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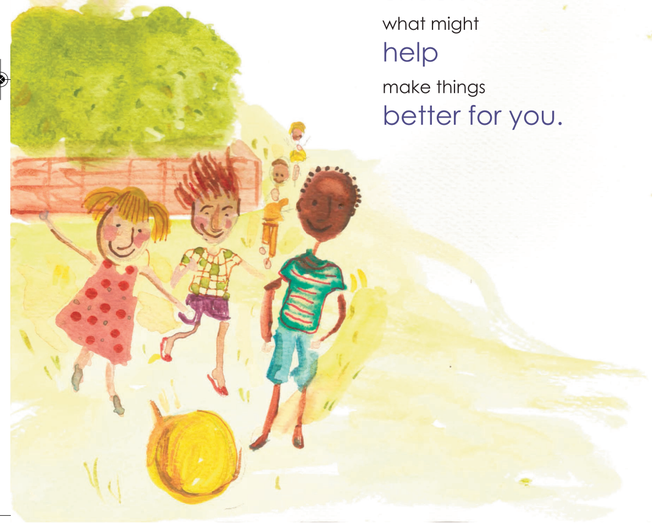
WHY HAS THE PSYCHOLOGIST BEEN ASKED TO HELP?
Sometimes things can be hard for young people at home or in school, and the adults around try to help.

The psychologist
wants to
understand
what might
help
make things
better for you.



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 pdf version of this guide can be downloaded from **www.education.ie**

National Educational Psychological Service

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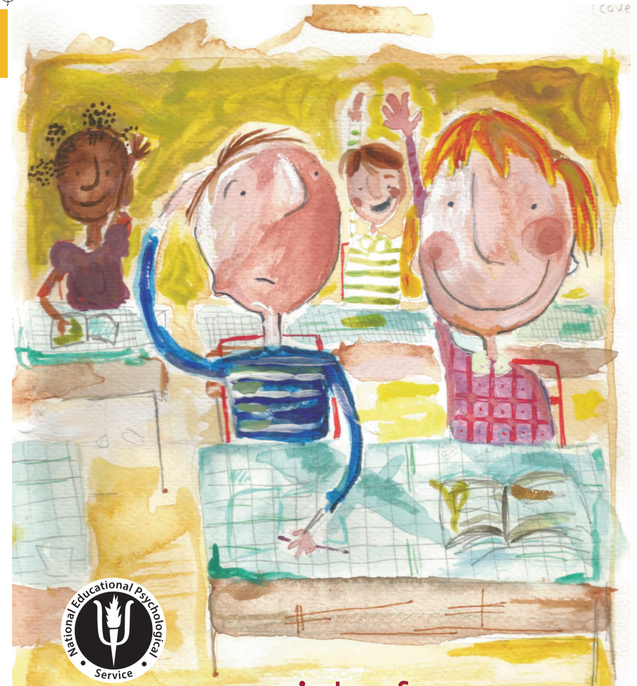

National Educational Psychological Service

a guide for children and young people...

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 tries to understand how children

think,
feel,
behave,
learn and
get on with others.

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

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WHAT DOES THE PSYCHOLOGIST DO?

Some of the things that we do are:

Listen
to 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.

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. If there is an activity that you do not want to do you can let us know.

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.

If there is something you do not want the psychologist to share with others let them know. If you tell the psychologist something which makes them think that you or others may be in danger they will share this with another adult who can help.

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...