

Psychological Services

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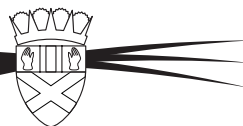
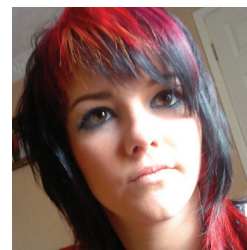
Listen and Help A leaflet for older children

The name of the Educational
Psychologist in your area is:



How Educational Psychologists can help children

This leaflet is also available in other formats and other languages on request.



Clackmannanshire Council

www.clacksweb.org.uk

Introduction

Many children can have problems that don't seem to go away. Parents and other adults can try to help. But if things don't get much better and your parents agree they might ask the psychologist to help.

What might a psychologist help with?

- ▶ feeling upset and angry about things
- ▶ finding school work hard
- ▶ not getting on with friends
- ▶ getting into lots of trouble
- ▶ feeling unhappy at home



What is a Psychologist?

A psychologist is someone trained to help people with their learning and development.

Examples of things a psychologist might do

A psychologist may spend time listening to you and talk to you about what you are feeling.

They can also look with you at your school work and consider the things your are good at and what you find a bit harder.



They also use tests to help tell them why some things are harder.

They may have meetings to talk with other adults who help young people. They will make plans to help you and share these with you.

Will the psychologist tell people what I have said?

Almost always what you say to us is private. We will not talk about it to other people.

But if you tell us that you, or someone else, is being hurt we must let others know who can help this to stop.