



Counselling can help with:

- Problem solving and decision making
- Future planning
- Self-esteem
- Depression
- Self-harm
- Suicidal thinking
- Anxiety
- Anger and mood management
- Family and relationship issues
- School issues
- Bullying and harassment
- Group programmes
- Referral to specialist counsellors e.g. sexual abuse, drugs and alcohol whether your own or others' use
- Sexuality issues e.g. LBGTIQ, pregnancy, Te Wero for young and expectant mothers and Young Dad's group
- Time out when needed
- Learn how to de-stress and relax!

How do I make an appointment?

To self-refer, send an email to guidance@waitakerecollege.school.nz.

Or go to Support Services during interval or lunchtime, fill out a referral form and give it to Sandra. If her door is shut, give it to another counsellor or post it under her door.

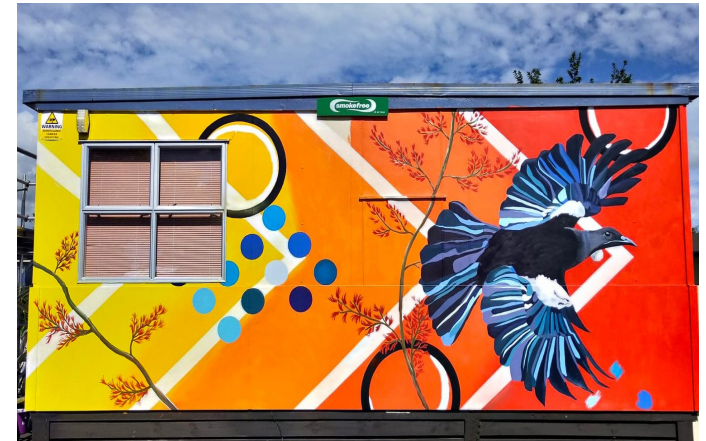
Or you can ask a teacher or your parents to refer you.



Phone (09) 836 7890
42 Rathgar Rd Henderson
Auckland 0610

VE 0719

Haere mai and welcome to Waitakere College Counselling



Where to find us

The counsellors' offices are in the Support Services building at the front of the school beside the Whareniui.

Look for the building with the beautiful mural on the front!

How can counselling help you?

Would you like help finding a way through worries or problems that get in your way?

How about talking confidentially to someone who won't judge you or tell you what to do?

At Waitakere College Counselling Services there are highly trained, skilled, experienced counsellors with quality time to listen and help you with whatever is worrying you.

We can see you alone, with friends or as a family.

What is Counselling?

Counselling is a confidential conversation with a friendly, understanding person.

It is a process of helping people to resolve personal, social, or psychological difficulties.

A professional and well-trained counsellor helps clients to see things more clearly, possibly from a different viewpoint, and supports clients to focus on feelings, experiences or behaviour that will facilitate positive change.

Counselling is not judgemental or giving advice.

Why have counsellors in secondary schools?

The Ministry of Education placed counsellors in high schools in 1975 to bring down New Zealand's high teen suicide rate, the highest in the OECD.

Research shows young people are more likely to seek counselling if it's easily accessible.

The NZ Youth Health Survey results show that students do best at school when they are both happy and healthy.

All the counsellors at Waitakere College are:

- Highly qualified, with post-graduate qualifications in counselling.
- Registered members of the New Zealand Association of Counsellors.
- Two are also registered teachers and the third is an itinerant music teacher.
- Have many years' experience working with adolescents.
- Trained in Narrative Therapy, one of the most recent styles of counselling and particularly successful when working with adolescents and cross-culturally.



Sandra van Eden, Counsellor, HoD Guidance
BA, DipTchg, Grad Dip Couns, M Couns, MNZAC

I have 3 adult children and 30 years experience listening to people talk about their concerns, including bereaved parents and leading groups for parents with challenging children. I have really enjoyed the last 17 years working in high schools, supporting students to find practical solutions to life problems.



Brig Wood, Counsellor
BA,, MA, Post Grad Dip Couns, Prov NZAC

I'm a Dad of 3, have taught for eight years, and continue teaching music part time. I have been working as a counsellor for 8 years and love working with young people, helping them sort out their worries.



Teresa Elder, Counsellor
BA, GradDipTchg, PostGradDipCouns, Prov NZAC

I have 2 boys aged 8 and 16, one of whom has special needs. I love working with children of all ages, especially high school age. I have spent over 12 years working in education as a teacher and counsellor. I enjoy connecting with the students, listening and problem solving with them.