

# Connect students to supporters

Being connected to the community is vital to well-being. The community can be family or whānau, friends, neighbours, people from local clubs, advocacy groups, or support workers.

Help the student and their family or whānau to identify people who could:

- ✓ be good advocates and allies
- ✓ provide practical help (with transport, for example)
- ✓ help solve problems
- ✓ be a mentor
- ✓ connect them to others with similar experiences
- ✓ support them to find relevant information
- ✓ be good listeners.

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