

Our vision

Our vision is an empowered community which values and supports the health and wellbeing of all women and their families.



We acknowledge and pay respect to the traditional custodians of this land, the indigenous elders past and present. As we foster health and wellbeing, may we also pay respect to the healing knowledge embedded forever within the indigenous custodianship of country.

Bankstown Women's Health Centre is primarily funded by NSW Ministry of Health.

Child and Adolescent Counselling is funded by NSW Family & Community Services.

Appointments

Please phone 9790 1378 to make an enquiry. A counsellor will contact you to make an appointment either at our Centre or at your school.

If you can't attend an appointment, please consider others who may be waiting to see the counsellor and call 9790 1378 as soon as you can to reschedule.

Parents/carers may be invited to attend an introductory session without your child.



Child and Adolescent Trauma Counselling



A safe space for women

Level 1, 24-26 Jacobs Street
Bankstown 2200
Tel: 9790 1378

www.bwhc.org.au
www.facebook.com/bankstownwomen

**Email: SWSlhd-
bankstownwomenshealthcentre
@health.nsw.gov.au**

What is trauma?

A child may experience trauma as a single incident or as an ongoing feature in their life. The impacts can be short-term or long-lasting. Types of trauma include:

- Witnessing domestic violence
- Physical abuse
- Sexual assault or harassment
- Neglect and emotional abuse
- Removal from birth family
- Persistent bullying
- Witnessing an accident or death
- Surviving a natural disaster
- Experiencing war



Who can use the service

The service is available to children and adolescents of all sexes (up to 18yr) who have experienced trauma, and their non-offending parents and carers.

Our specialist trauma services

- Short to longer-term counselling
- Psychoeducation & information
- Groups & workshops
- Advocacy & court preparation



How do I know if my child is traumatised?

Trauma symptoms vary from person to person and can be subtle. If you are unsure if your child has been impacted, it is better to seek advice from a professional.

Some signs of trauma are:

- Withdrawal
- Poor school attendance
- Fear and hypervigilance
- Nightmares or intrusive thoughts
- Bed-wetting
- Sexualised behaviour
- Self-injury and suicidal thoughts

How does talking help?

Talking to someone who listens and understands may help your child feel safer, less alone and more in control.

In counselling, it is not necessary to discuss what happened in the past. But if your child feels safe to share some of their experiences, that's okay too.

Our aim is to help your child increase their capacity to self-regulate, show them how to use healthy coping strategies and how to improve their personal safety.

Working to resolve trauma while a person is still young improves their chances of leading a productive and happy adult life.

Role of parents and carers

Parents and carers are the main teachers and mentors who assist children in the healing process. Parents and carers are invited and encouraged to participate in their child's therapy in discussion with the trauma counsellor.