimes they might not talk about seeing a psychologist with their friends. There are lots of different ways a psychologist can help.



### WILL MY PARENTS KNOW WHAT WE TALKED ABOUT?

Generally, what you tell your psychologist stays between you and them. Your psychologist may need to share some of the things you talked about in session with someone trusted if they are concerned that someone is hurting you, or if you are at risk of hurting yourself or someone else. Where possible your psychologist will talk to you about this first. Sometimes young people also give permission to their psychologist to talk to another adult, like a parent or teacher, about some things you have discussed in session.



### HOW DOES IT WORK?

During your first few sessions your psychologist will spend some time getting to know you and you will get to know them as well. When you are ready, you and your psychologist will work together on some of the challenges you have been facing. You might talk, do activities or play games. Together you might plan some things you will try between sessions which might also help.



### YOU'RE IN CONTROL

You get to choose what you do and say. Things will happen at your speed. Your psychologist will be interested in your opinions, thoughts, and feelings. Just like with choosing friends, you can choose your psychologist. Sometimes people get on better with one psychologist more than another. If, after a few sessions, you feel like you might click better with a different psychologist, your psychologist can help you to find a different psychologist who suits you better.