



Student Welfare – Counselling

He aha te mea nui o te ao? / What is the most important thing in the world?

He tangata, he tangata, he tangata. / It is people, it is people, it is people.

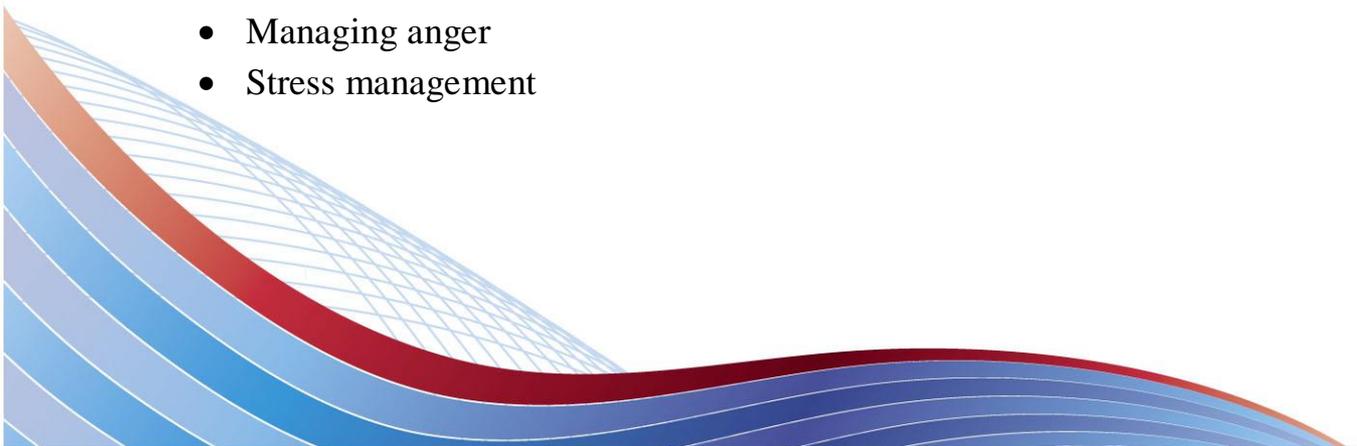
Tanya Newman is HOD of Counselling at One Tree Hill College. She is professionally trained and a member of NZAC. Tanya works according to the NZAC Code of Ethics and is expected to be trustworthy and respect your confidentiality. Hannah Buchan also works 5 days per week.

What is Counselling?

Through confidential counselling you are assisted to explore your difficulties and concerns, and are supported to find new solutions or ways of coping.

People might seek counseling for a variety of reasons:

- Difficulties at home or school
- Low self esteem
- Bullying
- Abuse
- Grief and loss
- Anxiety
- To make better informed decisions
- Support for problem solving and finding resolutions
- Depression
- Managing anger
- Stress management





Whatever your concern a counsellor will be happy to assist you. A counsellor may also:

- See you on your own or with support people
- Give you information
- Provide referrals for specific help
- Act on your behalf with your consent
- Facilitate mediation to resolve conflict

To make an appointment:

- Come to the Student Services Centre and make direct contact with one of the counsellors
(or phone 579 5049 extension 850) , alternatively you can email:
tnewman@onetreehillcollege.school.nz
hbuchan@onetreehillcollege.school.nz
- Ask a friend, parent, teacher, whanau leader or any staff member to make one for you
- Fill in the form at the Student Services Centre and hand it to Mrs Campbell at the desk.

You can also refer a friend if you are worried about them. Just fill in the referral form with their name on it and hand it to SSC reception.

Help on the internet:

The internet has some useful information about counselling / mental health issues. Here are some good sites that students or caregivers may wish to look at:

www.youthline.co.nz
www.skylight.org.nz
www.whatsup.co.nz
www.thelowdown.co.nz
www.rainbowyouth.org.nz
www.headspace.org.nz

