

Information for a Child

What is Relationships Australia Queensland?

Relationships Australia is an organisation that helps people of different ages and backgrounds, including children and young people.

Why do I have to see them?

Sometimes it is helpful to talk to someone about the things on your mind. The people who work with us are specially trained to listen and help you. They are Counsellors or Child Consultants; we call them Practitioners. You can talk about feelings, family, school, changes in your life, or anything else you want to.

What is going to happen?

You will meet with a Practitioner in an office. In the meeting you might do some drawing, activity sheets, or games with the counsellor.

What will it be like?

Meeting with a Practitioner will be like talking to a friend who is very good at listening and helping. They will:

- Listen to you
- Believe you
- Help you with your problems
- Talk to you about who else might be able to help.

They will not make you talk if you don't want to, and you can ask to leave at any time.

Do you tell my parents or anyone else what I say?

The Practitioner will only share the things you want to share with your parents. If the Practitioner thinks there is something they should tell your parents, they will talk to you about this first. If the Practitioner is very concerned for you, they will explain their concerns to you and what they need to do to help you.

Do I have to do anything else?

Yes. Before you start with the Practitioner, you will be asked to circle Yes or No to some questions. This is to make sure you are ready for the meeting. An adult can read it for you, or you can choose to read it by yourself.

What if I have more questions?

You can ask the Practitioner any questions you like.