



School Counsellor Newsletter

Edition 49

Support over the holidays

It is always a privilege and a pleasure to work with students, and their families, in the counselling setting. Whilst I am only able to provide sessions during term time, I am always encouraging students to apply what we talk about outside of school time as well. Whether your son is engaged in counselling, or not, if you or someone you care about needs support and assistance over the summer holidays, the numbers below might be useful.

After another year of changes and uncertainty, I do hope that the Christmas period provides you with the chance to connect with family and friends, unwind and recharge, and do the things that make your heart sing.



You, or your son, can reach out and speak to trained mental health professionals via the following wellbeing and support services:

- [Youthline](#) – **0800 376 633** or free text **234**, plus there is a web chat option
- [What's Up](#) – **0800 942 8787** (Phone counselling for 5–18 year olds).
- [Lifeline](#) – **0800 543 354**
- [Need to talk?](#) - free call or text **1737** support from a trained counsellor
- [The Lowdown](#) – **0800 111 757**, email team@thelowdown.co.nz, free text **5626**, plus there is a web chat option

If it is an emergency or you, or someone you know, is at immediate risk call 111.



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the School Counsellor can provide, please see your son's homeroom teacher or Scott Johnson:

scott.johnson@medbury.school.nz.