



Support Contacts: South Otago High School



During the school term teachers, mentors, deans, office staff, guidance counsellor, senior leadership, and year 13 leaders are here to help. If students or parents/whanau have a worry or concern, please speak with a trusted adult at school and we will offer you support. We can also link you in with other free services that may be able to help resolve your concerns.

C Bloxham Guidance Counsellor cbloxham@sohs.school.nz

[The Public Health Nurse](#) Raewyn Snell 027 224 6385 raewyn.snell@southerndhb.govt.nz

[Thrive Services](#), brief intervention support for mental health. (website also has excellent self-help resources).

[Able Minds](#) Support people who are affected by mental distress or addiction, RAW Rangatahi and Wellbeing programme free referrals, 1 to 1 support.

[Adventure Development \(Drug/Alcohol\)](#) counselling/free service for support.

[Jobbortunities](#): Finding employment/training Eden- 022 0218358

[Gumboot Friday](#) I Am Hope: free counselling support.

[Clutha Health First Free health practitioners](#) (HIP) and health coach 4180500.

[Tokomairiro Waiora](#) (Kaupapa Māori Health Service) 4177430.

[Youth Service](#) Support for 16+ to continue education and support wellbeing.

[Clutha Budget Advisory Service/Foodbank](#) 027 311 4867.

[Strengthening Families and Anglican Family Care](#) support for parents/whanau Referrals through website or phone call 4182530.

Further services accessible any time:

- [Netsafe.org.nz](https://www.netsafe.org.nz) online concerns and advice 0508 638 723
- [1737](https://www.1737.org.nz) free text or phone a professional counsellor
- [Suicide Crisis Helpline](https://www.suicidecrisis.org.nz): 0508 828 865 (0508 TAUTOKO)
- [Youthline](https://www.youthline.co.nz): 0800 376 633 or text 234 webchat at www.youthline.co.nz
- [Depression helpline](https://www.depressionhelpline.org.nz): 0800 111 757 or text 4202
- [Anxiety helpline](https://www.anxietyhelpline.org.nz): 0800 269 4389 (0800 ANXIETY)
- [Rainbow Youth](https://www.rainbowyouth.org.nz) :(09) 376 4155 and Outline 08006885463
- [Safe to talk](https://www.safe2talk.org.nz) confidential advice about sexual harm issues 0800 044 334
- [Healthline](https://www.healthline.org.nz) 0800 611 116 information from a registered nurse
- [Parenting helpline](https://www.parentinghelpline.org.nz) 0800 568 856
- [Family Violence Helpline](https://www.familyviolencehelpline.org.nz) 0800 456 450
- [Alcohol and Drug Helpline](https://www.alcoholanddrughelpline.org.nz) 0800 787 797
- [Just a Thought](https://www.justathought.org.nz) free online strategies for anxiety, depression.
- **Small steps**- free online tools to manage wellbeing smallsteps.org.nz
- **Lifeline** 0800543354 or text help 4357 confidential support 24 hours from qualified counsellors and trained volunteers
- **Asian Family Services** 0800862342 text 832 online chat asianfamilyservices.nz
- **Vaka Tuatua-Ola Leilaei** 0800 652 535 specific cultural support for Pacific young people with 5 different languages available Samoan, Tongan, Cook Islands, Māori and English.
- **Meth help** 080063844357 talk confidentially about methamphetamine, advice and help
- [Quitline](https://www.quitline.org.nz) 0800778778 [quitline.org.nz](https://www.quitline.org.nz)
- [Shine](https://www.shine.org.nz) 0508744633 Free helpline to support people who have been victims of family violence