



## 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:  
[el@waitakerecollege.school.nz](mailto:el@waitakerecollege.school.nz).

Or go to Support Services during interval or lunchtime, fill out a referral form and give it to Teresa. 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.

You can also visit our [Hauora/Wellbeing](#) page on the school website. Just look for this image:

**HAUORA**  
Wellbeing

YOU MATTER

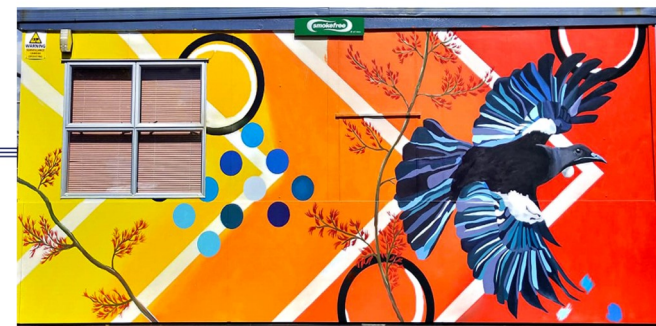
42 Rathgar Rd, Henderson, Auckland 0610  
P O Box 21144, Henderson 0650  
Phone (09) 836-7890

VE 0619



## Haere mai and welcome to

## Waitākere College Counselling



## COUNSELLORS' OFFICES

are in Support Services at the front  
of the school beside the Wharenui.

Look for the building with the beautiful mural!

## 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 Waitākere College are:

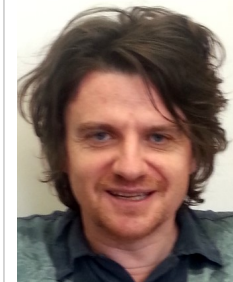
- Highly qualified, with post-graduate qualifications in counselling.
- Registered members of the New Zealand Association of Counsellors.
- Two are also registered teachers and the third is an itinerant music teacher.
- Have many years' experience working with adolescents.
- Trained in Narrative Therapy,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

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



**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.



**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.

