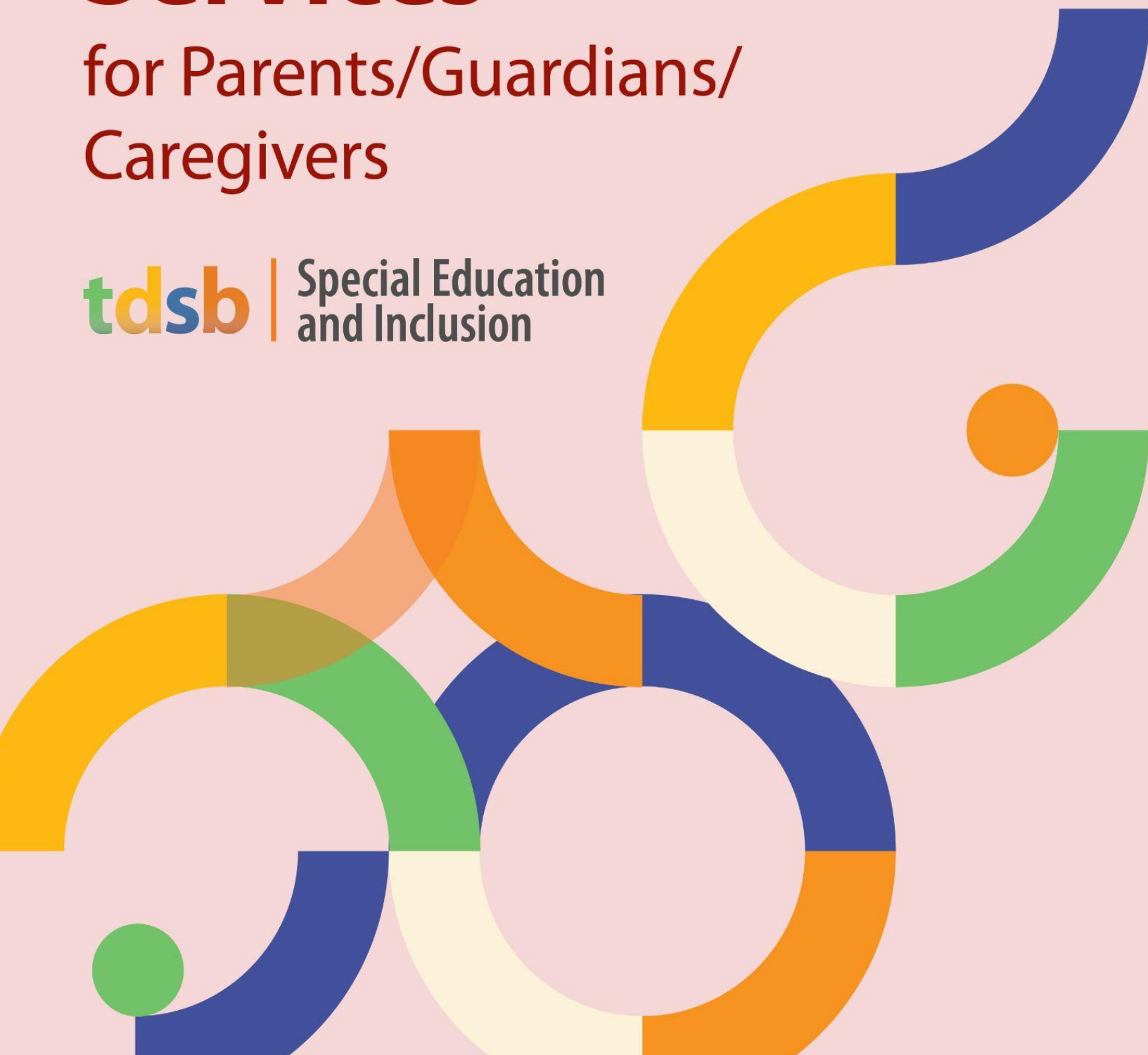


Guide to Psychological Services

for Parents/Guardians/
Caregivers



tdsb | Special Education
and Inclusion



If you wish to receive this guide in hard copy or large print, please contact the principal of your child's school. Through the principal for your child's school, you can also access translators to assist with the interpretation of this guide. If, after reading this guide, you require more information, please contact the principal for your child's school.

Throughout this guide, the word "parents" includes guardians and caregivers.

Some of the information in this guide has been directly copied from the Ontario Ministry of Education's website and other documents created by the Toronto District School Board's (TDSB's) Special Education and Inclusion Department.

Our Commitment

The Toronto District School Board (TDSB) is committed to upholding principles of equity, human rights, and inclusion in all our programs. We are dedicated to providing an equitable, accessible, and inclusive education experience for all students according to their unique needs, including Psychological Services support.

Purpose of This Guide

This guide will help you understand how TDSB's Psychological Services can support your child, if needed. If you require more information after reading this guide, please contact your child's teacher or principal.

Role of Parent

As a parent, you know your child best. Your input is essential in shaping your child's education. Please work closely with your child's teachers and the principal of your child's school to share information that would assist school staff to support your child.

What TDSB Psychology Services Staff Do

- **Who We Are:** Staff in Psychological Services include Psychologists and Psychological Associates, who are regulated health professionals registered with the College of Psychologists and Behaviour Analysts of Ontario. Some staff may work as Psychoeducational Consultants under supervision while they work towards becoming fully registered members of the college.
- **Our Role:** We provide a range of services to support student achievement and well-being. This includes assessments, consultations, referrals to community partners, professional development for parents and teachers, and mental health support.

Resources for Parents

Psychological Services provides a variety of resources and services for students, schools and families, which include:

- Conducting psycho-educational assessments.
- Providing training for educators, students, and families on evidence-based practices for programming.
- Providing short-term counseling for students with significant anxiety or complex mental health needs. This may serve as a bridge while waiting for other services.

Accessing Psychological Services

If your child is having challenges at school, the school will follow the [referral process](#). If your child requires psychological services, their needs will be addressed on an individual basis. TDSB psychologists use a tiered approach to service. Each tier or level of support provided is based on individual student needs:

- Tier 1 and Tier 2 (Group Support): Consultation provided through the [referral process](#) to provide strategies, or small group sessions based on school-wide needs.
- Tier 3 (Individualized Support): For students needing focused, one-on-one assessment. A student can be referred for an assessment after a School Support Team (SST) meeting.

Consent for Psychological Services

- **Informed Consent:** Required from parents/guardians and/or students (if applicable) before any service begins.
- **Special Cases:** In rare situations, consent may be bypassed if a student feels unsafe seeking parental consent for mental health services.

More Information

Psychology is a regulated health profession. Please visit the [Psychologists and Behaviour Analysts of Ontario site](#) to learn more about the profession and what being a regulated health professional means for you and your child.

If you have additional questions about Psychological Services, please connect with the principal of your child's [homeschool](#) who will provide you with more information in collaboration with staff from Psychological Services. Additional resources are also available on the [TDSB Psychological Services Google Site](#).