

STRESS
ANXIETY

BULLYING
LOW SELF-ESTEEM
UNDERACHIEVEMENT



Something **worrying** you?

Why not get to it **early**.

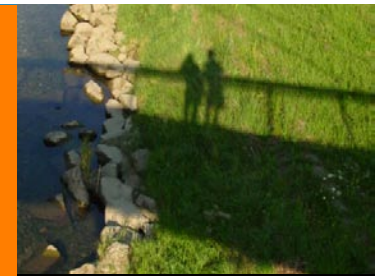


Don't let **molehills** become **mountains**.

See a **counsellor** today.

Talk it over. Don't feel **alone**.

counselling is for everyone !



School counsellors are experienced teachers and psychologists with an understanding of child and adolescent development.

Counselling is available at Sydney Boys High School every day except Wednesday. The counsellor's office is located on the upper floor of the McDonald Wing.

Counsellors are here to guide and support students in working through issues that may include relationship problems, anger, conflicts, study skills, depression, anxiety and negative feelings.

You can see a counsellor by arranging it with them in person or by making an appointment through the main school office.

