



Psychological Services

We are here to help!

Psychological Services team members work with students, caregivers, educators, and with colleagues from across the Durham District School Board (DDSB) to promote student well-being and achievement.

We believe in the fundamental worth of students, their families, and their broader communities. Understanding that relationships are essential to well-being, trust, and a sense of belonging, we offer services that are rooted in anti-oppression. We understand that we are always on the path of learning. We are committed to respecting student voice, the contexts in which learners and their adults live, as well as the dignity of their lived experiences. We embrace a strength-based approach to optimize student potential and we strive to promote safe, welcoming communities where well-being is centered.

Our services include:

- Consultation, with the goal of improving students' learning and social experiences at school;
- Child and adolescent mental health (assessments and interventions);
- Psychological assessment for children and adolescents to effectively link individuals' strengths and needs with supports at school;
- Safety planning and crisis-based response for students and school communities;
- Professional learning support related to student well-being and achievement (e.g., accommodation)

How We Serve

Members of the Psychological Services team may work individually with students, their caregivers, and/or school-based team members. We also work as part of multi-disciplinary Inclusive Student Services Teams. Our work often intersects with the professional expertise including, but not limited to, Instructional Facilitators, Speech Language Pathologists, and Social Workers.

How to Access Psychological Services

Our services are referral based and provided in accordance with the professional standards and ethics of the College of Psychologists and Behaviour Analysts of Ontario. To access Psychological Services, consider starting with a conversation with your child's Principal, Special Education Resource Teacher, or Guidance Counsellor. We can also provide mental health support to students if they or their caregivers make a request through the [Connect with our Mental Health Team](#) button on the DDSB website.

Consent and Privacy

Psychological Services team members are regulated by the College of Psychologists and Behaviour Analysts of Ontario (CPBAO), and the Standards of Professional Conduct and ethical guidelines set out by both the CPBAO and (for staff who are members) the College of Regulated Psychotherapists of Ontario (CRPO). Our services are provided only with informed consent.

The practices of all Psychological Services staff are governed by regulations set out by the Personal Health Information Protection Act (PHIPA). As such, we collect only personal information that is needed to provide services for which consent has been granted.

All personnel are trained on matters relating to privacy and confidentiality. Personal information is not disclosed without knowledge or expressed consent. Under the regulations, there are exceptions to maintaining confidentiality, and Psychological Services staff members will explain these to you before you agree to our provision of any services. Services are voluntary. Consent can be withdrawn at any time.

Inclusive Student Services

Psychological Services is a part of Inclusive Student Services within the DDSB. Our services are delivered within the framework of the district's Inclusive Student Services and Mental Health and Well-Being Action Plans, as well as the Indigenous Education and Human Rights Policies of the DDSB. We are committed to providing services for students within a supportive environments that centre their identities and facilitates their achievement of goals and potential.

More Information

If you would like further information about Psychological Services, please contact one of the following professionals at your school:

- Principal or Vice-Principal
- Special Education Resource Teacher (SERT)/Guidance Team (secondary)
- The member from Psychological Services assigned to your school
- Manager of Psychological Services, or
- Senior Manager and Clinical Lead of Psychological Services.