



School Psychology Service Overview

The School Psychologist at Merrimac State High School is employed by The Department of Education Queensland and is a free service (no Medicare card or Mental Health Care Plan required).

The service is limited to a maximum of 12 sessions however number of sessions needed is determined by the School Psychologist. Sessions may be weekly or fortnightly and may be in a group or individual format.

Scope of Practice:

As this service is time limited, the School Psychologist can only see students with **mild to moderate mental health presentations**. Suitability for the service will be determined in an initial meeting. This means that if your child is deemed to require long-term support or has symptoms that are severely impacting functioning, they will not be suitable for the service.

Presentations that **would meet criteria** for the service include: generalised, social, test, and separation anxieties; single event and moderate levels of trauma; panic disorders; mild to moderate obsessions or compulsions; low mood and depression; initial suicidal ideations and self-harm; mild to moderate attachment concerns; stress management and resilience; self-esteem and confidence and interpersonal relationship conflict management. Please review the Merrimac State High School website for a review of your School Psychologist and their specific interests and expertise.

Consent:

It is best practice and will be expected that all students will require consent from their parent or caregiver to engage in intervention with the School Psychologist.

However, if a student meets the definition of a Mature Minor by assessment of the **Gillick Competency** which refers to the age, attitude, maturity, intellectual, and emotional understanding of informed decision making for mental health treatment; then they are able to provide consent themselves for engaging with the School Psychologist without permission from a parent or caregiver.

Assessment/External Providers:

The School Psychologist **cannot diagnose** or assess students for mental health disorders. However, they can raise concerns regarding the presentation of symptoms and suggest that the parent/guardian attend a paediatrician or external psychologist to assess for a particular disorder. A summary can then be sent to the paediatrician or external psychologist with input from relevant school staff detailing the student's school functioning in addition to relevant questionnaires completed by parents/guardians and school staff.

Contact Information

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Merrimac State High School

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