

## **Out of School Support**

The following useful contacts have been provided by the Counsellor as resources that may assist in providing education and support to you in your most important role as parents and care givers. These are also accessible through the Counselling Office Web site.

### **Recommended telephone lines:**

Youthline 0800-376633 or txt 027 4 youths

Chinese Lifeline: 0800-888880

Domestic Violence Centre (24 hour line) 3033939

Sexual abuse help (24 hours) 6231700

### **Recommended websites.**

[www.skylight.org.nz](http://www.skylight.org.nz) – information to help and support parents and young people through tough times

[www.thelowdown.co.nz](http://www.thelowdown.co.nz) - For depression

[www.gr8mates.org.nz](http://www.gr8mates.org.nz) - For teenagers supporting a friend who has an unwanted sexual experience

[www.cads.org.nz](http://www.cads.org.nz) - Drinking and drugs out of control?

[www.dvc.org.nz](http://www.dvc.org.nz) - Domestic violence:

[www.eden.org.nz](http://www.eden.org.nz) - Body Image and Eating Issues:

[www.rainbowyouth.org.nz](http://www.rainbowyouth.org.nz) - Organisation dedicated to providing information, education, support and advocacy to gay young people, their friends, family and whanau.

[www.2shine.org.nz](http://www.2shine.org.nz) - Help for young people who witness family violence

[www.netsafe.org.nz](http://www.netsafe.org.nz) – Cybersafety and security advice online

[www.canteen.org.nz](http://www.canteen.org.nz) – For young people who have a parent living with cancer