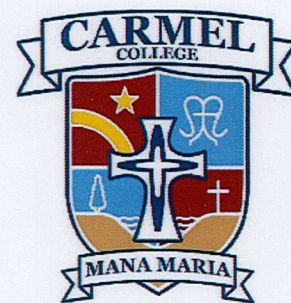


Support & Advice Available



Talk to someone

School Counsellors – Mrs F Knowles fknowles@carmel.school.nz Monday-Thursday
Mrs C Purdie cpurdie@carmel.school.nz Tuesday & Wednesday

Your House Dean

Alexandra: Ms Giles kgiles@carmel.school.nz
Cecilia Maher: Mrs Menzies smenzies@carmel.school.nz
Justine: Mrs Watts kwatts@carmel.school.nz
Kelly: Mrs Walker walker@carmel.school.nz
McAuley: Mrs Blank Sahinkaya fsahinkaya@carmel.school.nz
Pompallier: Ms Banfield rbanfield@carmel.school.nz

1737 – Need to Talk? – Free call or text 1737 anytime (24/7) for support from a trained counsellor.

Youthline – 0800 37 66 33, free text 234 or email talk@youthline.co.nz for young people and their parents, whanau and friends.

What's Up – 0800 942 8787 (0800 WHATSUP); www.whatsup.co.nz for 5-18 year olds.

Phone counselling is available: 11.00am-11.00pm daily

Online chat is available: 11.00am-10.30pm daily

Samaritans – 0800 726 666 <https://www.samaritans.org.nz/> for confidential support to anyone who is lonely or in emotional distress 24 hours a day, 365 days a year.

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO) for people in distress and people who are worried about someone else.

Get support online

The Lowdown - thelowdown.co.nz – visit the website or free text 5626 support for young people experiencing depression or anxiety.

Netsafe – www.netsafe.org.nz for advice on how to stay safe online or call 0508 638 723.

Find support around sexuality or gender identity

OUTLine NZ – 0800 688 5463 (0800 OUTLINE) www.outline.org.nz for lesbian, gay, bisexual, transgender and intersex people. Free phone counselling is available from 6.00-9.00pm every day.

RainbowYOUTH – info@ry.org.nz, www.facebook.com/rainbowyouth,
Twitter: [@RainbowYOUTH](https://twitter.com/RainbowYOUTH), Instagram: [rainbowyouth](https://www.instagram.com/rainbowyouth) offers support for young queer and gender diverse people up to the age of 28.

InsideOUT – www.facebook.com/insideoutkoaro Twitter: [@insideoutnz](https://twitter.com/insideoutnz),
Instagram: [@insideoutaotearoa](https://www.instagram.com/insideoutaotearoa) works to make Aotearoa a safer place for all young people of diverse genders, sexes and sexualities.