

# Guidance, Counselling and Support at HBHS

Term 1, 2022

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

## ***We provide:***

- Students with help regarding their conflicting life demands
- Confidential counselling and guidance
- Liaison between home and school
- Support for low income families
- Referral to specialist agencies
- Advocacy for students

## **HBHS has some familiar and new faces in the Guidance, Counselling and Support Team in 2022**



**Mrs Bower**

Kia ora! I'm Kate and have been a guidance counsellor at Hamilton Boys' High School for the past 10 years. I am a mother of 3 children (including twins), a registered nurse and teacher and am a qualified counsellor. I continue to enjoy working alongside young people, as they navigate life's challenges. I am constantly amazed at people's ability to overcome adversity, despite significant barriers. I know that schools and the staff within them, play a vital role in improving student wellbeing. I am privileged to have such a wonderful guidance team for 2022 and look forward to all that it brings.

Mrs Bower is on site Monday to Thursday. Extn 2401. [kbower@hbhs.school.nz](mailto:kbower@hbhs.school.nz)

Kia ora! I'm Jess, I'm new to HBHS in 2022 after previously supporting students at Cambridge High School and Maeroa Intermediate. I've been a teacher for the past ten years and trained as a Guidance Counsellor due to my passion for health, wellness and my interest in human behaviour. I work mostly from a holistic perspective via Narrative and Person Centred Therapy. I have a strong interest in self-development and support youth in shifting their perspectives, attitudes and mindset so they can communicate more effectively in order to live their best lives.

Miss Weller is on site Monday to Friday. Extn 2404. [jweller@hbhs.school.nz](mailto:jweller@hbhs.school.nz)



**Miss Weller**

Kia ora! I'm Robin. Over the past nine years I have been both a rowing coach and parent at HBHS and in that time I have come to feel a real sense of the community here. I have a heart for young people and throughout my eleven years of Counselling in local secondary schools I have found that it is always a privilege to listen. My work to create the kind of space where stories can be really heard and from there where hope can grow and movement happens. I look forward to meeting you!

Ms Clarke is on site on Friday. Extn 2401. [rclarke@hbhs.school.nz](mailto:rclarke@hbhs.school.nz)



**Ms Clarke**

Kia Ora, Greetings to you. Ko Arlena tōku ingoa. I am a wife, mother of five and a student. In each of these roles I navigate the challenges and celebrations of life. I am here at HBHS as a student counsellor in training whilst studying full-time on the Paetahi Tumu Korero Counselling degree. I have chosen counselling because I believe everyone deserves to be heard and supported, and to offer a safe space for all rangatahi. I have a particular interest in working with and for our Māori tauira. Ngā mihi manahau, Warm regards.  
Mrs Stevens is on site on Tuesday. [astevens@hbhs.school.nz](mailto:astevens@hbhs.school.nz).



Mrs Stevens



Mr Murray

Kia ora! Ko Cory Murray tōku ingoa. I am a Youth Addictions and Mental Health Clinician based at for Youth Intact. We provide alcohol and/or other drug services for rangatahi / young people throughout Waikato. I am a registered social worker with clinician experience in child and adolescent mental health services. I was born in Taranaki and went to New Plymouth Boys' High School. If you would like support, students and whānau are welcome to ring on 0800 468 228 opt. 1 and or visit our website; [www.youthintact.org.nz](http://www.youthintact.org.nz) for more information, or pop into counsellors' office.

Mr Murray is on site on Monday. [corym@odyssey.org.nz](mailto:corym@odyssey.org.nz)

## How to refer students for Guidance, Counselling and Support

If you are wanting to make a referral for your young person, you can make a referral by sending us an email at [counsellors@hbhs.school.nz](mailto:counsellors@hbhs.school.nz). Alternatively, you can email us directly or phone us on (07) 853 0433.

Students can pop in to see us at any time. They can also fill in a slip in our waiting area and put it under our doors, or email to make an appointment.

If we are not onsite due to COVID-19 restrictions the best way to make a referral will be to email - [counsellors@hbhs.school.nz](mailto:counsellors@hbhs.school.nz) - or call or text the Guidance Emergency Phone - (021) 188 1329 - between the hours of 830am and 3pm Monday to Friday.

## If you need help, support is available 24/7

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

Healthline - Free call 0800 611 116

St. Vincent de Paul - Call 07 847 4044

Waikato Mental Health Crisis Team Helpline - Free call 0800 50 50 50

Lifeline Suicide Crisis Helpline - 0508 828 865 to speak with a specialist counsellor, 24/7.

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

**- Supporting the wellbeing of our students -**