

Student Well-being & Hauora

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 some links that can help us be the best we can be and give us strategies that we all need to 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 Babette Vosse or Bruna Lima if you need advice or support:

babettev@tauranga-int.school.nz

brunal@tauranga-int.school.nz



[Youthline](#)

Youthline is a support service for any questions you may have. If you don't want to call they also have many different advice pages on body, social, mind and beyond-school issues.



[The Low Down](#)

The low down is a free helpline that gives you straight-up answers for those up-and-down moments in life.



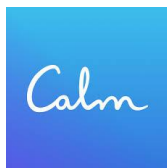
Whatsup

This is a safe place for you to talk about anything at all. If you don't feel like talking their website also gives some amazing tips.



Kids Line

A free calling support service for when you need to talk about your feelings and life in general.



Calm

This is an online meditation site to help you calm down when you need to.



Sparx

Is an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety