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PRIMARY SCHOOL
Future-Ready Learners. Active Contributors.

Partnering You

Supporting Your Child's Well-being

Speaker:
Senior School Counsellor
Ms Ooi







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Supporting Your Child's Well-being

Working as a Team:
Student Welfare Officer
Ms Diana Ho









What is Counselling?

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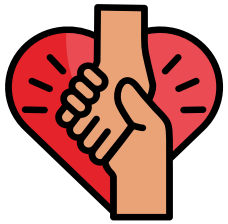
HEARING

HELPING

HEALING



Creating a safe space for students to be listened to and understood.



Empowering students to cope with challenges and see possibilities.



Building resilience to work through emotional pain and face future challenges.

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Why School Counselling?

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🌍 ***Growing up today is complex***

Children navigate academic pressure, peer relationships and a digital world simultaneously.

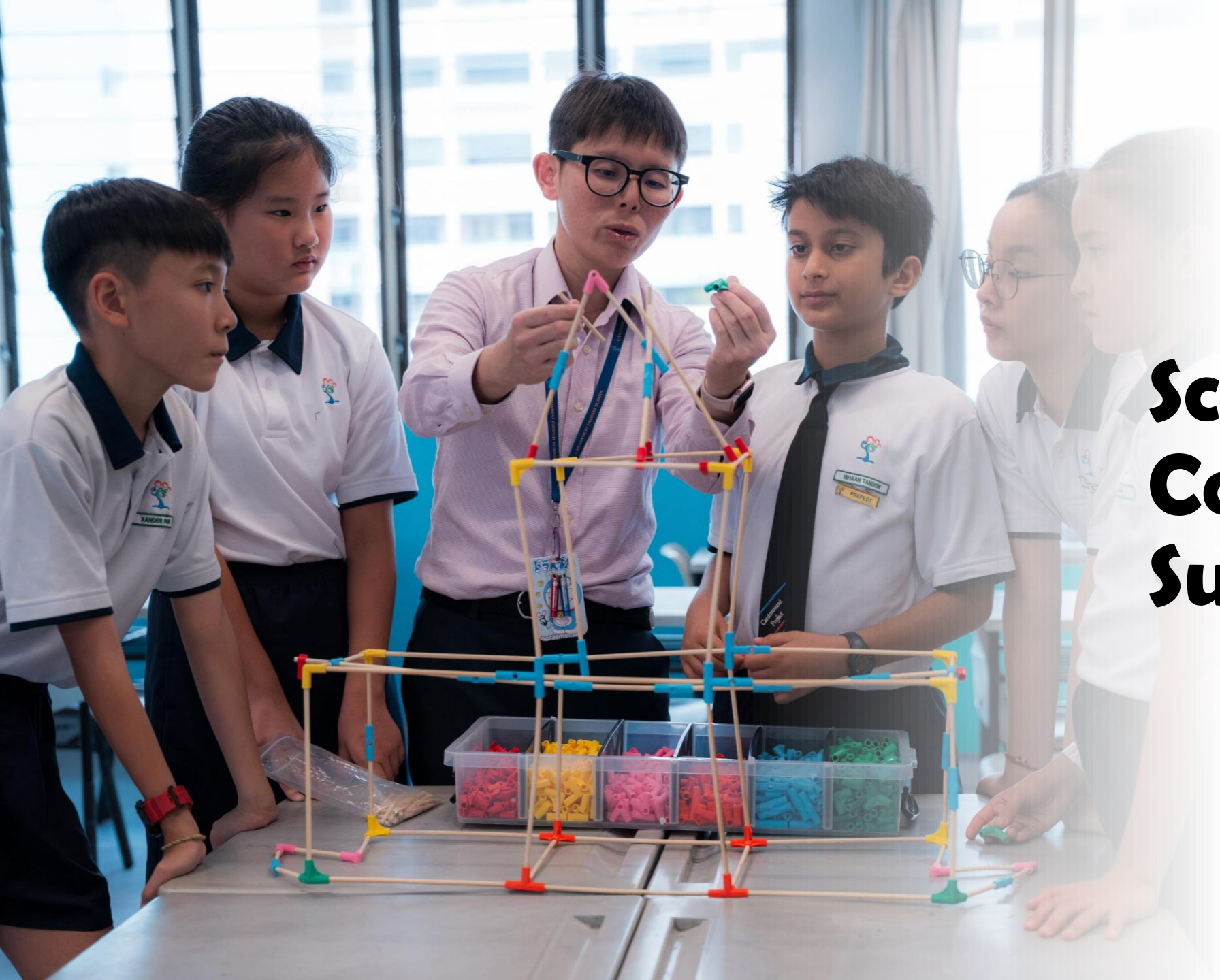
🧠 ***Mental well-being shapes success***

Emotionally resilient students thrive both in school and in life.

🌱 ***Early support makes a difference***

Timely intervention prevents escalation and builds lasting coping skills.

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School Counselling Support

School Counselling Support

😟 Common BIG emotions students experience: **Anger** | **Anxiety**

Form of Support	Who is it for?
Individual Counselling	Students with moderate to severe needs, in a 1-to-1 setting
Group Guidance Programmes	Students with additional needs, supported in a small group setting
Assembly Programmes	Whole-cohort learning, e.g., mental health awareness





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Counselling Referrals

How does a student get referred?



Teacher discusses child's observable behaviour and needs with parents.

Teacher consults with Year Head and School Counsellor.

Parent consent is sought for counselling services.

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Mental Health Referrals

When more support is needed ...

A student may be referred for a mental health assessment when:

- Severe distress is affecting daily functioning in school.
- Recurrent harmful behaviour is displayed despite interventions.

REACH Mental Health Team
A community-based, multi-disciplinary team of Psychologists | Occupational Therapists | Nurses providing accessible and highly subsidised services.



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Partners in Education

Partners in Education



🛡️ ***Set Healthy Boundaries***

Help your child recognise safe physical and emotional limits.

🙋 ***Encourage Help-Seeking***

Nurture a child who feels comfortable asking trusted adults for help.

🌈 ***Reinforce Positive Mindsets***

Model resilience and share simple messages of hope.



Thank You

If any queries, feel free to email us via the links provided at:

https://cantonmentpri.moe.edu.sg/about-us/our-staff