



Guidance and Counselling

At Cambridge High School (CHS), we want you to feel safe and happy.

Our Guidance Team is here to help you.

We can help you:

- Feel good at school,
- Do well in your learning,
- Find easy ways to solve problems,
- Get along with other people,
- Learn more about yourself.

You can come and talk to us any time.

We are here to support you.

Counselling

Counselling is for anyone who wants to talk.

You can come if you have problems.

You can come if you want to make a change in your life.

Counselling is a safe and kind place.

We listen to you.

We respect you.

Coming to counselling is your choice.

Sometimes a teacher or another person may ask you to see us.

But **you** decide if you want to talk.



If you need more help, we can send you to other counsellors or people in the community who have special skills.

Counsellors @CHS

We have **three counsellors** at CHS.

They are all trained.

They all have NZAC membership.

This means they follow good, safe rules for counselling.

You can find their rooms in the **Guidance area (P11)**.

Each counsellor has a quiet room for talking.

Mrs Amy James

Head of Department / Counsellor

email: ajs@camhigh.school.nz

Mrs Natalie Gallagher

Counsellor

email: gan@camhigh.school.nz

Mrs Zara Tester

Counsellor

email: ztr@camhigh.school.nz





Confidentiality

Counselling at CHS is **private**.

Our counsellors follow NZAC rules.

This means what you say in counselling is **kept private**.

Your talks with a counsellor stay private **most of the time**.

But if there is a **serious danger** to you or to someone else, we must get help.

If this happens, we will try to talk with you first.

We will explain what the worry is.

Only the **important information** will be shared.

We only tell the people who must help keep you safe.

Requesting an Appointment

You can ask for a counselling appointment when you feel ready.

You can refer yourself at any time.

Sometimes caregivers, friends, or school staff think a student needs help.

They may ask for an appointment for you.

But we want students to be part of this choice whenever possible.

All appointments are made through our **online form**.

The form goes straight to our counsellors.

Your information is private.

You can use the link below to open the form.



[CHS Counselling Referral Form](#)



Helpful Contacts

The following are some helpful contacts if you need support outside of school time:

In an emergency

call 111

Need to talk?

text or call 1737 to talk to a trained counsellor 24/7

Youthline

text 234 or call 0800 376 633



Suicide Crisis Line

0508 828 865

Depression Line

0800 111 757

Alcohol and Drug Helpline

0800 787 797

Family Violence info line

0800 456 450

Health line

0800 611 116

Lifeline Aotearoa nationwide

0800 543 354

Outline

LGBTIQ - affirming support line and face to face counselling

0800 688 5463

Anxiety phone line

0800 269 4389



Wellbeing Guide

*For international students at **Cambridge High School***

Culture Shock

When you come to New Zealand, everything is new. It is **normal** to feel different.

You may feel:

- happy
- tired
- confused
- worried
- homesick (missing your home)
- shy

This is **okay**. Many students feel this.

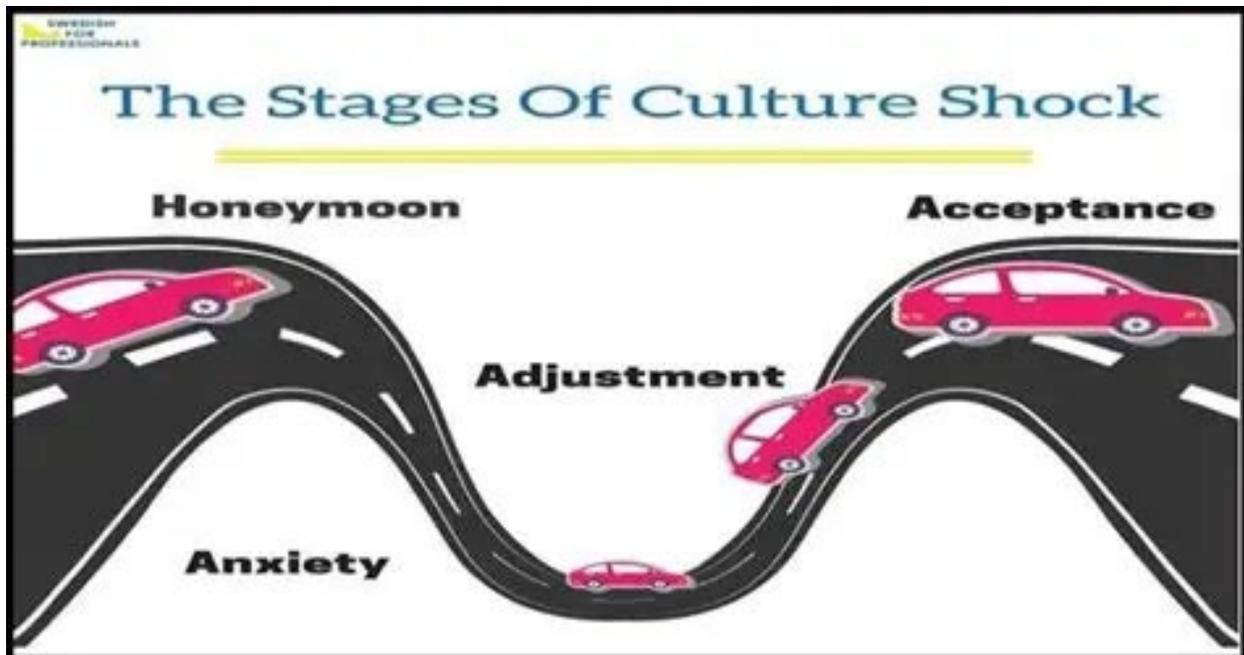
Signs of Culture Shock

You may:

- sleep too much or too little
- eat more or less than usual
- feel lonely
- stay in your room
- have headaches or stomach aches

- feel angry or sad
 - find English hard
 - miss your family a lot
-

Stages of Culture Shock



1. Honeymoon Stage

You feel excited. Everything looks interesting.

2. Frustration Stage

You feel confused or upset.

You miss home.

English feels hard.

This stage **will pass**.



3. Adjustment Stage

Life becomes easier.

You start to understand Kiwi culture.

4. Acceptance Stage

You feel more comfortable.

New Zealand feels familiar.

Who Can Help You

At CHS, many people can help you:

- **International Staff**
- **School Counsellor**
- **Homestay Family**

What You Can Do

You can try:

- talking to another student
- calling your family
- putting photos from home in your room
- joining a club or sport
- going for a walk
- learning small English words every day
- making simple goals (e.g., “talk to one new person today”)

♥ Depression

Sometimes you may feel sad for a long time.

If you feel sad **most days** for **two weeks or more**, you may have depression.

Signs:

- always tired
- cannot sleep well
- no energy
- no interest in fun things
- feeling hopeless
- thinking you are “not good enough”

If you ever feel like hurting yourself, **tell someone immediately**.

♥ Depression – Who to Talk To

- International Office
 - School Counsellor
 - Doctor
 - Homestay family (they can help you book an appointment)
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🐾 **Stress and Anxiety**

Stress is normal.

But too much stress can make you feel bad.

You may:

- worry all the time
- feel scared
- have a fast heartbeat
- shake
- feel sick
- find it hard to relax
- think too much
- avoid friends

If these feelings continue, **talk to someone.**

💛 **Ways to Feel Better**

Try:

- walking or light exercise
- eating healthy food
- sleeping at the same time every night
- drinking less coffee
- listening to music



- doing something you enjoy
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Helpful Websites & Apps

(These are safe and free in New Zealand)

- **Sparx** – helps with stress [Nau mai haere mai | SPARX](#)
- **Youthline** – for young people [Helpline - Youthline NZ](#)
- **Aunty Dee** – helps problem solving [Home | Aunty Dee](#)
- **The Lowdown** – support for feeling sad [The Lowdown](#)
- **Depression.org.nz** – information and help [Home | Depression and Anxiety | Depression and Anxiety | Welcome to a Brand New Day](#)
- **Mental Health Foundation NZ** – wellbeing tools [Home | Mental Health Foundation](#)
- **Study With New Zealand** – ideas and further links for help - [Mental health | NauMaiNZ](#)