Psychology services in schools

Many children and adolescents encounter developmental, social, emotional and behavioural problems. They don’t feel good about themselves and they struggle at school. For some students, the playground is a frightening place. Others have difficulties with motivation and relationships. Many children fail to develop adequate social skills, emotional management skills and motivational skills. They struggle to make friends, manage their anxiety and fear, or deal with their anger.

When a child lacks important social and psychological skills, this can lead to ongoing problems. onPsych psychologists can help children to learn these essential skills, such as:

- Helping them recognise and manage anxiety, fears and stress
- Motivation and self-talk
- Making and keeping friends
- Controlling anger and frustration
- Impulse control
- Dealing with bullies
- Learning techniques to help deal with ADHD
- Epilepsy and Autism
- Learning to deal with phobias

onPsych has provided over 80,000 support sessions in Australian schools over the last 6 years.

A service offered in your school

Early intervention in social, emotional and behavioural problems may make a positive difference to a child’s future. We provide effective, independent psychological support, at school. If a child qualifies under Medicare guidelines and is referred by a GP, Paediatrician, or Psychiatrist, they can use this service at no cost. The service is completely confidential.

Three steps to access onPsych services.

Step One:
If you feel that your child would benefit from working with a psychologist, in either individual or small group sessions, you need to talk with the student welfare coordinator at your school. They will help you document your concerns and goals for your child.

Step Two:
Take this documentation with your child to your GP, Paediatrician or Psychiatrist and request a referral to an onPsych psychologist. It is important to inform the receptionist that you are seeking a referral to a psychologist. This allows them to set aside enough time to complete this.

Step Three:
Notify your school that you have a referral.
Post, email or fax the referral to onPsych;

Phone: 0400400339, Fax: 0359897331,
Dr Natalie Flatt
P.O.Box 394 Mornington 3931, Vic
Email: contact@onpsych.com.au
www.onpsych.com.au

There is always a moment in childhood when the door opens and lets the future in.”
Graham Greene
onPsych provides psychological services to students, parents and teachers. We work with a range of problems from bullying, anxiety and behaviour problems to autism, epilepsy and learning disorders.

Psychologists study the way people feel, think, act and interact. Through a range of strategies and therapies we aim to reduce distress and to enhance and promote emotional wellbeing. Psychologists can assist people who are having difficulty controlling their emotions, thinking and behaviour, including those with mental or physical health problems such as: anxiety and depression, serious and enduring mental illness, neurological disorders, addictive behaviours as well as childhood behaviour disorders.

Psychologists are experts in human behaviour, and have studied the brain, memory, learning and human development.

Why do we work at schools?

We can observe children inside and outside the classroom setting and work with teachers to obtain information about academic and social functioning. In many cases we work with teachers and parents to develop individualised behavioural programs that coordinate school and home-based interventions. We aim at building a partnership between families and the school. onPsych is also a registered provider under the Federal Government school welfare program.

Please visit our website at www.onpsych.com.au

Our Services:
onPsych provides psychological services to students, parents and teachers. We work with a range of problems from “Mental Health Disorders” as defined by Medicare, to Autism and Pervasive Developmental disorders. These include a range of clinically diagnosable disorders that significantly interfere with an individual’s cognitive, emotional or social abilities.

Bullying
Asperger’s
Poor Social Skills
Poor impulse control
Anger management
Anxiety
Sleep problems
Hyperkinetic (attention deficit) disorder
Phobic disorder
Conduct disorder
Depression
Adjustment disorder
Eating disorders
Panic disorder
Post-traumatic stress disorder
Drug and Alcohol use disorders
Obsessive Compulsive disorder
Learning Disabilities
Self-Harming
Autism
Epilepsy
School welfare support
And many others.