

Internal Support & Well-being

Here at Tauranga Intermediate, we care about your health and well-being. We want you to be the best person you can be. **We all face challenges in our lives**, and we want you to have the resources and support to help you be resilient members within Tauranga Moana and further.

Below are links and strategies to help us become the best version of ourselves.

It's okay to reach out for help – never hesitate to ask if you are concerned about yourself or someone else.

The school is fortunate to have two school board-funded Counsellors who are available to students throughout the week. Referrals can be made by teachers, parents, and students themselves. Please contact our counsellors if you need advice or support.



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External Well-being Resources

Youthline

Support service for body, social, mind, and beyond-school issues.

<https://youthline.co.nz/>



A free helpline giving straight-up answers for life's up-and-down moments.

<https://www.thelowdown.co.nz/>



A safe place to talk about anything at all and find amazing tips.

<https://whatsup.co.nz/>

Youth Voices Action

At YVA, you're not just included, you lead. We create spaces where rangatahi can belong, grow skills, and be heard.

<https://www.youthvoicesaction.org.nz/for-youth/>



An online meditation site to help you calm down when you need to.

<https://www.calm.com/>



An online self-help tool teaching key skills to combat depression and anxiety.

<https://www.sparx.org.nz/>