National Educational Psychological Service

GUIDANCE FOR PARENTS AND TEACHERS: This is a general guide to explain how NEPS psychologists work with young people. Further information is available in the NEPS leaflet for parents which you received (also available on the website www.education.ie). The school can give you more information about this work. Any other questions can be answered by the psychologist.

How to use this leaflet

This leaflet can be used by parents and teachers to:
- Help explain the NEPS service to a child.
- Discuss how the psychologist will work with the child.
- Talk about why the psychologist has been asked to become involved.
- Answer questions that the child may have.
- Help the child decide on questions to ask.
- It is advised that the child chooses the adult who will explain this leaflet.

Teachers should talk to parents before using this leaflet.

is the psychologist who will be meeting with you.

A full version of the guide can be downloaded from www.education.ie

your guide...

WHO ARE WE? We are psychologists who work in Schools for the National Educational Psychological Service (NEPS).

WHAT IS A PSYCHOLOGIST? A psychologist has to understand how children think, feel, behave, learn and get on with others.

We may work with YOU, your parents/carers, teachers and others.

a guide for children and young people...
WHAT HAPPENS?

Your feelings and ideas matter.

It will be easier to help YOU and the people who work with you if we know what you think.

We will answer your questions and explain everything.

You will have your usual break and lunch time.

Sometimes we will ask you to try activities to help us understand more.

We will use this information to think about ways to help.

WORKING TOGETHER

Sometimes we all find it hard to talk about what we are thinking and feeling. If you do not want to talk about something that is ok.

But what about...

If you have any questions or worries you can talk to:
- your parents/carers
- your teacher
- the psychologist, when you meet them

Things I want to know more about...

Listen
In what you have to say

Talk
With people who know you well

See
How you are doing in school

Work
With you on some tasks

Meet
With you again to find out how things are, to see what is working well and what might need to change.