

## Student Support

Nerang High School has a committed Support Team who work together to support and care for the well being of our students. Throughout a student's life he or she faces many changes physically, socially and mentally. Along this pathway of change, many young people may need to have support systems in place to help them make some very important decisions.

These decisions may relate to career, personal issues, grief and loss or peer support. Some students need a lot of support and some need very little. Nerang High School Support Team are here to lend a friendly hand to help our young people reach their goals and have an overall positive well-being.

The Support Team is made up of:

- Suzanne Riley - Guidance Officer
- Suzie Koenig - School Based Health Nurse
- Kerri-Anne Condrin - RTC Behaviour Management Teacher
- Chris Perry - School Chaplain

Appointments can be made by parents to see any member of our Support Team by telephoning the schools main office or speaking directly to us. Students can make appointments by completing a referral form in the rolls office.

Students can see the Guidance Officer to discuss:

- problems with friends and/or family
- family break-up/separation
- peer pressure
- relationship issues
- grief and loss
- depression/anxiety
- self esteem
- abuse
- feeling down and out
- stress management
  
- time management
- Career options
- TAFE/University course information
- subject selection

Students can see the School Based Health Nurse to discuss:

- health concerns
- relationships
- sexual health
- healthy lifestyles
- smoking
- alcohol or drug use
- feeling unhappy or stressed
- anything that may affect health and wellbeing