

WHY HAS THE PSYCHOLOGIST BEEN ASKED TO HELP?

Sometimes things can be hard at home or in school, and the adults around try to help.

The psychologist wants to understand what might help make things better for you.

National Educational Psychological Service

GUIDANCE FOR PARENTS AND TEACHERS This is a general guide to explain how NEPS psychologists work with young people. Further information is available in the NEPS leaflet for parents which you received (also available on the website www.education.ie). The school can give you more information about this work. Any other questions can be answered by the psychologist.

How to use this leaflet

This leaflet can be used by parents and teachers to:

- Help explain the NEPS service to a young person.
- Discuss how the psychologist will work with the young person.
- Talk about why the psychologist has been asked to become involved.
- Answer questions that the young person may have.
- Help the young person decide on questions to ask.

It is advised that the young person chooses the adult who will explain this leaflet.

Teachers should talk to parents before using this leaflet.



is the psychologist who will be meeting with you.

A pdf version of this guide can be downloaded from www.education.ie



a guide for
young people...



your guide...

WHO ARE WE? We are psychologists who work in schools for the National Educational Psychological Service (NEPS).

WHAT IS A PSYCHOLOGIST?

A psychologist tries to understand young people

how you

think,
feel,
behave,
learn and
get on with others.

We may work with you, your parents/carers, teachers and others.



WHAT DOES THE PSYCHOLOGIST DO?

Some of the things
that we do are:

Listen

to what you have to say

Talk

with people who know
you well

See

how you are doing in school

Work

with you on some tasks

Meet

with you again to find out
how things are, to see what
is working well and what
might need to change.



WHAT HAPPENS?

Your feelings and ideas matter.

It will be easier to help you and the people who
work with you if we know what you think.
We will answer your questions and explain everything.

You will have your usual break and lunch time.

Sometimes we will ask you to try activities to help
us understand more. If there is an activity that
you do not want to do you can let us know.



WHAT WILL HAPPEN NEXT?

Once we have enough
information, there
will usually be a
meeting to talk
about what we have
found out and to think
about ways to
help.

WORKING TOGETHER

Sometimes we all find it hard to talk about what
we are thinking and feeling.

If there is something you do not want the psychologist to
share with others let them know. If you tell the psychologist
something which makes them think that you or others may
be in danger they will share this with another adult who
can help.



BUT WHAT ABOUT...?

If you have any questions or
worries you can talk to:

- your parents/carers
- your teacher
- the psychologist, when you meet them

Things I want to know more about...

