

## KAIPARA COLLEGE & COMMUNITY SUPPORT SERVICES

Below is a list of support services available for our school whanau and wider community.  
More information is available through our Kaipara College website [www.kaipara.school.nz](http://www.kaipara.school.nz)

### Local and emergency Supports for Youth & Families

<b>Kaipara College</b>	School Social Worker	Tracey Roberts	<a href="mailto:troberts@kaipara.school.nz">troberts@kaipara.school.nz</a> 02102594535
<b>Support and Guidance</b>	Student Advisor	Gretchen Shelling	<a href="mailto:gshelling@kaipara.school.nz">gshelling@kaipara.school.nz</a> 021503607
	School Nurse		<a href="mailto:lwild@kaipara.school.nz">lwild@kaipara.school.nz</a> 0210570902
	School Nurse	Louise Wild	<a href="mailto:rwards@kaipara.school.nz">rwards@kaipara.school.nz</a> 0211302885
	School Nurse	Robyn Wards	
<b>School based counsellors</b>	Counsellor	Rochelle Brett	<a href="mailto:rochelle@restorecap.co.nz">rochelle@restorecap.co.nz</a> 0274204556
	Counsellor	Janet McLeod	<a href="mailto:janetmcleod@xtra.co.nz">janetmcleod@xtra.co.nz</a> 0275964586
	Counsellor	Leigh Cummings	leighcummings@yahoo.com 021999948
	Counsellor	Jeremy Clark	( contact Mrs Roberts for a referral)
<b>Sky Youth</b>	Youth Worker	Jeanette Cummings	<a href="mailto:jeanette@kindredservices.com">jeanette@kindredservices.com</a> 0275160457
<b>Outwest Youth</b>	Youth Workers	Rebecca, Davita & MacKenzie	<a href="mailto:director@outwestyouth.org.nz">director@outwestyouth.org.nz</a> 022416859 ( Nem – Director)
	Director	Nem Bartley	
<b>Kindred family Services</b>	Family support and counselling	Nelene de Beer	09 420 7992/0272086804
	Support for those affected by Family Harm	Ana Christmas	Advocate/Executive Director 09 411 9894
	Kia Collective (foodparcels)	Tania	09 420 7992

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<b>Child and Family Team DHB</b>	Social worker Public Health Nurse	Jo Chiswell Rachael Perry	09420 9450 <a href="mailto:jo.chiswell@waitematadhb.govt.nz">jo.chiswell@waitematadhb.govt.nz</a> <a href="mailto:racheal.perry@waitematadhb.govt.nz">racheal.perry@waitematadhb.govt.nz</a>
<b>1737</b>	Free text or call any time for support from a trained counsellor	24 hours/7 days	<a href="http://www.1737.org.nz">www.1737.org.nz</a>
<b>The Hub</b>	Counselling and Health Clinics for youth and families	09 836 2329 or text 021824500	<a href="http://www.healthwest.co.nz">www.healthwest.co.nz</a>
<b>24/7 Youthline</b>	For young people parents, whanau and friends	email: <a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a>	0800 376 633 Free txt 234
<b>24/7 Lifeline</b>	For counselling and support	0800 54 33 54 or free txt HELP 4357	<a href="mailto:info@lifeline.org.nz">info@lifeline.org.nz</a>
<b>Marinoto, Youth Mental Health</b>	Depression, Anxiety Self harm/suicidality		09 822 8666 Crisis Team 09 822 8600
<b>Skylight</b>	For support through trauma, loss and grief		0800299100
<b>The LowDown</b>	Helping young people who are stuck or anxious	<a href="mailto:team@thelowdown.co.nz">team@thelowdown.co.nz</a> <a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>	TEXT 5626
<b>Helensville Police</b>	Youth Aid	Lou Unkovich	09 420 8967
<b>Kumeu Police</b>	Community Constable Youth Aid	Melissa Haven Will Flapper	09 412 7756
<b>Netsafe</b>	Keeping safe online		0508638723 or Text 'Netsafe' to 4282