

# Are you wanting to talk to a SCHOOL COUNSELLOR?

**You are welcome to talk with:**



Mr Gleave  
gl@camhigh.school.nz



Whaea Kate  
krs@camhigh.school.nz



Jess  
jwr@camhigh.school.nz

Counselling is a place where you can talk freely to someone who is trained to listen.  
Counselling can help you to find ways to cope with challenges you are facing,

Email for an appointment time or if the door is open, come on in and have a chat.

You can find our offices in the Health Centre opposite the School Nurse and in the small corridor behind the Drama Room.

**If you need it, support is available 24/7**

Need to Talk? 1737

Free call or text 1737 to speak with a trained counsellor, 24/7.

[www.1737.org.nz](http://www.1737.org.nz)

Lifeline - Suicide Crisis Helpline

Free call 0508 828 865 to speak with a trained specialist counsellor, 24/7.

[www.lifeline.org.nz](http://www.lifeline.org.nz)

If you or someone you know is in imminent danger, call emergency services immediately on 111.

**- Supporting the mental, social and emotional wellbeing of our students -**