

When the educational psychologist has spoken with you they will check what you are happy for them to share with relevant adults.

However, if you tell the educational psychologist something which makes them think you may be in real danger, they will have to share this with another adult who can help. If you are not sure what this means, you can ask the educational psychologist about this before you tell them anything.

If you have any questions about what the educational psychologist does:

- Ask the teachers at school
- Ask your mum, dad or the person who looks after you
- Ask the educational psychologist when you meet them

The name of your psychologist is



Comments Compliments or Complaints

We welcome any feedback on our service. If you have a complaint, please speak to the psychologist involved first if you can. Most concerns or complaints can be resolved at this level but, where this is not possible, the Principal Educational Psychologist should be contacted. The service will do all that it can to resolve problems. If this is not possible, then the matter can be referred to the Head of Secondary and Support for Learning.



Dundee Educational Psychology Service
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www.dundee.gov.uk/education/psychologydept

This information is made available in large print or in an alternative format that meets your needs.	
Chinese	欲知詳情, 請致電: 01382 435825
Russian	Более подробную информацию можно получить позвонив по телефону: 01382 435825
Urdu	مزید معلومات کے لئے برائے مہربانی 01382 435825 پھون کریں۔
Polish	po dalszą informację zadzwoń pod numer 01382 435825
Alternative Formats	For further information please contact the issuer of this publication

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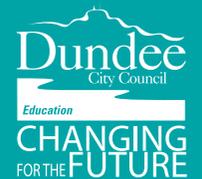


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dundee.gov.uk



Dundee Educational Psychology Service

Information for
children, young people
and their parents/carers



What is psychology?

Psychology tries to help us understand ...



What is an educational psychologist?

An educational psychologist is part of a team of people who work in schools and other places to support children and young people.

They are trained in psychology and use this to try to help people get on well at school.

Why has the educational psychologist been asked to help?

Sometimes things can be difficult for children at home or in school and the adults around try to help.

Usually the educational psychologist is asked to become involved because the adults want help to understand more about what might be happening and what might help things to be better.

What might the educational psychologist help with?

They help to make school better for you. Like when you:-

- Feel angry and upset
- Find school work difficult
- Are not getting on with friends or being bullied
- Feel unhappy at home or get into trouble

the educational psychologist might be able to help.

What will happen?

When the educational psychologist is asked to help they might do different things such as:

- Talk with people who know you well to find out more information
- Talk to you to hear what you think, maybe once or more often
- Spend some time in your classroom to see what sort of work you do
- Get to know you through playing games or other activities.

They might not do all the things on the list above; sometimes they might just do one or two.

Once the educational psychologist has gathered more information they will talk with you and adults who are part of your life at home and at school about what everyone can do next to help.

Once that has happened, there will usually be another meeting after a while. This is so the psychologist can check with the people who have been helping to see whether the ideas have worked, or whether doing something different would be more helpful for you.

What will it be like to meet the educational psychologist?

The educational psychologist knows that sometimes it is hard to talk about what you are thinking or feeling.

The educational psychologist will help you feel as comfortable as possible.

They will listen carefully to what you say.

You do not have to meet with the psychologist if you don't want to.

