



# Going to Minds of All Kinds

## Psychology

Sometimes, I might go to new places and meet new people.  
One place I might go is to see a psychologist.

A psychologist is a kind, safe grown-up who helps kids with their thoughts, feelings, and how they do things at home, at school, or with friends.



When I see the glass door and coloured carpet I know I am at the clinic.



Sometimes I might have to sit and wait for the psychologist to be ready. But that's okay, I have lots of toys to play with and drawings I can colour in while I wait.

I can also bring some of my own toys if it would help me feel safe.



Seeing a psychologist can be a bit like visiting a teacher or a helper.

A psychologist listens, talks with me, and helps with things I might find tricky, like big feelings, worries, or solving problems.



When I go to the clinic, I might sit in a room with comfy chairs, toys, games, and books.



Sometimes we might talk, play games, do puzzles, draw, or read stories together.



It is okay if I do not want to talk much at first. The psychologist will help me feel safe and comfortable. They might ask questions to get to know me, and I can say as much or as little as I want. There are no right or wrong answers.

I can ask questions too.



## Things We Might Learn About

- What can help me calm down when I feel upset or worried
- How to talk to others or make friends
- How to understand my thoughts and feelings
- How to feel more confident or try new things



The psychologist might also talk to my parent, carer, or teacher so they can learn how to help me best.



It's okay to have all kinds of feelings about going. I can ask questions, and it's always okay to say how I feel.

The psychologist is here to help me grow, learn, and feel good about myself.

