

COUNSELLING AT NELSON COLLEGE

THE GUIDANCE COUNSELLOR CAN:

- ° Provide a professional and confidential service for all students
- ° Provide guidance services, programmes and activities
- ° Promote healthy communication between families, peers and staff
- ° Advocate for students
- ° Provide mediation/restorative practices
- ° Access support from a variety of external agencies and social services
- ° Identify students at risk and provide support

Ensure our service is accessible and honours Te Tiriti o Waitangi within our school community.

CONTACT WITH THE GUIDANCE COUNSELLOR

Contact can be made to Guidance Counsellors via email, teams or the QR code.

If you have information you think would be helpful for us to know, please do not hesitate to contact us.

Feedback to parents is given only with consent from the student.

All communication received from parents will be confidential.



SCAN THE QR
CODE FOR AN
APPOINTMENT

nelson.school.nz

67 Waimea Road Nelson 7010

(03) 548 3099



NELSON COLLEGE
TE KURA TAMATĀNE O WHAKATŪ

BECAUSE LIFE CAN GET COMPLICATED

▶ Every school in the country has at least one guidance counsellor. Know why?

Because life can get complicated, and we all need a little help sometimes. Problems, anxiety and stress affect everybody at some point and can stop us from seeing a way forward.

Just like a guide on a bushwalk, a guidance counsellor can help you to find a way to where you want to be. You have to do the walking, but they can show you the path. When you're ready to talk, we're here to listen. No judgement, no lecturing. Just practical, helpful guidance when you need it.

WHAT TO EXPECT DURING A COUNSELLING SESSION:

- What you say remains confidential
- Confidentiality can only be broken if the counsellor believes you or others are at risk
- You will be treated with respect
- You can choose face to face or virtual sessions when required

REASONS TO VISIT THE COUNSELLOR:

CONCERNS ABOUT:

- Mental health and wellbeing
- Relationships
- Anxiety and depression
- Stress about school
- Alcohol or drugs
- Family issues
- Sexuality



HELEDD RESTALL

BA(Hons), PGCE, Dip Couns. MNZAC

Kia Ora, I have been a Guidance Counsellor at Nelson College for 10 years. I enjoy creating strategies with young people to help with the difficult parts of life. I have taught in the specialist areas of Alternative Education and Learning Disabilities. I am a mother and a grandmother. When I'm not working, I enjoy riding my bike, watching rugby, and spending time with my family.



NICKI LAWES

B.Couns, PhD, MNZAC.(prov)

Kia ora! I have been a Guidance Counsellor for three years after changing career from being a Microbiologist. I enjoy supporting young people to find their way through tough times and to be their best selves. I am married with two children and lots of pets. In my spare time I enjoy fishing, baking, and spending time with friends and family.