

Rangiora New Life School A Ministry of Gateway Life Church

Te kura ora hou o Rangíora

Term 4, Week 9 2024

13 December 2024

2 Denchs Rd, Rangiora 7400 tel (03) 313 6332 email: admin@rnls.school.nz www.rnls.school.nz

Merry Christmas to All

Our Rangiora New Life School buses in 2025 will run at the normal bus times every day, Monday -Friday (commencing Thursday 30 January with all students in uniform) with a Mihi Whakatau welcome. Check out www.rnls.school.nz for bus routes and times etc.

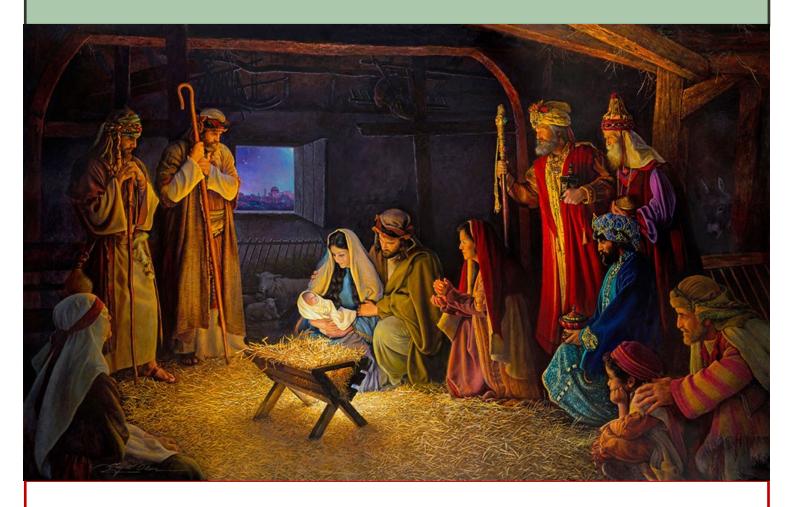
Full school uniform to be worn from Thursday 30th January.

Waitangi Day	Thursday 6 February:	school closed
Teacher Only Day	Friday 7 February:	school closed
8.50 am start time: Form Time:	Monday to Friday. 8.50—9.05 am (attend	ance compulsory).
Teaching day ends at:	3.10 pm daily.	

Primary and Secondary Stationery Lists are available and open for orders via www.myschool.co.nz **Rangiora New Life School** Enter:

NB: Check out our website www.rnls.school.nz for relevant and Calendar information (Enrolment area). PhotoLife is scheduled Tuesday 4th and Wednesday 5th March 2025.

Blessings... Stephen Walters



Waimarie nga mihi Season's Greetings from the Management Team, School Board, Staff & **Proprietors!**

A Community that Cares

Students who Achieve

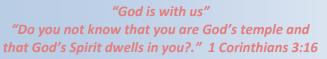
Te kura ora hou o Rangiora

	Years 0-8 Prizeg					FOR UNTO YOU
<u>Christian C</u>	haracter Awards / DUX			<u>Communi</u>	ty Service	IS BORN THIS DAY IN THE CITY OF DAV
Junior Yr 0-2 Low Middle Yr 3-4 Middle Junior Yr 5-6 Senior (John Armitage Cup) Proxime accessit Dux	Ezrah Scott Edward Pinfold Minay Buys Marli Buys Freya Tomlinson Victor Cook	Primary PTA S	ervice		Zoe Smith	A SAVIOR WHICH IS Christ the Lord. User 2:11 Singharafue Abyort.com
	Cross Country	Rm 1—Mrs I	Kotzee		Rm 2—Ms V	Vard
Yr 1 Girls Iva Tuiletufuga Yr 2 Girls Isabella Smith Yr 3 Girls Madeline van Housen Yr 4 Girls Violet Routledge Yr 5 Girls Layla Johns Yr 6 Girls Billie Wenborn Yr 7 Girls Evelyn Routledge Yr 8 Girls River Morrell	Yr 1 BoysAngus ShawYr 2 BoysJax SpallYr 3 BoysCael GopalYr 4 BoysRico SpallYr 5 BoysSammy KingYr 6 BoysBeau WinterYr 7 BoysOscar DaweYr 8 BoysTimothy Raney	Top SOAR Diligence Yr 1 Diligence Yr 1	Grace Loch Arden Jose	ph	Top Soar Diligence Yr 1 Diligence Yr 1 Diligence Yr 2 Diligence Yr 2	Lucca Clark Judah Herschell Adeline Spartan Abraham Joubert Florence Lupi
	Athletics	Rm 3 — Mrs	Webster		Rm 4 — Mr	s Fitzgibbon
Yr 0-3 GirlsZylie Mac DonaldYr 4-6 GirlsBillie WenbornYr 7-8 GirlsSimone Niemand	Yr 0-3 Boys Gabriel Wiseman Yr 4-6 Boys Hamish Turner Yr 7-8 Boys Jasper Wenborn-Herzhoff	Top SOAR Diligence Yr 1 Diligence Yr 1			Top SOAR Diligence Yr 2 Diligence Yr 2 Diligence Yr 3 Academic Yr 3	Ryan Wilson Isabella Smith Katrina Van't Wout Primrose Bircham Toby Munro
To <u>p Primary Swimmer</u>		Rm 5 — Mrs	Doney		Rm 6 — Mı	rs Woodward
Sammy King		Top SOAR Diligence Yr 3 Academic Yr 3 Diligence Yr 4 Academic Yr 4	Benji Gaar Axel Winte	keuken er	Top SOAR Diligence Yr 3 Academic Yr 3 Diligence Yr 4 Academic Yr 4	Jordan Johns Gabriel Wiseman Madeline van House Georgia Shaw Nevaeh Chettle
Kapa Haka Trophy	ALL ALL	Rm 7 — Mrs	Eder		Rm 8 — Mr I	Keats
Isabella Swaney Jasper Wenborn-Herzoff Apryl Leeburn Nehama-Joshua Ma'u Siena Vea	BLESSED ARE ALL THOSE WHO	Top SOAR Diligence Yr 5 Academic Yr 5 Diligence Yr 6 Academic Yr 6	Devon Bla Arielle Ch	nornburrow nchard eong	Top SOAR Diligence Yr 5 Academic Yr 5 Diligence Yr 6 Academic Yr 6	Naomi Brophy Lehanke Feyt Miya Wenborn Caitlyn Smith Lydia Lou
		Rm 9 — Mr	Tindall		Rm 10 — Mr	Webb
	FOR HIM	Top SOAR Diligence Yr 7 Academic Yr 7 Diligence Yr 8 Academic Yr 8	River Mori	ne rell	Top SOAR Diligence Yr 7 Academic Yr 7 Diligence Yr 8 Academic Yr 8	Roman Harris Peyton McCracken Julia Wilson Marli Buys Victor Cook
Subject Academic Awards	ISA14H 30:186	Overall Top	SOAR Stude	<u>nt</u>	Roman Harris	
Victor Cook	Christian Living					
Victor Cook Victor Cook	English Mathematics	4				
Owen de Boer	Science				×	-
lack Turner	Technology		1		T	
Owen de Boer	ICT		and the second			
Nehama-Joshua Ma'u Freya Tomlinson	Social Science Music		No.			HILD IS BORN,
Isla Bailey	Visual Art				NTO US A SO	
Freya Tomlinson	Dance / Drama					NMENT SHALL
Nehama-Joshua Ma'u Freya Tomlinson	Physical Education & Health Language	BE UPON HIS SHOUL AND HIS NAME SHALL BE WONDERFUL, COUNSE THE MIGHTY GOI				

MERT Chistenes, Lieber Her Vela

Merry Christmas from RNLS!

The Prince of Peace. ISAIAH 9:6





Year 9 Prizegiving Recipients 2024

Year 9 Merit

	fear 9 Merit		
Grace Alberts	CRE	Social Studies	
Grace Brewerton	CRE	Physical Education, Social Studies,	
		Te Reo Māori	
Raphaela Cook	CRE	Art, Music	
Esther de Groot	CRE	Technology	
Logan Els	CRE	Food & Nutrition, Music,	
		Physical Education	
Andre Jackman	CRE	English, Mathematics	
Hannah Livingstone	CRE	Art	
Samuel McCormick	CRE	Art, Christian Living	
Kiernan Millar	CRE	Food & Nutrition, Music	
Charlotte Thornburrow	CRE	Drama	
Ezra Wiseman	CRE	Christian Living, Drama, English,	
		Physical Education	
Evie Burger	NDG	Art, Food & Nutrition	
Shana Eloff	NDG	Christian Living, Drama	
William Fountaine	NDG	Mathematics	
Olive Gleave	NDG	Te Reo Māori	
Lana Joubert	NDG	Food & Nutrition, Mathematics	
Benjamin Mathewson	NDG	Physical Education	
Amazon Smith	NDG	Art, English, Mathematics,	
		Physical Education, Social Studies	
Jacob Sutherland	NDG	Drama, Music	
MacKenzie Thorpe	NDG	Drama	
Daniel van der Berg	NDG	English Enrichment, Social Studies	
		Technology	
Emma Wescombe	NDG	Christian Living, English, English	
		Enrichment, Food & Nutrition	
Noah Wethey	NDG	Technology	
Taylor White	NDG	Physical Education	
Maggie Wilson	NDG	Art Faciliah Facilahment Faced & Nutritian	
Nina Wu	NDG	English Enrichment, Food & Nutrition	

Year 9 Distinction					
Grace Alberts	CRE	Christian Living, Music, Te Reo Māori			
Boaz Carr-Brooks	CRE	Drama			
Maria Carshalton	CRE	English, Mathematics, Social Studies			
Esther de Groot	CRE	Mathematics, Te Reo Māori			
Logan Els	CRE	English Enrichment			
Samuel McCormick	CRE	Technology			
Michaela Pawson	CRE	Drama, Physical Education			
Susie Robinson	CRE	Art, Christian Living, Drama, English Mathematics, Social Studies, Technology			
Sofia Siasau	CRE	Te Reo Māori			
Charlotte Thornburrow	CRE	Art, Christian Living, English, Mathematics, Social Studies Technology			
Evie Burger	NDG	Technology			
Shana Eloff	NDG	Food & Nutrition, Technology			
Kaedyn McLaughlan	NDG	Music			
Amazon Smith	NDG	Christian Living, Food & Nutrition			
Daniel van der Berg	NDG	Christian Living, English, Mathematics			
Emma Wescombe	NDG	Art			
Noah Wethey	NDG	Physical Education			
Nina Wu	NDG	Art, English, Mathematics, Music, Social Studies, Technology			





Year 9 High Distinction

CRE Music

Yr 9 Academic Diligence Awards

Susie Robinson

Grace Alberts	CRE
Grace Brewerton	CRE
Maria Carshalton	CRE
Newta Dhinakar	CRE
Hannah Livingstone	CRE
Samuel McCormick	CRE
Kiernan Millar	CRE
Susie Robinson	CRE
Charlotte Thornburrow	CRE
Bella Balemi	NDG
Evie Burger	NDG
Shana Eloff	NDG
Amazon Smith	NDG
Emma Wescombe	NDG
Noah Wethey	NDG
Taylor White	NDG
Maggie Wilson	NDG
Nina Wu	NDG

House Trophy: Rata



For unto us a child is born, unto us a Son is given: and the government shall be upon His shoulder: and His name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, the Prince of Peace.

Isaiah 9:6 KJV



Year 10 Prizegiving Recipients 2024

Year 10 Merit

Logan Bailey	EOS	Design & Visual Communication
Ella Blanchard	EOS	Social Studies, Te Reo Māori
Micah Curline	EOS	Physical Education
Evie Malone	EOS	Design & Visual Communication, Health,
		Social Studies
Maddy Malone	EOS	Health, Social Studies
Emma Raney	EOS	Social Studies
Fletcher Reveley	EOS	Art, English, Physical Education
Skyler Stevenson	EOS	Art
Micah Thompson	EOS	Physical Education
Tyla Trent	EOS	English, Physical Education, Social Studies
Cassidy Windsor	EOS	Business Studies, Christian Living, Health
Jonathan Woodman	EOS	Digital Technologies, Mathematics, Music
		• •
Alanah Beaven	WGB	Art,
Reliable Disciple	WGB	Physical Education
Jodie Havelaar	WGB WGB	Physical Education Business Studies, Digital Technologies
		,
Jodie Havelaar	WGB	Business Studies, Digital Technologies
Jodie Havelaar	WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics
Jodie Havelaar Daniel Henderson	WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education
Jodie Havelaar Daniel Henderson Grace Hopkins	WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman	WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman	WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman Abigail Mead	WGB WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual Communication, Mathematics
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman Abigail Mead Trelise Mein	WGB WGB WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual Communication, Mathematics Social Studies
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman Abigail Mead Trelise Mein Hayley Robson	WGB WGB WGB WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual Communication, Mathematics Social Studies Art
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman Abigail Mead Trelise Mein Hayley Robson Allizae Russell-Phelan	WGB WGB WGB WGB WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual Communication, Mathematics Social Studies Art Health, Physical Education
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman Abigail Mead Trelise Mein Hayley Robson Allizae Russell-Phelan Jennie Son	WGB WGB WGB WGB WGB WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual Communication, Mathematics Social Studies Art Health, Physical Education English, Music
Jodie Havelaar Daniel Henderson Grace Hopkins Lucia Jackman Abigail Mead Trelise Mein Hayley Robson Allizae Russell-Phelan Jennie Son Elijah Swaney	WGB WGB WGB WGB WGB WGB WGB WGB	Business Studies, Digital Technologies Food & Nutrition, Health, Mathematics Physical Education Design & Visual Communication English, Mathematics Business Studies, Design & Visual Communication, Mathematics Social Studies Art Health, Physical Education English, Music Hard Materials Technology



Sports				
Athletics				
Celeste Johnston Daniel Henderson	Yr 9—10 Girls Yr 9—10 Boys			
Cross Country				
Jodie Havelaar Jason Beeslaar	Yr 9—10 Girls Yr 9—10 Boys			
Celeste Johnston Jesse Stuart	PTA Yr 9-10 Female Athlete of the Year PTA Yr 9-10 Male Athlete of the Year			
Jodie Havelaar Fletcher Reveley and Jodie Havelaar	PTA Community Service Cup Exemplary Christian Character Cup Yr 9/10			
Grace Alberts	Te Reo Maori—Pearson Family Cup			
Susie Robinson	Seatter Family Cup—Top Yr 9 Student			

Seatter Family Cup—Top Yr 10 Student

Jodie Havelaar

Year 10 Distinction				
Nathaniel Glover Jacob Harkess Evie Malone Maddy Malone Emma Raney	EOS EOS EOS EOS EOS	Mathematics, Te Reo Māori Food & Nutrition Christian Living, English, Christian Living, Drama, English Business Studies, Christian Living, Digital Technologies, Mathematics, Food & Nutrition		
Fletcher Reveley	EOS	Christian Living, Food & Nutrition, Health, Mathematics, Social Studies		
Connor Spencer	EOS	Hard Materials Technology		
Jesse Stuart	EOS	Physical Education		
Cassidy Windsor	EOS	Design & Visual Communication, Music		
Jonathan Brophy Jodie Havelaar	WGB WGB	Hard Materials Technology Christian Living, English, Health, Mathematics, Music, Social Studies. Physical Education		
Daniel Henderson	WGB	Christian Living, Drama		
Grace Hopkins	WGB	Art, Social Studies		
Lucia Jackman	WGB	Christian Living, Social Studies		
Abigail Mead	WGB	English, Social Studies, Te Re Māori		
Jennie Son	WGB	Design & Visual Communication, Mathematics		
Arielle Tarawa	WGB	English, Te Reo Māori		
Liam Toulson	WGB	Christian Living		

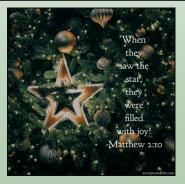
Yr 10 Academic Diligence Awards

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Ella Blanchard	EOS
Nathaniel Glover	EOS
Celeste Johnston	EOS
Lydia Miller	EOS
Emma Raney	EOS
Fletcher Reveley	EOS
Samoya Smith	EOS
Skyler Stevenson	EOS
Alanah Beaven	WGB
Jodie Havelaar	WGB
Daniel Henderson	WGB
Grace Hopkins	WGB
Lucia Jackman	WGB
Abigail Mead	WGB
Trelise Mein	WGB
Hayley Robson	WGB
Allizae Russell-Phelan	WGB
Jennie Son	WGB
Arielle Tarawa	WGB

Year 10 High Distinction

Fletcher Reveley

EOS Digital Technolgies



Yrs 11-13 Prizegiving Recipients 2024

Yr 11 1st Place	Morgan de Boer Christian Living English	Morgan de Boer History Mathematics	Morgan de Boer Science	Kaitlin George Digital Technologies	Joshua Hadfield Food and Nutrition
	Zac Lynskey Physical Education	Isla Sard Health	Hunter Spencer Hard Materials Technology	Nicolette Witteman Mathematics with Statistics	Charlotte Btown Drama
	Jenis Joseph Music	Emmelia Williams Commerce History	Abigail Wiseman Design for Visual Communications Visual Art		
Yr 12 1st Place	Ashely Barlow Drama	Alannah Chessum History	Zara Couperus Biology	Karl Flora Visual Art—Painting	Michael Hopkins Visual Art—Printmaking
She will give birth to a son and will call him Immanuel (which means 'God is with us'). -Isaiah 7:14	Karlize Janse van Rensburg Health Physical Education	Lucy Malone Christian Living English	Emmeline Robinson Mathematics with Calculus Music Physics	Summer Sutherland Mathematics with Statistics	Jamie Campbell Hard Materials Technology
2 Pc	Gabrielle Dickinson Chemistry	Alissa Schulz Digital Technology	Luke Che Design for Visual Communication	Finn Hurst Food and Nutrition	Joshua Robson Accounting
Yr 13 1st Place	Chloe Brown Health Physical Education	Emily Brown Drama Visual Art—Painting	Xanthe Milsom Visual Art—Photography	Jamie Campbell Hard Materials	Noah Swaney Commerce Mathematics
	Rory Sard Christian Living English Mathematics with Statistics	Jasmine Schulz Biology	Sophie Culshaw Commerce English History	Andrei Laglagura Chemistry Mathematics with Calculus	Rory Sard Christian Living
Yr 11-13 Academic Cups	Xanthe Milsom Photography	Sophie Culshaw English (Porter Family Cup) Social Sciences	Finn Hurst Food & Nutrition	Chloe Brown PE & Health	Alissa Schulz Digital Technology
	Emma Henderson Drama (Dale Hartley Cup)	Andrei Laglagura Mathematics Science	Emily Brown Art	Luke Che Design for Visual Communication	Glory to God in the highest, and on earth peace among those with whom he is pleased!
	Diligence Cups	Yr 11 Niklas Kane Yr 11 Yuna Matsuda	Yr 12 Michael Hopkins Yr 12 Gabrielle Dickinson	Yr 13 Andrei Laglagura Yr 13 Hayley Robertson	Province and a second
	Academic Diligence Certificates	Yr 11 Cohen Clark, Morgan de Boer Jane Dhinakar, Brianna Fraser Kaitlin George, Jess King	Yr 12 Sarah Caldwell, Zara Couperus Alannah Chessum, Alex White Michael Hopkins, Alissa Schulz	Yr 13 Chloe Brown Rory Sard Alyssa Jackman,	God is
Head Girl 2025 Head Boy 2025	Alannah Chessum Karl Flora	Nicolette Witteman Brooke Hutton, Jenis Joseph Niklas Kane, Ayuri Mano Yuna Matsuda, Arwen McColl	Karlize Janse van Rensburg Emmeline Robinson William Amtmann Kelsey de Boer, James Payne	Emily McQuillan Hayley Robertson Jasmine Schulz Sophie Culshaw	Light there is an advised at all 1.294 15
Deputy Head Girl Deputy Head Boy	Sarah Caldwell Michael Hopkins	Danielle Petrie Abigail Wiseman	Gabrielle Dickinson	Andrei Laglagura Xanthe Milsom	
Sport Awards	Karlize Janse van Rensburg Athletics Senior Girls	Zac Lynskey Gabrielle Dickinson Cross Country	Zac Lynskey CASAFest Sportsperson	Peer Support	Ashley Barlow, Jacinda Blair Ethan Blanchard, Sarah Caldwell Alannah Chessum, Zara Couperu
A	Ethan Morris Athletics Senior Boys		Karlize Janse van Rensburg Contribution to CASAFest		Karl Flora, Jedaiah Flynn Emma Henderson, Lucy Malone Michael Hopkins, Chloe Brown
	Zac Lynskey Karlize Janse van Rensburg MVP (Canty Basketball)		Senor A Boys Basketball Sports Team of the Year Ethan Morris	The many by the many	Karlize Janse van Rensburg Emmeline Robinson, Emily Brow Lucy Stevenson, Alyssa Jackman Emily McQuillan, Rory Sard
			Sportsperson of Year		Hayley Robertson, Jasmine Schulz
Awards	Emily Brown Contribution to Performing Arts	James Payne Perseverance and Inspiration James Brown Cup	Alannah Chessum Contribution to Music	Sarah Caldwell Spence Donaldson Cup for Speech	Emily McQuillan School Board Student Representative
	Lucy Stevenson Top Volunteer Award - Student Volunteer Army	Lucy Stevenson Clayton Cosgrove Cup— Community Service			
Outstanding Awards	Emily Brown Head Girl	Senior Student Bible Study	Sophie Culshaw Bruce Andrews Cup	Emily McQuillan BOT Student Rep	Tryphaena Ma'u Lauren Rawls
	Rory Sard Head Boy	Doreen Strachan Cup Yr 11-13 Christian Character	Service to School Emily McQuillan Rory Sard School Based Community John Ward Cup	Jasmine Schulz Proxime Accessit	Brooke Hutton, Ruby Stuart Kapa Haka Alyssa Jackman Seatter Cup—Dux

News



Helpline services are available right now in New Zealand that offer support, information and help for you and your parents, family, whānau and friends.

In an emergency, if you or someone else is at risk or harm, call 111. This number is free to call.

If you require urgent or crisis mental health care in Canterbury, Freephone 0800 920 092, (24 hours, 7 days a week).

For children and youth mental health emergencies; talk to Child, Adolescent, and Family Emergency (CAFEm):

Freephone: 0800) 218 219 (press option 2)

You can call your general practice team (the local medical centre you visit for non-urgent health issues) 24/7 and receive advice after-hours from a registered nurse. [If you do not have a GP visit Finding a GP/doctor for more info on how to enrol.]

Call or text <u>1737</u> any time, day or night, to talk with a trained counsellor for free.

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).

Depression Helpline 0800 111 757 (available 24/7) or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions).

Suicide Crisis –0508 828 865 (0508 TAUTOKO) (available 24/7) – This service helps those thinking about suicide, or those concerned about family/ whānau or friends.

Samaritans – 0800 726 666 (available 24/7)

For children and young people:

Kidsline - 0800 54 37 54 (available 24/7

Youthline- 0800 376 633 available 24/7), free text 234 (8 am-midnight), or email talk@youthline.co.nz

0800 What's Up? Call 0800 942 8787 (available Mon-Fri 12-11pm Sat/Sun 3-11pm) or chat online (Mon-Fri 1-10pm Sat/Sun 3-10pm).

What's Up- 0800 942 8787 (for 5–18 year olds). Phone counselling is available every day of the week, 365 days of the year, 11am–11pm. Online chat is available from 11am–10:30pm 7 days a week, including all public holidays.

thelowdown.co.nz - or email team@thelowdown.co.nz or free text 5626.

Help for parents, family and friends

EDANZ – improving outcomes for people with eating disorders and their families. Freephone 0800 2 EDANZ or 0800 233 269, or in Auckland 09 522 2679. Or email <u>info@ed.org.nz</u>.

Parent Help – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.

Family Services 211 Helpline – 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.

Yellow Brick Road – Supporting families towards mental wellbeing.

Other specialist helplines

Healthline – 0800 611 116 Health advice from professional healthcare providers.

Alcohol and Drug Helpline - 0800 787 797 or online chat.

Are You OK- 0800 456 450 family violence helpline.

Anxiety NZ- 0800 269 4389 (0800 ANXIETY).

<u>0508MUSICHELPS</u> – The Wellbeing Service is a 24/7 online, on the phone and in-person counselling service fully funded by the NZ Music Foundation and provided free of charge to those in the Kiwi music community who can't access the help they need due to hardship and other circumstances. Call 0508 MUSICHELP.

Safe to Talk 0800 044 334 or free text 4334 for help to do with sexual harm. Available 24/7 and staffed by trained counsellors.

https://mentalhealth.org.nz/helplines https://mentalhealth.org.nz/help https://www.cdhb.health.nz/