



What children and young  
people want you to know  
about counselling at GenWest



This zine was co-created by the children's counselling team at GenWest and the children and young people who access the service.

Counsellors interviewed young people about their experience of counselling and asked them what they think is most important for other children to know.

Here is what they would like to pass on to you!

# A note from the counselling team

We understand that you might be feeling nervous about coming to counselling for the first time. You might also feel excited, angry, worried, curious, sad or all of the above! Any feeling that you bring to counselling is ok. We feel excited and curious to meet you and to learn about you. We want you to know that you don't have to tell us anything you don't want to.

Coming to counselling is your choice and if it ever doesn't feel right for you, you can tell your adult or your counsellor.

Counselling at GenWest is sometimes talking, but often it is playing, drawing, moving around, painting, craft, or lots of other creative things. Are there things that you like to make or do? Maybe you can tell your counsellor about something you would like to do or create together!

How did you feel when  
you found out you  
would be coming to  
counselling?



*"I felt nervous, excited and worried. I was worried that my thoughts were too scary and that if I told anyone it would make other people feel bad. But now I know the counsellors are here to help you and won't judge you."*

- Amira 13 yrs

*"I felt shy"*

- Mia 4 yrs

*"I felt curious"*

- Dang 9 yrs

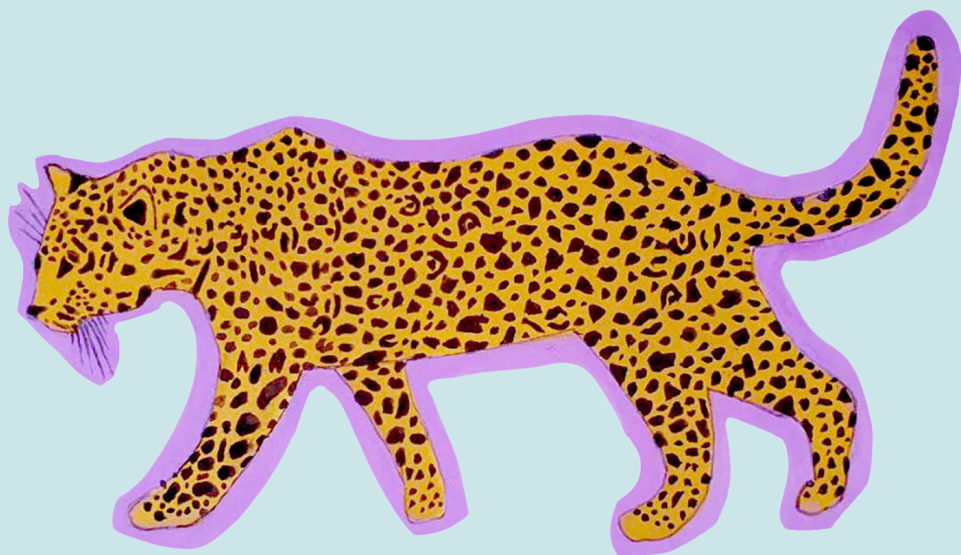




*"I felt angry that mum wanted me to go to counselling and I told her to leave me alone. But then she talked to me and told me that counselling was to talk about my worries. I felt worried the first time but then I came to really like counselling."*

*- Lena 8 yrs*

How did you feel  
when you came in for  
counselling for the first  
time?







*"I was nervous the first time I came to a counselling session by myself and I felt awkward. After a while I felt glad to have the one-on-one attention, because it is hard for me have that at home."*

*- Sophia, 11 yrs*



*"The first time I came in I didn't really get told much about what was happening. I just came in for an appointment but I didn't know what it was about. But the counsellors explained what was happening and I understood."*

- Ben, 15 yrs



How does making art  
and playing at GenWest  
make you feel?





*"I love playing!"*

- Mia, 4 yrs

*"I feel worried sometimes about making art because I feel like I am not very good at it. But I know that I can just talk to my counsellor if I don't feel like drawing."*

- Amira, 13 yrs

*"Happy. It makes me feel more motivated."*

- Eve, 9 yrs

*"It makes me feel connected and it is actually fun. Talking about my feelings is like a foreign language to me. I feel like an alien. That is why I like doing things in counselling, like drawing or playing games."*

- Mathew, 11 yrs

*It makes me feel less lonely."*

- Erin, 7 yrs

*"It is fun and helps me to keep calm."*

- Ahmed, 12 yrs



What would you like  
to say to young people  
who are about to start  
counselling?





*"Get ready and take everything you need. You can even take a toy with you to help you feel relaxed."*

*- Dang, 9 yrs*

*"That even though you can be nervous it is worth it in the end."*

*- Mathew, 11 yrs*

*"That if you are scared and worried the first time you can try and think about how you will feel better after counselling."*

*- Lena, 8 yrs*



*"That even if you are nervous you should give counselling a try. It is actually really calming and it feels safe."*

- Ben, 15 yrs

*"That you should never be scared because you will find a whole different version of yourself. The counsellors are here to help and won't judge you."*

- Amira, 13 yrs



*"That you are always welcome here and you don't have to tell anything you don't want to."*

- Abdullah, 12 yrs





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We proudly acknowledge the Aboriginal and Torres Strait Islander communities across Naarm/Melbourne's west, their rich cultures, diversity, histories and knowledges, and the deep contribution they make to the life of this region.

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If you need an interpreter please  
call the Telephone Interpreter  
Service on 13 14 50.

