

School Counsellor Newsletter



Support over the holidays

Edition Twenty-nine

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, here are some numbers you might find useful.

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 can reach out and speak to trained mental health professionals via the following well-being and support services:

- Youthline – **0800 376 633** or free text **234**

- Lifeline – **0800 543 354**

- What's Up – **0800 942 8787** (5–18 year olds). Phone counselling Monday to Friday, midday–11pm and weekends, 3pm–11pm.

- Kidsline – **0800 54 37 54** for young people up to 18 years of age. Open 24/7.

- Need to talk? Free call or text **1737** support from a trained counsellor

- thelowdown.co.nz – or email team@thelowdown.co.nz or free text **5626**

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 Amos Pilgrim
amos.pilgrim@medbury.school.nz.

