

## What happens next?

Meeting you and those who know you well may help to make things work out.



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East Dunbartonshire Council

## Psychological Service



**Information**

**for**

**Young people**

## Who Are We

Sometimes young people need some help with things at school or home.

Parents, friends and teachers can try to help sort things out.

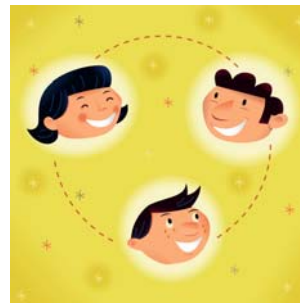
Most times things improve quickly, but if they don't your parents and teachers might ask for a consultation from an Educational Psychologist.

Psychologists meet young people and their families and are in schools regularly.



## The Consultation Meeting

The psychologist will meet with those who know you well. This is called a Consultation Meeting. You can be invited to this meeting.



## What Will The Psychologist Do?

If the educational psychologist is to be involved they may talk things over with you, look at your work in school or work with you and your teacher or family.

The psychologist will listen carefully to you. The psychologist will not talk to anyone about what you say unless

- You say it's OK to tell.
- It's something serious, which adults need to know to keep you safe.

