

# What to expect in **YOUR FIRST APPOINTMENT**



Preparing for your first session with a counsellor or psychologist?

Here's what to expect...

## **1** Introduction

We'll get to know each other a bit and talk about things like the structure of your appointments and confidentiality.

## **2** Assessment

We'll chat about what support and resources will best suit your needs and lifestyle.

## **3** Goal Setting

We'll talk about what goals you'd like to achieve, and this will help guide your next sessions.



More info and  
watch the video.