



Hello, my name is Petrina Hennessy, I'm your student counsellor and I'm happy to announce my door will be open at Regent Street Campus every second Wednesday starting 24th May from 11am – 4pm. I have over 7 years counselling experience and I specialise in providing effective therapeutic support to adolescents and adults in the education sector. I'm an active member of the Australian Counselling Association, and the Mental Health Academy.

## **COUNSELLING SERVICE IS FREE OF CHARGE AND CONFIDENTIAL.**

Students can see the counsellor for a variety of reasons. Everyone finds themselves in difficult situations at some time in their lives and it helps to talk to someone that understands your needs as an international student.

As a counsellor, I am concerned about your welfare, you can speak to me confidentially about any issue in your life.

## **WHO CAN SEE THE COUNSELLOR?**

All students enrolled at APIC, PY, EGI, and ECA College can access the counsellor

## **WHEN YOU SEE THE COUNSELLOR**

When you want to speak to someone who is a professional, confidential, and separate from friends and family. All information discussed with the Counsellor is private.

If you would like to bring a friend or family member with you that is OK.

**The counsellor is here to listen and help you with your concerns.**

## **WHY YOU SEE A COUNSELLOR**

If you are having personal problems, or just want to talk about:

- Ongoing health issues
- Missing your family and friends overseas
- Relationships
- Difficulty in making life decisions
- Ongoing personal problems
- Emotional Support
- Work related issues
- Stress, anxiety, and depression
- Anything that is preventing you from reaching your educational goals

**PLEASE DROP INTO  
SAY HELLO, I'M  
LOOK FORWARD  
TO MEETING YOU**