

This fact sheet gives you information about the BYS counselling program, and how to get help through the counselling program.

MYTH : IT WON'T HELP

Everyone needs to talk to someone else at times. Just like there are crutches for a broken leg, there are ways to help you when your mental health is hurting too.

MYTH : THEY WILL THINK I'M STUPID

No way. They are not there to give you useless advice and send you on your way. They understand that life can throw you a curveball. Your concerns are serious to them.

MYTH : THEY WILL MAKE ME TALK ABOUT STUFF THAT I DON'T WANT TO TALK ABOUT

Psychologists do tend to ask a lot of questions, but that is so that they can understand what is happening for you, and to get to know you. If you don't want to talk about something, it's ok to tell the psychologist that.

GETTING HELP IS ONLY FOR WHEN THINGS GET REALLY BAD

Psychologists can help you no matter how big or how small a problem is getting. No one will think less of you because you asked for help.

THEY WILL JUDGE ME

The psychologists at BYS will not judge you, or make you feel bad because you came along. If your concerns are real to you, then they will be real to the psychologist.



WHAT KIND OF SUPPORT IS AVAILABLE THROUGH THE BYS COUNSELLING PROGRAM?

APPOINTMENTS (NO MHCP IS NEEDED)

One to one Counselling appointments

ZOOM, phone, or Face To Face (F2F)

REFERRALS TO OTHER MENTAL HEALTH SERVICES

Young people can be assisted to link in with other mental health services outside of BYS to access other forms of support ([Find a Psychologist](#) and [Find a Psychiatrist](#))

DIAGNOSTIC AND/OR PSYCHOLOGICAL TESTING

Everyone who provides counselling is a registered psychologist which means the program is able to conduct formal psychological testing and/or DSM-V diagnoses.

RESOURCES

We have a range of resources, websites, links, and other information on a wide range of topics.

A psychologist is a person who is trained in the art of listening and helping you to find the best solution that is right for your life. You can talk to them about anything important to you.

WHAT IS A PSYCHOLOGIST AND HOW CAN THEY HELP?

CHECK THESE OUT (ART BY YOUNG PEOPLE)

Asking for help can be hard. But I can always reach out.
Change can be uncomfortable

I can change a few small things on the way to changing big things

When the changes I make are not supported by others around me

I want to make changes but where do I begin?

Whatever has happened in the past does not mean I can't make changes now

It's never too late to start again. Sometimes change is like that

Yes, change can be scary and beautiful at the same time

I can make changes happen when I'm ready.

It looks so easy for other people, why is change so hard for me?

