

What Services Are available?

COUNSELLING

- Problem solving, decision making and future planning
- Self esteem, depression, self harm and suicidal thinking
- Personal, family, relationship and school problems
- Bullying and harassment
- Drugs and alcohol — for support in dealing with your own or others' use
- Group programmes
- Referral to specialist counsellors
- Time out when needed

MEDICAL

- First Aid and medical care to students and staff when sick or injured
- Dental Health Service
- Asthma Nurse
- Sexual health
- Doctor's clinics
- Referrals to physiotherapist, and Public Health Nurse for hearing or eyesight
- Liaise with Support Services
- Health Promotion
- Liaise with other health services for youth in West Auckland

YOUTHWORKERS

- Pasifika / Māori Support Workers
- Student Support Services
- Whānau / Aiga Support
- Student Pastoral Care
- Cultural Advocacy

How Do I Make An Appointment?

TO SEE A COUNSELLOR

- To self-refer, send a email to: **gf@waitakerecollege.school.nz** or fill out a form in Support Services during interval or lunch time. Give it to Katie Griff or if her door is shut please post it under her door.
- You can ask a teacher to refer you.
- Your parents can ring the school, 836 7890 and ask for an appointment.

TO SEE A NURSE

Make an appointment at the Student Centre. When it is time for your appointment a messenger will deliver a note to your class.

If it is not convenient, for example if you have an assessment, please ask the messenger to take the appointment note back to us and we'll book you another appointment.

TO SEE A YOUTH WORKER

Pacific Island Youth Worker

Wez Itamua

Email: it@waitakerecollege.school.nz

Maori Youth Worker

Marcus Nathuran

Email: marcusn@waitakerecollege.school.nz

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



YOU MATTER

42 Rathgar Rd, Henderson, Auckland 0610

P O Box 21144, Henderson 0650

Phone (09) 836-7890

VE 0619

Welcome to the Waitākere College Support Services



WHERE TO FIND US

COUNSELLORS' OFFICES

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

Look for the building with the beautiful mural!

NURSES

are inside the Student Centre

YOUTH WORKERS

are in the red building at the front of C Block behind our new Wharenuī

STUDENT CENTRE

is also in C Block



Why A Support Service?

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

- Do you have worries or problems that get in your way from time to time?
- Would you like to talk confidentially to someone who won't judge you or tell you what to do?
- Would you like help finding a way through?
- Are you in pain or feeling unwell?
- Are you worried about a health issue?
- Do you have an injury?

At Support Services and the Student Centre there are people trained and skilled in giving quality time to listen and help with health, counselling and support. We can see you alone, with friends or as a family.

Introducing the Team

STUDENT CENTRE MANAGER

Linda O'Gorman



I am in the Student Centre and can help you with many queries, organise for you to see House Leaders and Year 9 and 10 Deans, issue passes and sell you your school uniform.

LEAD NURSE

Michelle Chrustowski, NZRN



I have had many years working in primary care and youth health, and am involved in health education and promotion. I actively encourage young people to take self responsibility for their wellbeing. I can refer you to external health services eg sexual health, doctor, dentist, physiotherapy, Public Health nurse, vision and hearing testing and referrals to others in the support services.

NURSE

Rebecca Gage, NZRN



I am a mother of three have worked as a nurse for over 13 years and play soccer in my spare time. Prior to working at Waitākere College I spent 8 years working at Waitākere Emergency Department. I enjoy working with teenagers in a school setting.

HEAD OF COUNSELLING

Katie Griff M.Couns, PgDipEdLead, GradDipTchg, BA, MNZAC



Kia ora. I'm privileged to have worked with taiohi in schools for many years - firstly as a teacher and in management roles, before retraining and working as a counsellor for more than a decade. As the Head of our Waitākere team of counsellors, I am passionate about how our work as manaaki strengthens young people's hononga both to improve their wellbeing and educational outcomes.

COUNSELLOR

Brig Wood BA, MA, Post Grad Dip Couns, ProvNZAC



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

COUNSELLOR

Kim Taylor Bachelor of Counselling degree



I am a Mum to four young adults. I love helping people identify and reconnect with the strengths within themselves, their whānua, and culture. In reconnecting with these people are better resourced to tackle life's challenges. I have worked in the area of mentoring young people for 10 years, it is an area that is challenging and inspiring.

PACIFIC ISLAND YOUTH WORKER

Wez Itamua



Talofa Lava + Malo e lelei. My passion is working with youth and I enjoy the challenge that comes with the young people of today, helping and supporting with problems, family issues and more. I am multilingual in English, Samoan and Tongan. Success comes in cans not cannots. Malo.

MAORI YOUTH WORKER

Marcus Nathuran



No Nga Puhi, Ngati Kahu me Rarotonga ahau. I have many years experience in alcohol and drugs work, as a youth mentor and educator in schools and organisations, including 7 years at Hoanui Waititi Marae. Helping youth of today reach for the stars, to believe in themselves and achieve their dreams.

