

Feeling **worried**
about something?

Need
someone
to **talk** to?

Jonathan
and Jodie
are here
to **listen**.

Jodie Densten and Jonathan Sunderland
are our **24-7 YOUTH WORKERS**

- They are **friendly adults** you can talk to.
- They can provide **one-on-one mentoring** if you want it.
- They organise **fun group activities** for students.

How to find Jodie and Jonathan

Jodie: denstenj@mtaspiring.school.nz

Jonathan: sunderlandj@mtaspiring.school.nz

Visit them at the **wellbeing hub** near the school office.

Remember:
there's help
if you need it.

We have a team of people to support our students' wellbeing, including our guidance counsellors, our youth workers from Kahu Youth and 24-7, and our school deans.

Our **guidance counsellors** are available Monday to Friday during school hours in term time.

Contact them via email: dept-guidance@mtaspiring.school.nz or tel: 020 404 94623 or 03 443 0496.



— TE KURA O TITITEA —
MOUNT ASPIRING COLLEGE