



Malmö stad

Student Health Care Mellanhedsskolan



The school counselor help you cope

Add me to the list of people you can turn to when you need help. I know how to listen and can help you with life's challenges such as anxiety, illness, depression, safety, bullying or loneliness. I have special education and training in how to help kids solve problems, make decisions, and stand up for themselves.

That doesn't mean I will wave a magic wand and the problem will go away. But it does mean I will help you cope with it. Coping is an important word to know. Sometimes, kids and grown-ups have difficult problems. Coping means that we will try to handle your problems both practically and emotionally.

A student who has a counseling relationship with me has the right to privacy and the promise of confidentiality. But there are exceptions to confidentiality, namely where it conflicts with our duty to warn, or duty to protect you. My job is to take your problem seriously and help you find a solution.



I might need to talk with your teachers and your parents about the problem as well. Though this may feel uncomfortable, facing the problem and trying to correct it is better than living with a bad situation. Having a counselor's help means you don't have to face difficult problems alone.

Contact

Visit my office anytime you want!

My phone number: 070-962 77 30

My email: petter.brage@malmö.se

