



Nursing & Midwifery Student Directory:

Health and Welfare Services in New Zealand

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Read first - How to use this directory

Jump to your page and jump back to the top

Rather than scrolling through this mammoth directory, simply click on the region or type of service required in the table of contents to jump to that page. If you want to jump back to the table of contents, click “back to the top” at the bottom of each page.

Check both the National and Local sections

Check out national services (these often have local branches) as well as local services. Not all national services are listed locally and vice versa.

Multiple possible service categories

Many services fit into more than one category, particularly Māori and Pasifika services. If you can't find what you're after, try looking under 'other'.





Don't forget to look elsewhere

This directory is not exhaustive. If you can't find what you're looking for, try an internet search or contacting an organisation for guidance about other services available.

We hope you find a service that helps you!

Accuracy of Information

Please bear in mind that this directory is a result of internet searching for advertised services in 2018 – organisations may change their services or fees. Inclusion of a service in this directory does not constitute an NZNO endorsement of this service or their performance. Services are described in this directory as they are described online.

Much of the material in this resource (the entries that contain graphics such as , ,  and ) was obtained from the Ministry of Social Development's Family Services Directory, available here: www.familyservices.govt.nz/directory/. The Ministry of Social Development cannot accept any liability for its accuracy or content and neither does the Ministry endorse the views expressed in the Directory. The Ministry does not implicitly or impliedly endorse the providers listed in the Directory or their performance. People who rely on this information do so at their own risk. Copyright information about the MSD's Family Services Directory is available here: www.health.govt.nz/about-site/copyright

Some of the material in this resource was obtained from the Ministry of Health's Māori Health Provider Directory, available here: www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory.

Some of the material in this resource was obtained from organisations' websites, and where a website is available to visit for more information, the website has been provided in the listing.

National Services

Alcohol and/or Drug Use

Alcohol Drug Helpline

Free support, information and insight related to drug and alcohol use.

General helpline: 0800 787 797

Kaupapa Māori helpline: 0800 787 798

Pasifika helpline: 0800 787 799

Youth helpline: 0800 787 984

Text helpline (all services): 8681

Website: www.alcoholdrughelp.org.nz

Child Health and Parenting

Birthright

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families.

Contact phone: 0800 457 146

Website: www.birthright.org.nz

Dental Care

Children in New Zealand who meet the eligibility criteria for publicly funded health and disability services are entitled to free basic oral health services from birth to 17 years of age (until their 18th birthday).

Contact phone: 0800 TALK TEETH (0800 825 583).

Website: www.health.govt.nz/our-work/preventative-health-wellness/oral-health/oral-health-resources

La Leche League

A voluntary non-profit organisation which supports and informs, through group meetings and telephone counselling, women who choose to breastfeed their babies.

Website: www.lalecheleague.org.nz

Parents Centre

Parents Centre is a national organisation which believes that parenting is everything and that great parents grow children! We work with parents to equip them with the knowledge, skills and support they require in order to be the best parents they can be.

Contact phone: 04 233 2063

Website: www.parentscentre.org.nz/

Plunket

New Zealand's largest provider of support services for the development, health and wellbeing of children under 5.

Contact phone: 0800 933 922

Website: plunket.org.nz

Parent Help Inc.

Supporting parents and families to raise their children in a positive environment in order to prevent child abuse. We help parents build resilient and positive families/whānau through our free or affordable parenting courses, counselling and mediation services. Some charges may apply. No referral required.


Contact phone: 0800 568 856


Website: www.parenthelp.org.nz

Crime

Victim Support

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

 nationaloffice@victimsupport.org.nz
 (0800) VICTIM
 (0800) 842 846
www.victimsupport.org.nz

 The Victim Support Service is available 24 hours, 7 days a week.
 All services free of charge.
 No referral required.

Domestic Violence

Women's Refuge

For women and children at risk of, or experiencing, family violence. Visit the website to find your nearest Women's Refuge.

Contact phone: 0800 REFUGE (0800 733 843)
Website: womensrefuge.org.nz/domestic-violence/

Shakti

Shakti provides culturally specialist, confidential support services to women and their children of Asian, African and Middle Eastern origins. Shakti specialises in domestic violence crisis intervention embedded in culturally-sanctioned abuse practices such as forced marriage, child/under-aged marriage, dowry-related violence, female genital mutilation and threats of honour killing, with paramountcy on women's and children's rights to safety and justice in locally, nationally and internationally.

Contact phone: 10am-4pm - 0800 SHAKTI (0800 742 584)
Website: www.shakti-international.org/shakti-nz/

Shine (Safer Homes in New Zealand Everyday)

Shine (Safer Homes in New Zealand Everyday) is making homes violence free. Shine offers a free national Helpline, frontline services for adult and child victims of domestic abuse and for men who've used violence, as well as training programmes, the DVFREE workplace programme, and Shine in School programme. The Shine Foundation raises funds to support Shine services.

Contact phone: 0508 744 633
Website: www.2shine.org.nz

Food

Bellyful

Providing meals for families with newborn babies and families with young children who are struggling with illness.

Contact phone (landline only): 0508 BELLYFUL (0508 235 5938)

Website: www.bellyful.org.nz

General Health

Healthline

For people of all ages. Call Healthline if you're:

- *feeling unwell – but not sure whether you need to see a doctor*
- *needing some advice about a family member or friend who's sick (if you are with them)*
- *on holiday and want to know where the nearest doctor or pharmacy is.*

Contact phone: 0800 611 116

Website: www.health.govt.nz/your-health/services-and-support/health-care-services/healthline

Housing

Link People

Links people to healthy and affordable homes, and the right support services for their health and wellbeing needs. Offices in Auckland, Hamilton, Rotorua, New Plymouth, Whanganui, Wellington and Christchurch.

Contact phone: 0800 932 432

Website: www.linkpeople.co.nz

Ministry of Social Development

To obtain a Housing New Zealand home, talk to the Ministry of Social Development (MSD) about your housing needs. If you are eligible for social housing, they will arrange an assessment interview for you.

Contact phone: 0800 559 009

LGBTIQ

Agender New Zealand

Nationwide transgender support, social and advocacy organisation.

Website: www.agender.org.nz
 contact admin@agender.org.nz

Gender Minorities Aotearoa

Gender Minorities Aotearoa is a cross cultural and transgender led national organisation. We assist transgender, intersex and takataapui people in having choices about their lives and their bodies, and in getting the things they need for well-being.

Website: www.genderminorities.com

I'm Local

A national directory of LGBTIQ support groups.

Website: www.imlocal.co.nz

ITANZ Intersex Awareness New Zealand

ITANZ is a New Zealand registered charitable trust and provides information, education and training for organisations and professionals who provide services to intersex people and their families.

Contact phone: 04 4727386
Website: www.ianz.org.nz

Outline

Volunteers welcome your call about topics around sexuality, gender identity and diverse sex characteristics. They can help you find sources of trusted information, connection to community or peers, and medical or mental health services that welcome LGBTIQ+ people.

Contact phone: 0800 OUTLINE (0800 688 5463)
 10am to 9pm weekdays, 6pm – 9pm weekends
Website: www.outline.org.nz

Rainbow Youth

Social and support services across New Zealand for LGBTIQ youth. Call us (weekdays from 11am – 5pm)

Contact phone: (09) 376 4155
 Email: info@ry.org.nz
 Website: www.ry.org.nz

Mental Health

Emerge Aotearoa

Provides mental health, addiction and substance use services. Emerge Aotearoa also provides support services for clients with mental illness or disabilities to assist with the often difficult transition back into the workplace.

Email: info@emergeaotearoa.org.nz
 Website: www.emergeaotearoa.org.nz/

Lifeline

Free 24/7 phone and SMS counselling.

Contact phone: 0800 LIFELINE (0800 543 354)
 Text line: 4357.

The Lowdown

Depression and anxiety help for young people.

Contact phone: 0800 111 757
 SMS: 5626
 Website: www.thelowdown.co.nz

The Samaritans

Free 24/7 phone counselling.

Contact phone: 0800 726 666.

Suicide Crisis Helpline

A free, 24/7 helpline for any person who is thinking about or has attempted suicide, concerned about or supporting someone else or who is recently bereaved by suicide.

Contact phone: 0508 TAUTOKO (0800 828 865)

Youthline

A free helpline for young people in need of support.

Contact phone 24/7: 0800 376 633

Text message (8am- midnight): 234

Email: talk@youthline.co.nz (responds within 24 hours)


<https://www.youthline.co.nz>

Pasifika

PACIFICA Inc.

A National organisation for Pacific Island Women but open to all. Counselling, budgeting, moral support, advice, encouragement.

 pacificaexec@yahoo.com
(021) 589 212
www.pacifica.org.nz

 anytime
Some charges may apply.
No referral required.

Sexual Health and Pregnancy

Family Planning

Confidential and non-judgemental sexual and reproductive health care. Our clinical services include contraception, STI testing and treatment, cervical screening, pregnancy testing, abortion referrals, PMS and menopause advice, HPV vaccinations, and advice and support for other sexual and reproductive health issues. We work with people of any gender, age, nationality or sexual orientation.

Website: www.familyplanning.org.nz

Smoking Cessation

Quitline

Free smoking cessation support, and subsidized access to nicotine patches, gum and lozenges.

Contact phone: 0800 778 778

Text line: 4006
Website: www.quit.org.nz

Other

SuperGrans Aotearoa

For anyone that would like to enhance a life skill that will help them or their family/whānau to flourish. Services we provide include budgeting and shopping tips, healthy budget cooking, growing your own food, getting into a routine around the home, making your own cleaning products, preserving in-season fruit and vegetables, home and clothing repairs and mending, how to apply for a job and almost anything else around the home.

Website: www.supergransaotearoa.org.nz


Northland

Domestic/Family Violence & Sexual Violence

Anneke Muijlwijk

I am contracted by the Family Court to provide Domestic Violence Programmes for children, supporting children who are affected by Domestic Violence. I can see individual children (age 4-17yrs) or in groups of max 3 sibling children. Up to nine, 2 hour sessions using art and craft activities. I am also contracted by Family Works as a Family Dispute Resolution (FDR) Mediator and a Preparatory Counsellor to help separated families with a parenting plan that is in the best interest of the child(ren).


 Karaka Cottage 7 Cooke Street Avenues Whangarei

 anneke@annekem.co.nz

(09) 438 1525

(027) 443 4484

www.annekem.co.nz

 Available on weekdays, during normal working hours.

All services free of charge.


No referral required.

Approved Family Violence Provider

Bream Bay Community Support Trust


Family Violence Prevention Services, Education & Awareness, Whānau Support, Community Development.

 9 Takutai Place Ruakaka

 admin@bbtrust.org.nz

(09) 432 7197

(09) 432 7198

 8am - 4pm, Mon - Fri.


All services free of charge.

No referral required.

Family Works Whangarei


Family Works Northern builds strong families that learn, grow and thrive. Our social services help make Aotearoa New Zealand the best place to raise children. As part of Presbyterian Support Northern, we're committed to creating a better life for everyone.

 Genesis Centre 16 Mair Street Regent Whangarei 0112

 admin.whangarei@fwn.org.nz

(09) 437 6729

www.familyworksnorthern.org.nz/service-centre/whangarei

 Mon - Fri

8.30 am - 5.30 pm

All services free of charge.

No referral required.

Mid North Family Support, Rape Crisis and Youth Services


We deliver a free counselling and education service to the Mid North community to empower and strengthen whānau/families to effect change and encourage them to gain quality in all aspects of their lives.

 Kingston House 123 Hone Heke Road Kerikeri

 womens-support@xtra.co.nz

(09) 407 7511

www.midnorthfamilysupport.co.nz

 Mon - Fri 9am to 2 pm. Messages are checked regularly after hours, referral numbers are recorded on message.

By appointment only please.

All services free of charge.

No referral required.

Approved Family Violence Provider

Otamatea Community Services

We are an organisation that offers assistance in the following areas: a home based Family Support Service, counselling for families and individuals with a fully qualified counsellor. A Parent Coach who works with individual parents or in small group sessions. We offer support to family's working through domestic violence issues who may be working on changing lifestyle patterns. We run a food bank for those in need which is well supported with our budgeting support service assisting to help people develop good financial skills. We honour the seniors in our community once a month with a morning tea and fully cooked lunch with entertainment as well as Seniors Chocolate Bingo sessions on a monthly basis. As an agency we believe strongly in being in the community for the community.

 155 Hurndall Street Maungaturoto 0520

 admin@otamateaca.org.nz

(09) 431 9080

www.otamateacs.org.nz/

 9am - 3pm Mon - Fri.

After hours message service.


Koha/donation may apply.

Referral may apply.

Ringa Atawhai Trust


We provide education, training, information and referrals pertaining to health needs.

 10 Porowini Ave Whangarei

 office@ringaatawhai.org.nz

(09) 430 3305

www.facebook.com/ringaatawhai

 9am-3pm Mon - Fri


All services free of charge.

No referral required.

S.O.S Kaipara



Specialist Sexual & Family Violence Support Services. We provide support, advocacy, crisis and family therapy counselling, emergency housing to survivors of sexual abuse and domestic violence. Education prevention programmes are provided community wide.


 158a Victoria Street Dargaville
 sos@maxnet.co.nz
 (09) 439 6070
 (0800) 88 33 00 select S.O.S Kaipara
www.soskaipara.com

 Office hours 9am to 3pm Mon - Fri
 24/7 Crisis Support and Emergency
 Housing access
 Koha/donation may apply.
 No referral required.
 Approved Family Violence Provider

Te Kotahitanga E Mahi Kaha Trust



Social Work Support + Advocacy, Individual counselling, Community based programmes for youth, in-school social mentoring, Alternative Education Programme, Information and Advice Services.


 33 Rankin Street Kaikohe
 tkemkt@xtra.co.nz
 (09) 405 2573
www.tkemkt.co.nz

 8.30am - 4.30pm Mon - Fri.
 All services free of charge.
 Referral may apply.

Te Uri O Hau Tangata Development Ltd

Te Uri O Hau Tangata provides social support services to the wider Kaipara area. We provide home based support to whānau and tamariki. Our practice framework is based upon traditional beliefs, principles and ways of being embedded within Te Ao Māori, while also being holistic and strengths based. Our primary focus is on tamariki as they are most precious to our hearts, while we also support and assist whānau to address issues/needs/concerns and encourage them in their pursuit of positive change.

 Level 2 Te Tai Tokerau Building 3 Hunt Street Whangarei 0140
 bcuddy@uriohau.co.nz
 (09) 459 7001
 (022) 658 3123
www.uriohau.com

 We are open from Mon - Fri
 8.30am - 5.00pm.
 All services free of charge.
 No referral required.

LGBTIQ

Birds of a Feather Whangarei

Lesbian Coffee Group

Website: www.facebook.com/groups/327620790959482/about/

Rainbow Youth Northland

Rainbow Northland is RY's Whangarei based youth group for queer and gender diverse young people aged 13-24.

Email: info@ry.org.nz

Website: www.ry.org.nz/groups/

Māori Health

Te Ha Oranga – Northland

Our goal is to improve Māori health within the rohe of Ngati Whatua through the development and provision of holistic health services, which are culturally appropriate, accessible and acceptable. Health and disability services we offer:

- Whānau Ora Primary Health Services
- Well Child – Tamariki Ora
- Aukati Kai Paipa (Quit Smoking Coaches)
- Home Based Support Services
- Breast Screening Service
- GP Clinics

Location: 77 Awakino Road, Dargaville

Contact phone: 09 366 1993

Te Hauora o te Hiku o te Ika

The intention of the trust is to offer effective and accessible primary health care to the Far North community, focusing in particular on the high needs of the Māori community. As such the trust has adopted a multidisciplinary approach to health care. Health and disability services we offer:

- health promotion
- home support
- mobile nursing services
- advanced chronic care nurses
- diabetes and cardiac specialist nurses
- mental health
- respiratory nurses
- dental health education
- outreach vaccination programme
- breast screening
- smoking cessation
- maternity and breastfeeding support
- a community health worker

- a social worker
- practice nurses
- general practitioners.

Contact phone: 09 408 4024
Website: www.hauora.net.nz

Sexual Health

Northland DHB Sexual Health Service

Free and confidential. Sexual health services, pregnancy testing, adult sexual abuse service, contraceptive advice, free condoms, youth health (aged 12-24 years)

Whangarei	123 Clinic, 17 Norfolk St, Whangarei	Contact phone: (09) 438 6123
Dargaville	123 Clinic, Dargaville Community Hospital	Contact phone: (09) 439 3330 ext 6733
Kaikohe	123 Clinic, 29 Rankin St, Kaikohe	Contact phone: (09) 438 6123 (Whangarei Clinic)

Website: www.healthpoint.co.nz/public/sexual-health/northland-dhb-sexual-health-service/

Whangarei Youth Space

Whangarei Youth Space provides free youth health and youth development services, programmes and activities for 12-24 yr olds in our city. This is a safe and fun place where you can meet friends, get involved in what's on, find a mentor, access health services and get education, training and employment support.

Contact phone: (09) 972 7248
Text: 021 765 838
Website: www.whangareiyouthspace.co.nz/


Auckland

Child Health


Te Puaruruhau

We are a health service based at Puawatahi: A multi-agency centre opposite Starship Hospital. We accept referrals for 0-19 year olds for historic, current and acute cases of sexual and physical assault.

 Puawaitahi, Level 1 99 Grafton Road Grafton Auckland

 (09) 307 2860

www.starship.org.nz/patients-parents-and-visitors/directory-of-services/Te-Puaruruhau-Child-Protection/

 Mon - Fri 8am - 5pm
Acute Service: 24/7
All services free of charge.
No referral required.

Whānau Ora

The Whānau Ora team consists of Whānau Ora Kaitiaki/Social Workers who help navigate and link you and/or your whānau to clinical, justice, education and social services for Māori, Pacific and high needs families. Youth workers available to engage young people through mentoring, support and other activities. Has a programme supporting young people aged 10-24 years old, with mild to moderate mental health issues, through individual or group activities including counselling, mentoring, creative self-expression. Has a parenting programme for fathers aged 24 and under. Our Child Health team works to assist New Zealand improve its childhood immunisation rates.

Locations:

Youth Hub: 49 Lincoln Road
NIR, Health Promotion & Corporate. Services:
56 Lincoln Rd
Glenfield Office: 414 Glenfield Road, Glenfield
09 839-7480
www.healthwest.co.nz/

Contact phone:

Website:

Domestic/Family and Sexual Violence

Better Blokes




Better Blokes Peer Support Groups are weekly meetings of men who have experienced childhood sexual trauma facilitated by a trained facilitator who also has experienced childhood sexual trauma.

The meetings are held in community meeting rooms in three Auckland locations: Henderson, Three Kings and Papatoetoe. There is one Northland meeting held in Whangarei. The number of men that can be accommodated at each peer support group is limited to eight by the two hour duration of the meeting and the amount of time each men gets to talk.

-  Level 2 Little Engines / Extend Barr Bldg 56 Surrey Cres Grey Lynn Auckland 1021
-  operations@betterblokes.org.nz
- (09) 889 2553
- (021) 356 400
- www.betterblokes.org.nz
-  Call 021 356 400 for appointment.
- No walk-in services available.
- All services free of charge.
- No referral required.

Ethnic Family Services

We offer support services for women, men and young people to build safe and happy families. We work in partnership with schools, various government and non-governmental organisations to offer specialised culturally appropriate intervention and prevention services for families and youth from Asian, African and Middle-Eastern communities in Aotearoa New Zealand.

-  Inside Manukau Medical & Health Centre 18 Manukau Station Rd Manukau, Akl 2102
-  (09) 262 3848
- (021) 840 034
- www.facebook.com/shaktiyouth
-  Mon-Fri 10am-4pm
- All services free of charge.
- No referral required.

Family Works Leslie Centre


Family Works Northern builds strong families that learn, grow and thrive. Our social services help make Aotearoa New Zealand the best place to raise children. As part of Presbyterian Support Northern, we're committed to creating a better life for everyone.

-  Leslie Centre 37B Dornwell Road Mt Roskill Auckland 1041
-  admin.lesliecentre@fwn.org.nz
- (09) 639 2016
- www.familyworksnorthern.org.nz/service-centre/auckland-central
-  Mon - Fri
- 8.30 am - 5.00 pm
- All services free of charge.
- No referral required.

Family Works Northern

Family Works Northern helps children and their families overcome the consequences of poverty, lack of adequate housing, and living with violence. It helps families to stay safe, strong and connected so they can make positive and lasting changes in their lives.

 111 Great South Road Epsom Auckland 1051

 info@psn.org.nz

(09) 520 8600

www.familyworksnorthern.org.nz

 Mon - Fri

8.30 am to 5.00pm


Koha/donation may apply.

No referral required.

Family Works Te Hononga


Family Works Northern builds strong families that learn, grow and thrive. Our social services help make Aotearoa New Zealand the best place to raise children. As part of Presbyterian Support Northern, we're committed to creating a better life for everyone.

 Family Works Te Hononga 10 Mahia Road Manurewa Auckland 2102

 admin.tehononga@fwn.org.nz

(09) 269 1009

www.familyworksnorthern.org.nz/service-centre/auckland-south

 Mon - Fri

8.30 am - 5.00 pm


All services free of charge.

No referral required.

Family Works Waitakere

Family Works Northern builds strong families that learn, grow and thrive. Our social services help make Aotearoa New Zealand the best place to raise children. As part of Presbyterian Support Northern, we're committed to creating a better life for everyone.

 3 Montel Avenue Henderson Auckland 0612

 admin.waitakere@fwn.org.nz

(09) 835 1288

www.familyworksnorthern.org.nz/service-centre/auckland-west

 Mon - Fri

8.30 am - 5.00 pm

All services free of charge.


No referral required.

Fonua Ola, Mt Albert

Through re-empowering Pacific women, children, young people and families, we promote prevention and intervention of domestic violence and child abuse, resulting in safer families, healthier communities and a violence free society. We aim to build a strong, robust and well positioned/resourced Pacific group within

Auckland that provides quality and leading social services to support Pacific Families.


 8 Hendon Avenue Mt Albert Auckland
 info@fonuaola.org.nz
 (09) 828 4307

 Mons to Fris
 9am - 5pm
 All services free of charge.
 No referral required.

Glen Innes Family Centre

Provide Social Work Support, Counselling (Individual/Family), Budgeting, Parenting Programmes, Domestic Violence Programmes, Senior Recreational Programmes.


 122 Elstree Avenue Glen Innes Auckland 1743
 admin@gifc.org.nz
 (09) 570 6250
 (021) 570 410
 www.gifc.co.nz

 Mon - Fri
 Time: 9:00am - 3:00pm
 All services free of charge.
 No referral required.
 Approved Family Violence Provider

Heartbeat City Ministries



Psychological Counselling Services delivering home based short term therapy approach within a Whānau Ora framework to predominately Māori whānau, children/tamariki and young people/rangatahi. HBCM Psychological Counselling Service aim to provide the highest standard of care for whānau, tamariki and rangatahi residing in the Counties Manukau region.


 24 Huia Rd Papatoetoe Auckland 2025
 heartbeat@xtra.co.nz
 (021) 112 7543
 (021) 213 6235

 Office hours: 9.00am to 4.30pm.
 Phone voice message are welcomed
 and will be responded to.
 All services free of charge.
 Referral may apply.

Helensville Women & Family Centre

Services for Women, Families & Youth i.e. subsidised Counselling, Family Support, Strengthening Families Provider, Community Social Worker, Youth Programmes & Supports in Schools, Advice, Information, Advocacy, Networking, Educational Groups/Courses and Events. Drop In Service Mon - Fri 10am to 2pm.


 104 Commercial Road Helensville Auckland 0840
 info@hwfc.co.nz
 (09) 420 7992
 (09) 420 9362

 Open hours: Mon – Fri 9.30am- 2.30pm
 Koha/donation may apply.
 No referral required.

Home and Family Counselling Inc. Auckland Office.


Donation-based affordable counselling for individual adults, teens, children and families and couples. We have a Chinese counsellor available and a mix of male and female counsellors. Professional, experienced counsellors provide high quality services from our long-standing well-respected independent organisation.

 344 Mt Eden Road Mt Eden Auckland 1024

 info@homeandfamily.org.nz

(09) 630 8961

www.homeandfamily.org.nz

 Mon - Fri 9am - late

Sat 9-4.30pm

Late Nights: Tue, Wed & Thurs.

Koha/donation may apply.

No referral required.

Approved Family Violence Provider

Homebuilders Family Services - North Rodney (Inc.)


Homebuilders Family Service is an independent, community based family support agency. We work to support families under stress in ways that enable them to resolve current difficulties and acquire, or consolidate the skills and resources necessary to enable future difficulties to be successfully resolved.

 5 Hexham Street Warkworth

 homebuildersfs@gmail.com

(09) 425 7048

homebuildersfs.org

 Mon - Fri 9am - 12pm


All services free of charge.


No referral required.

Approved Family Violence Provider

Huakina Development Trust


Huakina has a mission statement to "Unleash the Potential of People" and they stand by it with passion. To provide support in health & wellbeing, education and environmental issues to the community.

 15/17 Roulston Street Pukekohe

 admin@huakina.co.nz

(09) 238 0250

www.huakina.co.nz

 8.30 am - 5.00 pm Mon - Fri


All services free of charge.

Referral may apply.

Inner City Women's Group

Inner City Women's Group are DV specialists who provide programmes and support that empower women affected by domestic violence and abuse. Our services are free and available Auckland wide to any women.


 PO Box 78059 Grey Lynn Auckland 1245

 icwg@xtra.co.nz

(09) 360 4933

(09) 279 8727

www.innercitywomensgroup.org.nz

 8:30am - 4:30pm, Mon - Fri

All services free of charge.

Referral may apply.


Approved Family Violence
Provider

Jaagriti (Awakening) Women's Support Group

Jaagriti aims at providing services and assistance to women in the South Asian Community of any kind. Right from providing professional advice to personal help, Jaagriti provides free services to help maintain a woman's physical, mental and emotional health.

We do not necessarily cater only to domestic violence and issues of social concern, even though they are equally vital to our organisation, but we do also cater to other needs of women by carrying out educational lessons on a weekly basis and hosting presentations by various professionals from different fields regularly.


 41 Diana Drive Auckland 0627

 roopaauraap@gmail.com

(09) 443 5622

(021) 665 609

roopaauraap.org.nz/

 24 hours a day and 7 days a week

All services free of charge.

No referral required.


Kia Timata Ano Trust

We work with women and their children in the Rodney West community offering a community programme and one on one support. We also offer safe refuge for women and children outside our area. Our organisation offers support through the journey of living a life free from violence.

 ana.kiatimata@gmail.com

(09) 411 9394

(021) 842 917


 Service available 24/7


All services free of charge.

No referral required.

Mother of Divine Mercy Women's Refuge (Fale Malu)

Women's Refuge provides safety and protection for women and children who need to leave their homes because of violence and abuse.


 (09) 820 0453


 24 hours.
All services free of charge.
Referral may apply.

New Zealand Sikh Womens Association (Inc.)

Catering South East Asian and Migrant families in domestic violence.

 Room no. 4 214 Great South Road Otahuhu Auckland 1062


 office@nzswa.org
(09) 270 0798
(021) 263 8471
nzswa.com/


 Mon - Fri
9.00 am to 4.00 pm
All services free of charge.
No referral required.

North Shore Women's Centre

Information, support and referral service for women and girls from age 12. Providing social work support, counselling service, free legal clinic and clothing exchange. Personal development and interest classes during school term.

 5 Mayfield Road Glenfield Auckland 0747


 women.ctr@xtra.co.nz
(09) 444 4618
www.nswomenscentre.co.nz


 Mon - Fri 9am - 3.30pm
Some charges may apply.
No referral required.

Parent Aid Waitakere Inc

Providing a free, in-home childcare and helping service in times of illness, accident, stress or other emergency to persons who have the everyday care of children.

 Family Action Building 13 Edsel St Henderson Auckland 0612

 parentaid@xtra.co.nz
(09) 836 4122
www.parentaidwaitakere.co.nz/

 Office available 9.00am - 2.30pm
Mon - Fri
All services free of charge.
No referral required.


WAVES Trust (Waitakere Anti-Violence Essential Services)

WAVES provides co-ordination and networking of services in Waitakere for victims of family violence. We also provide agencies with information on relevant recent research and support best practice in family violence intervention, conduct training on family violence for social service workers outside the sector, support locally produced violence prevention and public awareness campaigns, advocate for the sector by producing submissions to

local and national government, and provide research and literature search services and project support to enhance service delivery.


We are supported in our work by a vibrant network of NGO and government agencies who work with those affected by family violence, both in West Auckland and other areas of the Auckland region. We work closely with the Waitakere Taskforce on Family Violence, which members are drawn from the WAVES Trust network.

 7 Henderson Valley Road Henderson Auckland 0612

 administrator@waves.org.nz

(09) 838 4834

www.waves.org.nz

 9am-4pm Mon - Fri

All services free of charge.

No referral required.

Health (General)

Antara Free Natural Health Clinic

Based in Te Atatu, the Antara Free Natural Health Clinic provides natural health care to those who can't otherwise afford it.

Opening Hours:

10am-3pm Mon - Fri

Contact phone:

09 834 7987

Location:

66 Taikata Rd, Te Atatu Peninsula, Auckland 0610

Website:

www.antara.org.nz/

LGBTIQ

Auckland Rainbow Church

Auckland Rainbow Community Church aspires to be a caring Christian community for all people, especially those who are gay, lesbian, bisexual, transgendered or transsexual, their families and friends.

Website:

www.aucklandrainbowchurch.org

Rainbow Youth

RainbowYOUTH is a charitable organisation dedicated to helping young queer and gender diverse (LGBTIQ) people up to the ages of 27, as well as their wider communities. Our drop-in centre is a safe space where you can hang out, browse the internet, get out a book from our library or watch a movie. There's always someone in the centre – a staff member or an intern that you can chat to and ask any questions you might have.

Location:

End of Abbey Street, Central Auckland

Contact phone: (09) 376 4155 (weekdays from 11am – 5pm):
Email: info@ry.org.nz (anytime!)

Community Alcohol and Drug Services (CADS)

CADS provide specialist counselling, group support and information to the lesbian, gay, bisexual, transgender and intersex (Rainbow) communities in Auckland. We have a designated Rainbow clinician for the adult service and a LGBTI clinician in the youth service. Each CADS unit/service has a clinician with a specialist interest in sexuality and gender diversity. All CADS clinicians receive training in working effectively with Rainbow people.

Location: 1st Floor, 409 New North Rd, Kingsland, Akl 1021
Contact phone: 09 845 1844

Māori and Pasifika Health

Leva

Pasifika health organisation. We work alongside the services and people who deliver mental health, addiction, public health, suicide prevention and general health and wellbeing services to develop flourishing Pasifika communities who are reaching their full potential.

Contact phone: 09 261 3490
Location: Harakeke House, 15 Ronwood Ave, Manukau City, Auckland 2104
Website: www.leva.co.nz

Ngati Whatua o Orakei Community Health Services

Services we offer:

- General & family medical care
- Well child & B4 school checks
- Immunisations and vaccinations
- Accidents and emergency
- Travel health advice and vaccinations
- Minor surgery for moles, cysts etc
- Liquid nitrogen for warts, sun damage etc
- Skin cancer and mole checks
- Early pregnancy advice and care, shared maternity antenatal care
- Immigration medicals
- Insurance and driving medicals
- Women's health including a nurse cervical smear examination
- Men's health
- ECG heart checks

- *Family planning and sexual health*
- *Osteoporosis treatment infusions*
- *Subsidised chronic care management and Care Plus programmes*
- *Podiatrist, Physiotherapy*
- *Baycare Dental*
- *Ear health*
- *Hearing Life*
- *Visiting psychologists*
- *Midwifery service*
- *Referral to Mai Whānau services*

Contact phone:

09 578 0941

Website:

www.orakeihealth.com

Alliance Health Trust – Auckland



Health provider for Pasifika people. We offer General practice (GP) clinics and some of our providers offer enhanced services like physiotherapy, pharmacy, heart disease and diabetes care, mental health, podiatry and social work services. Our community hubs offer health and social care services in one place through integrated and family-centred models of care. Our five Whānau Ora providers deliver family-centred services that seek to strengthen the capability of families to achieve their aspirations. Our Whānau Ora approach provides comprehensive wraparound support and navigation services for families across health, welfare, housing, employment and education sectors. Our providers deliver a number of services out in the community, such as:


- Well Child services
- psychiatry and psychological services
- Whānau Ora navigation services
- parish community nursing
- outreach nursing
- outreach immunisation
- school-based health clinics
- social work
- self-management education
- Pacific pregnancy support
- mental health and addictions support
- Pacific smoking cessation
- childhood obesity
- diabetes support.

Contact phone: (09) 588 4346
Website: www.alliancehealth.org.nz
Location: Level 1, 15B Vestey Drive
 Mt Wellington
 Auckland 1060

Siaola

Siaola is a social service provider that is focused on the elimination of youth suicide and child abuse prevention. This is in line with the Methodist Mission 'Let the Children Live' 10 year Plan. We work with Tongan families in the areas of Family Violence Prevention and Child Protection through building successful and thriving lives for our Tongan families. Our programmes are focused on Famili Lelei - Relationships, Education and Health.

 Level 1 409 Great South Rd Auckland 2022
 (021) 108 5597
www.siaola.org

 9am to 5pm
 Mon- Fri
 All services free of charge.
 No referral required.

Te Puna Hauora o Te Raki Paewhenua Society Incorporated

Te Puna Hauora provides a comprehensive range of medical and social services to our enrolled population.


 58A Akoranga Drive Northcote North Shore 0627

 info@tepuna.org.nz

(09) 489 3049

(09) 489 0189

www.tepuna.org.nz

 Mon-Fri 8.30am - 5.00pm.

Closed statutory holidays


Referral may apply.

Tongan Health Society

Medical, Health & Social Services provider. Pacific Family Violence Services for vulnerable children and their families. Integrated Outcomes Unit with Clinical and Non-Clinical Navigators (Registered Nurses & Social Workers). Social Sector Accredited. RNZCGP Cornerstone Accreditation. At Risk Youth Services. Mental Health Services including Psychiatrist, Counsellor & Mental Health Nurse Specialist.

Referrals to THSreferrals@tonganhealth.com or phone 0800030902

 1 Fleming Street Onehunga Auckland 1061

 kasalanaita.puniani@tonganhealth.com

(09) 622 4976

 Mon - Thurs 8.30am to 6pm

Fri 8.30am to 5pm

Sat 9am to 1pm


All services free of charge.

No referral required.

Vaka Pasifika Charitable Trust

Vaka Pasifika is a charitable Trust set up with the mission and vision to “empower Pacific Island People to take charge of their lives and those of their family(s) to enjoy and participate in developing New Zealand Society”. Offers family and domestic violence related services, youth services, and training programmes.

 53 Chislehurst Street Henderson Auckland

 kato.prescott@vakapasifika.org.nz

(021) 029 00701

www.vakapasifika.org.nz

 Mon – Fri

9am - 5pm

All services free of charge.


No referral required.

Vaka Tautua Limited

Vaka Tautua provides information and support for Pacific families in the areas of disability, older people, mental health and financial capability.

 Unit 7 586 Great South Road Manukau Auckland 2025

 Clare.W@vakatautua.co.nz
(09) 250 1812
(0800) 825 282
www.vakatautua.co.nz

 Mon - Fri 8.30am - 5.00pm
Elder Abuse Response Service for
Auckland region only.
All services free of charge.
Referral may apply.

Sexual Health and Pregnancy

Auckland Sexual Health Service

Auckland Sexual Health Service aims to provide sexual health care that is client focused, culturally appropriate and of an excellent standard. We are a specialist service offering free and confidential sexual health care including diagnosis and management of sexually transmitted infections and other related conditions including genital skin conditions, genital pain and sexual dysfunction, reproductive health including contraceptive advice, sexual health counselling, adult sexual abuse service including the care of related medical, nursing and social issues and sexual health education including Peer Sexuality Support programmes for schools.

Locations: Greenlane, Glenfield, Henderson & Mangere
Outreach clinics: Burnett Centre & NZPC.
Contact phone: 0800 739 432

Other

AUTSA (Auckland University of Technology Student Association)

We run events and activities to give you a break from all that swot, publish a kickass student magazine, offer a range of clubs and societies, represent your interests within the university, offer legal advice when you're in a sticky situation, help you find a job while you're studying and much, much more! Think of us as your voice on campus, but with a bunch of fun stuff and free food on the side.

Contact phone: (09) 921 9805
Email: autsa@aut.ac.nz
Website: www.autsa.org.nz

AUSA (Auckland University Students' Association)

AUSA Advocacy offers free support, advice and information to students. Our Advocacy service is professional and confidential. We are 100% independent from the University, which means the advice we provide will always be in your best interest.

Location: 4 Alfred St, Auckland, 1061
Contact phone: 09 309 0789

Chinese New Settlers Services Trust


Chinese New Settlers Services Trust provides social services, education and social housing for 15,000 people every year. Approved family violence provider. All services free of charge. Referral may apply. Approved Family Violence Provider

Location: 20 Clifton Court, Panmure, Auckland, 1072
Email: info@cnsst.org.nz
Contact phone: (09) 570 1188
Website: www.cnsst.org.nz

The Umma Trust


UMMA Trust's mission is to provide support for Muslim refugee and migrant families with a specific focus on women who are in the process of resettlement in New Zealand. We aim to ensure that families are able to lead productive and quality lives and be actively involved in New Zealand society. UMMA Trust believes that women are the backbone of the family so we aim to increase their strengths; health and well-being. They are then able to be successfully integrated and empowered to provide for their family and community, resulting in a positive resettlement.

 Ferndale House 830 New North Road Auckland 1025

 natalie.clarihew@ummatrust.co.nz

(09) 815 0153

www.facebook.com/theummatrust/

 Mon - Fri 9:00 - 5:00

All services free of charge.

No referral required.


Hamilton & Broader Waikato

Child Health and Parenting

Birthright Waikato Inc

Birthright (Waikato) was established in 1958 and operates within a shared services agreement with Link House Agency. This agreement enable us to provide counselling, social work and resources to people parenting alone. The service includes service navigation support, ACC counselling and social work for sensitive claims.

 2 Dawson Street Hamilton 3216
 office@spsw.org.nz
(07) 839 1051
(0800) 457 146
spsw.org.nz/


 9:00am-4:30pm (Mon - Fri)
Koha/donation may apply.
No referral required.

Link House Agency

Link House aims to create access to emotional, social and physical services for people parenting alone and their children. People parenting alone could be describes as mothers, fathers, grandparents, siblings, extended whānau, foster parents and other caregivers.

We operate in a shared services agreement with Birthright (Waikato) Te Whanautanga Tika. This enables us to provide counselling, social work, groups, workshops, and access to a range of resources. The service also has a designated youth counselling service for people aged between 7 and 25 years of age.


 2 Dawson Street Hamilton East Hamilton
 office@spsw.org.nz
(07) 839 1051
(0800) 457 146
spsw.org.nz/

 9.00am - 4.00 pm Mon-Fri
Some charges may apply.
No referral required.
Approved Family Violence Provider

Parentline Charitable Trust

Staff at Parentline pride themselves on being Child Advocates. We work with children who are struggling with issues, have been traumatised and/or abused and are needing some help as they work through their problems and are empowered to find solutions that fit them and their family. Our vision is - Maru i te whānau, maru i te tamaraiki, Safe Family Safe Child.


 48 Palmerston Street Hamilton Central Hamilton

 sue@parentline.org.nz

(07) 839 4536

(021) 192 9070

www.parentline.org.nz

 8.30am - 5.00pm Mon to Thurs

8.30am - 4.00 pm Fri

All services free of charge.

Referral may apply.


Approved Family Violence Provider

Domestic/Family and Sexual Violence

Abuse and Rape Crisis Support Manawatu

To provide support to survivors of sexual violence and their families.

 Linton Court 10 Linton Street Palmerston North

 admin@arcsmanawatu.org.nz

(06) 356 5868

(0800) 88 33 00

www.arcsmanawatu.org.nz

 Mon - Fri: 9.00 am - 5.00 pm

Appointment recommended.

All services free of charge.


No referral required.

Approved Family Violence Provider

Anglican Action


Services offered; Kids First Whānau Centre for women, transitional accommodation for men, advocacy, Whānau Kaitautoko and a contact for the Hamilton Combined Christian Foodbank.

 Anglican Action 100 Morrinsville Road Hillcrest Hamilton

 info@anglicanaction.org.nz

(07) 856 5820

www.anglicanaction.org.nz/



 Mon - Fri 8.00am to 4.00pm


Some charges may apply.

Referral may apply.

Family Works Waikato

Family Works in Waikato, based in Hamilton, provides counselling and social work services and a range of group programmes for children, young people, parents/caregivers and families. An adult advocate is a part of the Family Safety Team.

 Te Ara Hou Village 100 Morrinsville Road Silverdale Hamilton 3216
 admin.waikato@fwn.org.nz
 (07) 858 4413
 www.familyworksnorthern.org.nz/se
 rvice-centre/waikato



 Mon-Fri 8.30am to 5.00pm
 All services free of charge.
 No referral required.
 Approved Family Violence Provider


Hamilton Abuse Intervention Project

HAIP is a long established not for profit agency committed to working with whānau and families affected by Family Violence.

HAIP runs education group and individual programmes for men, youth and women. Women's programmes focus on educating and strengthening women. Men's programmes focus on challenging attitudes around power and control issues in their relationships.

HAIP also provides support and education around the issues and effects of domestic violence.

 Thornton Court 135 London Street Hamilton 3204
 admin@haip.org.nz
 (07) 834 3148
 www.nnsvs.org.nz

 Office is open 9.00am-5.00pm Mon-Thurs,
 9.00am - 3.00pm Fri
 Some charges may apply.
 Referral may apply.
 Approved Family Violence Provider

Male Support Services, Waikato

To support in every area males of all ages who are victims of any abuse, sexual, physical, mental, emotional and domestic. We are an ACC supplier for sexual abuse victims and MSD accredited. Protection of children is paramount. We want all males to have available a safe and supportive path to address their victim issues. We are a survivor driven Charitable Trust offering a totally free service. We provide qualified counselling, social work, peer support, groups, workshops, resources, confidential care and listening. We will work alongside our boys and men and attempt to find solutions for anything that is an issue and preventing them from fulfilled lives. We are also believe strongly in working with the whānau or significant others in our men's lives so they to feel supported. 'Ka oranga te tangata, ka oranga te whānau, ka ora tonu nga hāpori katoa' (Healthy Men, Healthy Whānau, Health Communities)

 10 Bisley Road Hamilton 3251
 mssatw@xtra.co.nz
 (07) 858 4112
 (0800) 677 289
 www.waikatosurvivors.org.nz


 Office Hours 8am to 5 pm.
 All services free of charge.
 No referral required


Positive Change Programmes Charitable Trust

We offer a workshop Weekend around "conflict resolution, "Creating Peaceful Pathways". Suitable for all cultures, Male, Female, Teenagers with Parents/ Caregivers, couples, extended whānau.

We offer a 12 week Anger Management programme, teaches 7 strategies around dealing with anger when it arises in your life.

 Unit 3B 99 Greenwood Street Hamilton


 manager@positivechanges.org.nz
(07) 847 2475
(027) 501 3300
www.positivechanges.org.nz


 Office hours vary, please contact us to make an appointment
After hours ring mobile service available.
Some charges may apply.
No referral required.

Rape & Sexual Abuse Healing Centre Inc

We provide face to face counselling for women who have been affected by sexual harm. We provide this in Hamilton with outreach services to Raglan, Matamata, Huntly and Ngāruawāhia. We also provide education within the community around sexual violence. We are also in process of setting up an 24hr crisis support service for Waikato

 33A Clarence Street Hamilton


 rasahc@xtra.co.nz
(0800) 839 4433
(027) 278 5331
www.rasahc.co.nz


 The Centre is open from 9am till 5pm for appointments. There will be crisis support in the evenings (this is currently being set up)
Koha/donation may apply.
No referral required.
Approved Family Violence Provider

Te Ahurei a Rangatahi

Te Ahurei a Rangatahi is a youth health promotion and education organisation. We are community based and aim to support young people by empowering them to make informed choices.



 The Black Castle 9 Ward Lane Hamilton 3204


 admin@teahurei.co.nz
(07) 838 3013

 Mon - Fri, 9.00am - 5.00pm
Some charges may apply.
No referral required.

Waahi Whaanui Trust

Māori and community provider.

 17 Parry Street Huntly 3700
 trust@whanui.org.nz
 (07) 828 9695
www.whanui.org.nz

 Mon - Fri 8.00am - 5.00pm.
 All services free of charge.
 No referral required.
 Approved Family Violence
 Provider

Food

The Salvation Army

Counselling and assistance with food, furniture and clothing is available from our Hamilton Community Ministries office. Please contact us at: Hamilton Community Ministries (The Nest).

Location: 99 London Street, Hamilton 3204
Contact phone: (07) 834 7000
Website: www.salvationarmy.org.nz/centres/nz/waikato/hamilton


Health (General)


South Waikato Pacific Islands Community Services Inc

Wellbeing services targeted at the Pacific Island community, however all ethnicities are welcome. We provide clinical services, education, advocate and promote on health and social issues:

- Breastfeeding peer counselling programmes
- Breast screening support
- Cervical screening
- Chronic disease management
- Community nursing centre
- Home based support
- Health promotion programmes – adults
- Health promotion programmes – children
- Mobile nursing
- Outreach immunisation
- Pregnancy and parenting programmes
- Sexual & reproductive health
- Smoking cessation
- Well child
- Violence prevention programme
- Whānau Ora Navigation



 1 Maraetai Road Tokoroa 3420


 ceo@swpics.org.nz
(07) 886 0010

 Office hours 8.30am - 5.00pm, Mon-Fri.
All services free of charge.
Referral may apply.

Te Korowai Hauora o Hauraki

Te Korowai Hauora o Hauraki is a not-for-profit, incorporated society providing affordable Health & Wellness services across the Hauraki rohe for everyone in our community. We provide: primary health, GP, nursing services, primary mental health services, and public health programmes.

 210 Richmond Street Thames
 thames@korowai.co.nz
(07) 868 0033
www.korowai.co.nz

 8.30 am - 5.00 pm Mon - Fri
Some charges may apply.
No referral required.


Housing

Hamilton Christian Nightshelter

The Hamilton Christian Nightshelter Trust was established to provide emergency Shelters in Hamilton for homeless people in need or at risk, whether permanently or temporarily, seeking to ensure the necessary support, assistance and welfare of such people.

We are a registered Charitable Trust that was founded in 1999 as an ecumenical response to homelessness in Hamilton. Our vision is to provide 'Safe Shelter For All' above the age of 18, with a core service of providing emergency and medium-term accommodation for Hamilton's transient and homeless.

 474 Anglesea Street CBD Hamilton 3240
 nightshelter@xtra.co.nz
(07) 839 7480
(021) 243 3640
www.facebook.com/HamiltonChristianNightshelter

 Men's shelter opens 5.30pm and doors close 10.00pm. Woman's shelter opens 5.00pm and doors close 10.00pm.
Contact cell phone number at all times.
021 243 3640
Some charges may apply.
No referral required.

LGBTIQ

Glow Singers

The Glow Singers were established in 2009 for Hamilton's Lesbian and Gay singers to come together and express themselves through a diverse range of music. Our musical abilities range from people who are experienced choral singers to people who haven't sung since school and can't read music.

Website: www.facebook.com/waikatoglowsingers

The Lesbian Social Group (LSG)

The LSG is an active and friendly social group for lesbians in the Waikato region. We organise a wide range of activities from regular 'pub and pool' nights to picnics, bush walks, 10-pin bowling, kayaking, dinners and brunches, annual lesbian quizzes, camping trips and movie afternoons, and more. Regular email updates about our activities are sent to more than 200 women on our email list, making the LSG an essential point of contact for the local lesbian community. So if you are new in town, newly 'out', or just haven't heard about us yet, come along and meet some new friends! If you would like to join our email list to receive regular updates about upcoming events.

Email: lsg@hamiltonpride.co.nz
Website: www.facebook.com/lsgwaikato

Waikato/Bay of Plenty Bisexual Group

The Waikato/Bay of Plenty group offers an opportunity to meet and socialise with other people identifying as bisexual or those who are questioning their sexuality. This group aims to meet around monthly in the Hamilton area to do things like lunch, brunch, potluck dinners, walks, go to movies or plays etc, trying to keep the cost of events reasonably low. It is open to all age groups.

Contact phone: 07 886 7808
 027 294 7935

Waikato Queer Youth

Do you identify as queer? Are you questioning? Or queer friendly? Waikato Queer Youth is based in a Hamilton location that is warm and welcoming and offers a safe, awesome space for all youth. WaQuY have meetings every Weds, run activities, have guest speakers, or just hang together from 5.30pm to 7.30pm. Can transport group members to the bus stop during Winter season, otherwise the bus stop is just a nice walk away.

Location: 20 Collingwood St, Hamilton

Contact phone:

07 839 9039

Website:


waikatoqueeryouth@gmail.com

Māori and Pasifika Health

K'aute Pasifika Trust

Providing health, social services, disability services, education training services and information for Pacific Island people.


 Level 1 960 Victoria Street Hamilton
 epoki@aeretai.nz
(07) 834 1482
www.aeretai.nz/

 8.30am-5.00pm, Mon-Fri.
All services free of charge.
Referral may apply.
Approved Family Violence Provider

Raukawa Charitable Trust - Tokoroa

The Raukawa Charitable Trust is the services arm of the South Waikato based iwi - Raukawa. Our organization provides a wide range of health and social services within the Raukawa rohe (tribal area) - which includes Tokoroa, Tirau, Putaruru, Te Awamutu, Matamata and surrounding rural areas.


 - Leith Place Tokoroa 3420
 info@rauikawa.org.nz
(07) 885 0260
(0800) 728 5292
www.raukawa.org.nz

 8am - 5pm, Mon - Fri.
All services free of charge.
No referral required.

Real Waikato

Across the Waikato, our team supports young people and their families, to create opportunities that help them feel great about themselves, their lives and their futures. We work closely with schools, offering Māori performing arts and Kapa Haka as well as mentoring through our Tairanga and Oranga Tamariki programmes. Real has services available in several New Zealand regions and is steadily expanding around the country.

 293 Grey Street Hamilton East Hamilton 3216
 waikato@real.org.nz
(07) 857 1579
www.real.org.nz


 Mainly weekdays and as required.
All services free of charge.
Referral may apply.

Te Hauora o Ngati Haua Trust

To promote a quality of life which values our identity and ensures health and well-being across the communities and people of Ngati Haua. Our services include:

- Strengthening Families Coordination;
- Whānau Support Services;
- Toiora Youth Mentoring & Development;
- Whānau Ora Mobile Nursing Service;
- Kaitoko Whānau Support Service;
- Whānau Centred Service (Family Violence);
- Public Health Promotion;
- Community Development

 2 Cadman Street Waharoa Matamata 3401
 josie@tehauora.co.nz
 (07) 888 7870
 (027) 4222 890
www.tehauora.co.nz

 Mon - Fri 9.00am - 5.00pm
 All services free of charge.
 No referral required.

Te Kōhao Health

Te Kōhao Health based at Kirikiriroa Marae is a Māori health provider and Whānau Ora Centre committed to improving the health and wellbeing of whānau in Hamilton and surrounding areas. Health and disability services we offer:


- GP medical clinic
- Podiatry clinic
- Physiotherapy clinic
- Mirimiri
- B4 School Checks
- Care Plus
- Cardiac and stroke rehabilitation
- Auahi Kore smoking cessation
- Aukati smoking cessation
- Exercise and nutrition
- Outreach immunisations
- Whānau Ora
- Tamariki Ora
- Koroua and kuia programme
- Strengthening Families
- Primary mental health
- Disease state management
- Māori disability services
- Home-based support services
- Project Energize
- DSL assessments


→ Integrated Attendance Service (Truancy)

Location: 951 Wairere Drive, Hamilton East
Contact phone: 0800 4 835 6426 (0800 4 TEKŌHAO)
Website: www.tekohaohealth.co.nz

Te Rūnanga Ō Kirikiriroa

To improve the holistic well-being of Māori and Pacific peoples living within Hamilton.

 59 Higgins Road Hamilton
 reception@terunanga.org.nz
 (07) 846 1042
 www.terunanga.org.nz



 8.30am-5.00pm, Mon-Fri.
 All services free of charge.
 Referral may apply.


Mental Health

Centre 401 Trust

Centre 401 Trust is Mental Health Peer & Self Help Centre. We assist people with mental illness to move forward in their recovery.



Services include: Employment Service - help to find, get and keep a job, Health and Life Quest - assistance to achieve health and life goals. Workshops, events and Psychoffogee. Centre 401 members can also use our self-help library, internet access, tea and coffee facilities and conversation areas for informal peer support.


 306 Tristram Street Hamilton 3240
 admin@centre401.co.nz
 (07) 838 0199
 www.centre401.co.nz

 9am - 5pm Mon - Fri
 After 4pm by appointment only.
 All services free of charge.
 No referral required.

Hauora Waikato Māori Mental Health Services

A kaupapa Māori organisation which provides mental health services to all in the community. Services include sub-acute rehabilitation and education, early intervention for first time psychosis, child and adolescent services.


 195 Collingwood Street Hamilton 3200
 referrals@ngaaringaawhina.org.nz
 (07) 839 9916
 (0800) 839 9916

 8.00am-4.30pm Mon-Fri.
 All services free of charge.
 Referral may apply.


Infant, Child and Adolescent Mental Health Service

Assessment and treatment for children and youth (0-18 years) with suspected/serious mental health disorders and/or severe emotional disturbances.

 206 Collingwood Street Hamilton Lake Hamilton 3204

 (07) 839 8886

www.waikatodhb.health.nz

 8.00am - 4.30pm Mon-Fri.

For emergencies ring (0800) 505 050.

All services free of charge.

No referral required.


Overeaters Anonymous - Hamilton Intergroup

Is food a problem for you? Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.

 Hamilton@OAreion10.org

(07) 839 1599

www.oa.org


 Please contact us for meeting times and locations.


All services free of charge.

No referral required.

Perinatal Mental Health Service


The Perinatal Mental Health Service provides assessment and treatment of mood disorders in pregnancy and postpartum up to 12 months. In addition the service will see women experiencing significant distress related to grief, loss and birth trauma. We will also see women for pre pregnancy counseling who have met any of the above criteria.

 222 Pembroke Street Hamilton

 tracy.goodwin@waikatodhb.health.nz

(07) 858 0924

www.waikatodhb.govt.nz/

 8.30am-4.30pm, Mon-Fri.

All services free of charge.


No referral required.

Supporting Families in Mental Illness Waikato Inc.

The organisation strives 'to promote the best quality of life for people with a mental illness and their family / whānau and caregivers'. SFIMI NZ is a charitable organisation consisting of autonomous branches nationwide that are managed by volunteer committees and members. SF Waikato is funded by the Waikato DHB to provide Information, Support, Education and Advocacy to family whānau of people experiencing a mental illness. The 5 family support workers are available to do home visits, as well as individual and group sessions at the office.

The main office is in Hamilton and there is also an office for a family whānau worker in Tokoroa.


 YWCA Building 28 Pembroke Street Hamilton 3204

 office@sfgwaikato.org.nz

(07) 839 7069

(0800) 555 434

www.supportingfamiliesnz.org.nz/midland/waikato

 8.00am - 4.00pm Mon - Fri.


All services free of charge.

No referral required.

Transitioning Out Aotearoa

He Whānau TOA, He Whānau ORA - A Strong Family is a Healthy Family strategy involves facilitating positive and adaptive relationships within whānau and recognising the interconnectedness of welfare, health, education, housing, justice, employment and lifestyle as elements of whānau wellbeing.


 12 Lambie Drive Papatoetoe Manukau 2104

 info@toa.org.nz

(0800) 367 942

(09) 570 2679

www.toa.org.nz

 9am to 5pm Mon - Fri

Some charges may apply.

Referral may apply.

Sexual Health and Pregnancy

doctors@42

Free for under 25s.

Location:

42 Main Street, Huntly 3700

Contact phone:

07 828 7056

Website:

<https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/doctors-42/>

Morrinsville Medical Centre

Free for under 25. Charges apply for non-sexual health medical care. 25 yrs and over - charges apply for sexual health care. Cervical smears free for Māori/Pacific and Asian ethnicities.

17 Canada Street, Morrinsville 3300


Ph 07 8895126

www.morrinsvillemedical.co.nz/our-services/index.aspx

Pregnancy Counselling Services


Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.


 169 London Street Hamilton 3204
 pcsnao@gmail.com
 (0800) 838 3076
www.pregnancycounselling.org.nz/

 Available 24 hours a day, 7 days a week.
 All services free of charge.
 No referral required.

Pregnancy Counselling Services - Hamilton

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.

 pregnancycounselling.info@gmail.com
 (07) 855 5779
 (0800) 773 462
www.pregnancycounselling.org.nz

 Free phone number available 24 hours a day, 7 days a week.
 All services free of charge.
 No referral required.

Waihi Family Doctors



Free under 25 sexual health.


41 Kenny St Waihi 3610

Contact phone: 07 863 2112
www.waihifamilydoctors.co.nz/page/gp-services/

Sexual Health Service

The Sexual Health Service is a youth friendly, free and confidential clinic for the screening and treatment of sexually transmitted disease.



 3 Ohaupo Road Hamilton
 (07) 839 8732
www.waikatodhb.govt.nz


 8.00am - 4.30pm Mon - Fri. clinics are held at differing times. Please ring for an appointment time.
 All services free of charge.
 No referral required.

Other

Hamilton Advocacy and Family Services

Provides budgeting and advocacy for people with regard to WINZ, ACC, HDC, FINANCE COMPANIES, HNZ and general family services.


 5 13 Cameron Road Hamilton East Hamilton 3216
 nzppsltd@gmail.com
 (022) 025 3871


 8:00 AM to 10:00 PM seven days
 All services free of charge.
 No referral required.

Hamilton Budgeting Advisory Trust

Provides free financial mentoring (with ongoing consultancy), budgeting education.

 87 Clarence Street Hamilton 3204


 manager@budgeting.co.nz
(07) 838 1339
www.budgeting.co.nz


 9.00am-4.30pm, Mon-Fri (Last appointment approximately 3.30pm).
All services free of charge.
No referral required.

Shama Hamilton Ethnic Women's Centre Trust

Shama Hamilton Ethnic Women's Centre Trust is a vibrant social service agency providing support, advocacy, and programmes in order to empower all ethnic women, their children and their families.

 27 Beatty Street Melville Hamilton 3206


 info@shama.nz
(07) 843 3811
(07) 843 3810
www.shama.nz/


 9.00am - 4.30pm, Mon - Fri.
Some charges may apply.
No referral required.

Waimarie Hamilton: Hamilton East Community House

We are a Community House based in Hamilton East. We offer a range of community services, including budget advisory services, legal advice, community education, advocacy, a vegetable co-op, opportunity shop, room hire and community resources.

 53 Wellington Street Hamilton East Hamilton

 manager@waimarie.org
(07) 858 3453
waimarie.org

 9.00am-4.00pm, Mon-Fri.
Some charges may apply.
Referral may apply.


Bay of Plenty - Tauranga

Domestic Violence

Bay of Plenty Sexual Assault Support Services

BOPSASS provides medical assessment and treatment, forensic services, crisis support and ACC sensitive claims counselling for victims of sexual assault/abuse in the BOP DHB area.


 7 Kauri Street Gate Pa Tauranga 3144
 refer@bopsass.co.nz
(07) 577 0512
(0800) 2BSAFE (0800 227 233)
www.bopsass.org.nz

 Drop In: 8.30-5 Mon-Fri (excluding public holidays)
0800 2 b safe helpline 24/7
All services free of charge.
No referral required.

Family Works - Tauranga

Family Works Tauranga is based at the Hillier Centre, Mt Maunganui. We provide counselling & social work services, group programmes for children, young people, parents/caregivers and families, and family violence prevention advocate.

 Hillier Centre 31 Gloucester Road Mt Maunganui Tauranga 3116
 admin.tauranga@fwn.org.nz
(07) 575 9709
www.familyworksnorthern.org.nz/service-centre/tauranga

 Mon - Fri
8.30am - 4.30pm
All services free of charge.
No referral required.
Approved Family Violence Provider

Ngāti Ranginui Iwi Society Incorporated

"Kia tu te mana o Ngati Ranginui" (Building the prestige and reputation of Ngati Ranginui).

Since establishment in 1990 Ngāti Ranginui Iwi Society Inc. has been involved in the delivery of a variety of Health & Social Services activities, currently these services include: Budget Advice; Children Who Witness Family Violence

Counselling; Domestic Violence Programme Coordination/Counselling; Home & Community Support; Social Work Support & Foster Care; Supervised Structured Programmes for Children & Youth at Risk; Vocational Services for People with Disabilities (Ongatia Programme); Whānau or Individual Crisis Counselling; Whānau Support (Social Work Support Packages including Respite care); and Youth Development Programme.

- 📍 Old Tauranga Post Office Building 51 Willow Street Tauranga 3110
- 📧 josie.ririnui@ranginui.co.nz
- (07) 777 0419
- (07) 571 0934
- www.ranginui.co.nz
- 📅 8.30am - 5.00pm, Mon - Fri.
- All services free of charge.
- Referral may apply.
- Approved Family Violence Provider

Tauranga Women's Refuge Inc

Tauranga Women's Refuge works to raise public awareness of violence against women and children, promoting the prevention and elimination of violence, and the rights of women and children to care and protection. In an emergency, please ring 111.

- 📧 manager@taurangawomensrefuge.co.nz
- (07) 541 1911
- (0800) 8673 3843
- www.taurangawomensrefuge.co.nz
- 📅 Community Office open between 9am and 4.30 pm Mon - Fri. Call 07 541 1910 if you are wanting to speak to someone at the Community Office.
- All services free of charge.
- No referral required.
- Approved Family Violence Provider

Housing

Tauranga Moana Nightshelter Trust

Vision: A safe place to sleep for those without shelter.

Mission Statement: To provide the homeless people in Tauranga Moana temporary shelter and access to services designed to break the cycle of homelessness and offer hope of a better future for themselves and our community.

- 📍 171 Elizabeth Street Tauranga 3110
- 📧 annamarie@tmnt.org.nz
- (07) 579 5322
- (027) 579 5322
- 📅 Guests may register with the shelter between 3pm and 8pm daily. The shelters Social Work Service is available Mon - Fri with flexible hours designed to meet the needs of the guests.
- Some charges may apply.
- No referral required.

LGBTIQ

Sapphic Table



Lesbian/takatapui social group. If you enjoy good, food and conversation in the company of other lesbian/takatapui women and women oriented women Sapphic Table is for you. Eating out at a range of restaurants in and around Tauranga, Sapphic Table is an opportunity to enjoy the good company of other women and expand your social circle.


Website: www.meetup.com/Sapphic-Table/

Māori Health

Te Kupenga Hauora o Tauranga Moana

Provide Breast and Cervical Screening, Health Promotion, Clinics, Tamariki Ora, Breastfeeding Support, Car Rental Scheme.

 830 Cameron Road Tauranga
 info@tekupengahauora.org.nz
 (07) 571 0650
www.tekupengahauora.org.nz

 9.00am - 3.00pm, Mon to Thurs.
 All services free of charge.
 No referral required.

Mental Health

Bay of Plenty Therapy Foundation

The BOP Therapy Foundation provides funding for people that are unable to afford counselling and are not eligible for funding from any other source. The Foundation can arrange counselling in a number of locations around Tauranga, Mount Maunganui, Katikati and Waihi Beach.

Counselling for children and young people have the highest priority, followed closely by families. Funding for counselling for individuals and couples is provided when funds permits. Help is provided for people who are having difficulties and feel that they would benefit from counselling from an experienced and well trained counsellor.

Those who are on a low income or a tight budget where much of it is used to repay debt or meet other long term commitments maybe eligible for BOP Therapy Foundation funding.


Email: info@boptherapyfoundation.co.nz
Website: www.boptherapyfoundation.co.nz

Sexual Health and Pregnancy

Pregnancy Choice

To provide information and support to women facing an unplanned pregnancy. Our centre in Tauranga also offers free pregnancy testing, pregnancy support group, young mothers support group and a post abortion healing programme.


 3/174 Eleventh Ave Tauranga 3110

 mail@pregnancychoice.org.nz

(07) 543 1059

(0800) 773 424

pregnancychoice.org.nz

 0800 phone number is 24/7

Pregnancy Centre open Mon - Fri 9am -

4pm & Sat 10am - 1pm

Some charges may apply.

No referral required.

Tauranga Based Sexual Health Clinic

Location:

Lois Pearl House, 814 Cameron Rd
(at the traffic lights on the corner of 17th Avenue)

Contact phone:

07 579 8157

Website:


www.bopdhb.govt.nz/services/a-z-hospital-
services/sexual-health/clinic-2-tauranga/

Other

Merivale Community Inc.


- Budget advice
- Counselling
- Youth drop-in centre

 10 Kesteven Avenue Merivale Tauranga

 manager@merivale.org.nz

(07) 578 6450

www.merivalecommunity.org

 9.00 am to 5.00 pm Mon - Fri

All services free of charge.


No referral required.

St Peters House

St Peters House is a community organisation based in central Tauranga operated by a charitable trust.

Our aim is to make a positive difference to individuals and families facing life challenges. We provide the following free services: counselling - individual, couple and family, personal development courses for women, Incredible Years parenting courses, debt management, support to the homeless community and food parcel referrals.

 136 Spring Street Tauranga 3110
 info@stpetershouse.co.nz
(07) 571 5916
www.stpetershouse.co.nz

 Tues - Fri, 9am to 2pm
Koha/donation may apply.
No referral required.

Student Pulse

Everyone enrolled for study at Toi Ohomai can access all the services of Student Pulse including whānau support, wellness and care support.

Location: Toi Ohomai Institute of Technology,
Windermere Campus, Tauranga




Contact phone: 0800 86 46 46
<https://studentpulse.nz>

Bay of Plenty - Whakatane

Child Health and Parenting

Community Health 4 Kids

The Community Health 4 Kids team work in partnership with children and their families providing health assessments, routine school and early childhood centre visits, health education, home visiting, communicable disease followup, school based vaccination programmes, TB case and contact tracing, vision and hearing testing, B4 School checks and ear service. Our service covers, Whakatane, Kawerau, Opotiki, Murupara, Te Kaha areas.

 Whakatane Hospital 37 Stewart Street Whakatane 3158
 phn.referral@bopdhb.govt.nz
(07) 306 0944
(0800) 935 554
www.bopdhb.govt.nz
 Mon - Fri 8.00am - 4.30pm.
All services free of charge.
No referral required.

Whakatane Parents Centre

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth education. Internal supports are a priority for locally run committees which in turn ensures good quality support and education is available for parents within the community.

 whakatane@parentscentre.org.nz
(027) 977 9951
www.parentscentre.org.nz/whakatane/
 Message service operates. Cleared frequently. Emails checked daily.
All services free of charge.
No referral required.

Domestic/Family and Sexual Violence

Family Works Northern

Runs a Women Against Violence Education (WAVE) programme. Every woman has the right to live without violence in her life. If you're in an abusive relationship we know how difficult it can be to break free.

Our WAVE programme can help you build your inner strength and decide on the steps you need to take to keep your family safe.

WAVE is right for you if you want to:

- *keep yourself and/or your children safe*
- *restore your self-respect and confidence*
- *share your experiences with others*
- *learn about your basic rights*
- *learn about the effects of violence.*

Contact phone: 07 307 1133

Fax: 07 307 1162

Email: admin.whakatane@fwn.org.nz

www.familyworksnorthern.org.nz/services/women-against-violence-education-wave

Māori and Pasifika Health

Te Puna Ora o Mataatua

We support whānau to achieve better health and wellbeing for the long-term. From pēpi to kaumātua, we are here to help. We deliver a range of homebase, community, medical and social services across the Mataatua rohe. Based in Whakatāne, we work with all whānau and communities based upon a whānau ora approach to healthcare. We are local, trusted, experienced healthcare specialists.

Location: 84 McGarvey Road, Whakatane 3120


Contact phone: 0800 628 228

Website: www.tpoom.co.nz

Waiariki Māori Womens Welfare League Inc


An organisation set up to enable members to effectively participate in the spiritual, social, cultural and economic development of their Whānau and community.

 90 King Street Kopeopeo Whakatane 3120

 stewartmarie1937@gmail.com

(027) 283 8411




www.waiariki-mwwl.org.nz

 9.30am - 3pm Mon - Fri
Koha/donation may apply.
No referral required.

Mental Health

Community Mental Health and Addictions Service - Whakatane

The adult Community Mental Health and Addictions Service is a free, confidential service for people experiencing mental health problems and/or alcohol and drug problems.

 Level 2, Commerce Plaza 52 Commerce Street Whakatane
 (07) 306 0154
 (0800) 774 545
www.bopdhb.govt.nz
 8.00am - 5pm, Mon - Fri. Crisis Service 0800 77 45 45 available 24 hours a day, 7 days a week.
 All services free of charge.
 No referral required.

Pou Whakaaro

To promote the best quality of life for persons with a mental illness and their family / whānau and caregivers.

 1 Bracken Street Whakatane
 admin@pouwhakaaro.co.nz
 (07) 308 9430
 (0800) 326 773
www.pouwhakaaro.co.nz/supporting-families
 8:30 - 4:30 Mon - Fri
 All services free of charge.
 No referral required.

Sexual Health and Pregnancy

Whakatane Sexual Health Clinic/Clinic 1

Location: Whakatane Hospital, Out Patients Department, Stewart Street, Whakatane 3120
Phone: 0800 SAFELOVE (0800 7233 5683)
Website: www.bopdhb.govt.nz/services/a-z-hospital-services/sexual-health/clinic-1-whakatane/mgoingtohospital

Other

Baywide Community Law Service (Whakatane)

Free advice and information about legal options.

- 📍 Level 1, Phoenix House - Pyne St Whakatane 3120
- 👤 whakatane@baywidecls.org.nz
- (07) 308 6817
- www.baywidecls.org.nz
- 📅 9.00am to 4.30pm Mon - Fri
- All services free of charge.
- No referral required.

Budget Advisory Service (Whakatane) Inc

We provide a free budgeting service within the Whakatane District.

- 📍 35 Quay Street Whakatane 3120
- 👤 catherine@budgetwhk.nz
- (07) 307 1390
- 📅 Mon to Thurs 9.30am - 4.30pm
- Fri 9.30am - 2.00pm
- Outpost at Work and Income Mon-Fri 9.30am-12.30pm
- All services free of charge.
- No referral required.

Budget Advisory Services (Rangitaiki) Inc.

Rangitaiki Budget Advisory Services offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers.

- 📍 12 Ranfurly Court Kawerau Whakatane 3172
- 👤 budgetservicerangitaiki@xtra.co.nz
- (07) 323 6653
- (07) 304 8471
- 📅 Tues 9:30am - 3:30pm
- Weds 9:30am - 1:30p.m
- Thurs & Fri by appointment at WINZ office in Kawerau
- All services free of charge.
- No referral required.


The Salvation Army Whakatane


The Salvation Army has a number of Community Ministries centers around New Zealand. Here in Whakatane (and for the wider Eastern Bay of Plenty) we provide individuals and families with food parcels, financial mentoring, advocacy, welfare assistance, emergency/transitional housing and programmes designed to help people out of difficult circumstances.

We can also connect you to other local community services and the wider Salvation Army social services including help with addictions (including problem gambling) and church groups.

Availability: 9.30am - 3:00pm Mon - Fri or via appointment outside of these times.

- 📍 Salvation Army Centre 87 King Street Whakatane 3159

 whakatane_corps@nzf.salvationarmy.org
(07) 308 6923
www.salvationarmy.org.nz



 Mon - Fri 9-3 (or via apt outside of these hours)
Foodbank Tues & Thurs 9-12.30pm
All services free of charge.
No referral required.


Bay of Plenty – Other Regions

Child Health

Community Health 4 Kids

The Community Health 4 Kids team work in partnership with children and their families providing health assessments, routine school and early childhood centre visits, health education, home visiting, communicable disease followup, school based vaccination programmes, TB case and contact tracing, vision and hearing testing, B4 School checks and ear service. Our service covers, Whakatane, Kawerau, Opotiki, Murupara, Te Kaha areas.

 Whakatane Hospital 37 Stewart Street Whakatane 3158
 phn.referral@bopdhb.govt.nz
(07) 306 0944
(0800) 935 554
www.bopdhb.govt.nz

 Mon - Fri 8.00am - 4.30pm.
All services free of charge.
No referral required.



Domestic/Family and Sexual Violence


Please see national listings.

Māori and Pasifika Health

Maketu Health and Social Services Trust

Delivering a high quality Kaupapa Māori health and social service agency for Maketu and surrounding districts.

 3 Little Waihi Road Maketu Te Puke 3189
 admin@maketuhauora.org.nz
(07) 533 2551
www.maketuhauora.co.nz

 Mon - Fri 9am - 3pm.
All services free of charge.
No referral required.
Approved Family Violence Provider

Māori Women's Welfare League - Opotiki

Aims to play an effective role in the cultural, social and economic development of the community.

 428 Tirohanga Road Opotiki 3197
 f.hanrahan@xtra.co.nz
 (022) 601 5455
 (04) 473 6451(National office)
www.opotikimwwl.org


 Some charges may apply.
 No referral required.

Nga Kakano Foundation

Nga Kakano Family Health Services provide a range of services. They are: Smoking Cessation, Diabetes Self Managment, Education Programmes, Mental Health & Addictions services (group sessions, 1-1 or a combination of both for youth and adults), Asthma, Tamariki Ora, Whānau Ora, Kuia/Kaumātua.

A GP clinic is also available for clients to access.

 level 1 50 Jellicoe St Te Puke 3119
 info@ngakakano.org.nz
 (07) 573 0660
www.ngakakano.org.nz/index_files/Page413.htm

 Mon-Fri 9am-5pm
 Some charges may apply.
 No referral required.

Poupoua Charitable Trust

Poupoua is a kaupapa Māori mental health service that provides advocacy and peer support to whānau with adolescents of mental health issues, and alcohol and drug counselling services. Poupoua aims to empower whānau/families to develop individual plans that are imaginative, creative, challenging and exciting.

Location: 19 Jellicoe Street, Te Puke

Contact phone: 07 573 0138

www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/bay-plenty-maori-health-providers/poupoua-charitable-trust

Te Kaokao o Takapau

Te Kaokao o Takapau carry out these services in the Eastern Bay of Plenty, including Waiohau, Ruatahuna and Waikaremoana. We provide support and assistance, information, counselling, transition and advocacy for our whānau. Our commitment and kaupapa is to Iwi-based services. In the last three years we have expanded our services and have begun working with youth and kaumātua. Health and disability services we offer:

→ General practice


- Well Child health services
- An early intervention service for Māori people with a disability
- Kaumātua social and recreational activities
- Mirimiri
- Māori health promotion
- Disability support service
- Injury prevention programme
- Whānau support
- Community Action on Youth Alcohol and Drug (CAYAD)
- Koroua and kuia intervention services
- Eke Panuku – advocacy/peer support
- Kaupapa Māori nurse – primary health care

Location: 57 Tuhoe Street, Taneatua
Contact phone: 07 312 9670
Website: www.tuhoematauranga.org.nz

Te Rūnanga O Te Whānau Health Services

Providing timely and appropriate services that support whānau well-being through the delivery of services.

 6773 State Highway 35 RD 3 Te Kaha Opotiki
 runanga@apanui.co.nz
 (07) 325 2726
www.apanui.co.nz

 8.00 am - 4.30 pm Mon - Fri with
 message services for calls outside these
 hours.
 All services free of charge.
 No referral required.

Tuwharetoa Ki Kawerau Health, Education & Social Services

TKKHES is an Iwi based Māori Health Provider delivering a range of services to the people of Kawerau and surrounding districts. TKKHES aims to provide quality health, social and education services that reflect Te Taha Wairua, Te Taha Hinengaro, Te Taha Tinana and Te Taha Whānau. The Organisation holds 16 program arms which range from service delivery ages 0 to 60+.

Health and disability services we offer

- Tamariki Ora/ Well Child,
- Kaupapa Māori Antenatal,
- Family Start Program,
- Whānau Ora Rangatahi,
- Rangatahi Physical Activity,
- Sexual Health Clinic,
- High Needs Service Coordination,
- Kaupapa Māori Transitional Program,
- Break-Away Holiday Program,
- Kaumatua Program,

- Training for Work,
- Mental Health Services: ICAY, NASC, NASC whānau ora, Rangatahi mental health, Kaupapa Māori Early Intervention A/D and Implementation Team

Location: 28-30 Islington St, Kawerau


Contact phone: 07 323 8025

www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/bay-plenty-maori-health-providers/tuwharetoa-ki-kawerau-health-education-social-services

Whakaatu Whanaunga Trust


Whakaatu Whanaunga Trust operates a quality, confidential, culturally appropriate service. Providing services to empower people to manage their lives and improve their quality of life. Provides budgeting, whānau support and housing education and information (including support for those seeking to get into their first home).

 94B Church Street Opotiki 3122

 wwt@xtra.co.nz

(07) 315 5174

www.wwt.org.nz/

 8.30am - 4.30pm, Mon - Fri.

Some charges may apply.

Referral may apply.


Approved Family Violence Provider


Mental Health

Growing through Grief - Te Puke

Growing Through Grief is an Anglican Social Service, providing "Seasons for Growth®", an educational programme of peer support groups for children and young people experiencing change, loss and grief. This may be due to death of a loved one, separation of their parents, imprisonment, or other changes in their life. Also programmes for those affected by someone they love being seriously ill.

Growing Through Grief operates throughout the Anglican Diocese of Waiapu Diocese - Hawkes Bay, Eastland and Bay of Plenty.


 Anglican Church 47 Jocelyn Street Te Puke

 gtgtepuke@seasons.org.nz

(07) 573 7159

(021) 0815 5377

www.anglicancrewaiapu.nz

 Daytime or evenings, calls may be taken by answer phone.

Some charges may apply.

No referral required.

Sexual Health and Pregnancy

Waihi Family Doctors



Free sexual health consultations for under 25s.


Location: 41 Kenny Street, Waihi 3610
Contact phone: 07 863 2112
Website: www.waihifamilydoctors.co.nz/page/gp-services/

Other

Heartland Services - Kawerau

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, Social Services, Health and other related services. Also access to internet and photocopying services and seminars.


 Heartland Service Centre, KEA Building 60 Onslow Street Kawerau 3127
 carrie@eastbayreap.org.nz
 (07) 323 8608
www.heartlandservices.govt.nz

 9.00am - 1.00pm, Mon - Fri
 All services free of charge.
 No referral required.

Heartland Services - Opotiki

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services.


 93A Church Street Opotiki
 gaylene@eastbayreap.org.nz
 (07) 315 5790
www.heartlandservices.govt.nz

 Mon - Fri 10:00am – 2:00pm
 All services free of charge.
 No referral required.

Kawerau Youth Care Centre Trust




Manna Support services is the lead agency for Strengthening Families in Kawerau, and offers Family Therapy and Counselling, Family Violence Counselling, Incredible Years Parenting Program, Bullying programs, Alternative Pathways Education, Youth Services, Work Placement and run the local Community Centre.

 Level 1 60 Onslow Street Kawerau 3127
 office@manna.org.nz
 (07) 323 8835

 8.30am - 4.30pm Mon- Fri
 All services free of charge.
 Referral may apply.
 Approved Family Violence Provider




Opotiki Community Centre Inc

We are a Social Service, offering budgeting, counselling, advice, information, advocacy, referrals and whānau/family support. We also have two Op. shops and are agents for Ezee Meals.

-  Pohutukawa House 26 King Street Opotiki 3122
-  volunteer.network@xtra.co.nz
- (07) 315 6056
- (07) 315 6055
-  Open Tues + Thurs 10 am - 3.30pm. and
Fri by Appointment
All services free of charge.
No referral required.

Volunteer Network

Aims to provide a community centre to promote the health and wellbeing of people in the Opotiki district. Core operation is Budgeting Services.

-  Pohutukawa House 26 King Street Opotiki 3122
-  volunteer.network@xtra.co.nz
- (07) 315 6056
-  10.00am - 3.30pm, Tues and Thurs
Fri available by appointment 11 am till
3:30 pm.
Fri by Appointment
All services free of charge.
No referral required.

Whakatōhea Iwi Social and Health Services

To provide an extensive array of services for the beneficiaries of Whakatōhea and the wider community. Our services are: Youth Awareness, Information and Advice, Whānau Care Safe and Nurturing Homes Support Services, Alcohol and Drug Assessments and Counselling, Parenting Programmes, Health Promotion and Education, Social Work Reports and Assessments, Living Without Violence Programmes, Mental Health Support, Advocacy and Liaison, Home Interaction Programme for Parents and Youngsters (HIPPY), Family Start and the Ahuru Mowai and Born to Learn delivering 3 core components of Health , Education and Whānau Support, Whakatōhea Medical Health Centre, Te Aria Toka and Pa Harakeke Pre-Schools and Family Service Centre. Rheumatic Fever Team in Schools. Sages mentoring and support group. Tamariki Ora Services, Incredible Years Parenting Programme

-  29A King Street Opotiki 3122
-  wish.reception@whakatohea.co.nz
- (07) 315 6042
- www.whakatohea.co.nz
-  Mon - Fri from 8.30AM to 4.30PM
All services free of charge.
Referral may apply.

Rotorua

Child Health

Rotorua Parents Centre


Rotorua Parents Centre is run by parents for parents. We aim to help make parents the best parents they can be by offering pregnancy and parenting education and information and postnatal support in the form of practical parenting courses, playgroups, music groups and social activities for parents.


Location: Linton Park Community Centre
16 Kamahi Place, Pukehangi, Rotorua
Contact phone: 07 345 3111
Website: www.parentscentre.org.nz/rotorua

Domestic Violence

Family Focus Rotorua



Home based support, advocacy, 24hr crisis line, 'listening ear' and education programmes for women and children experiencing domestic violence.


 1115 Pukaki Street Rotorua 3010
 office@familyfocus.org.nz
(07) 346 2096
(027) 293 9096
www.familyfocus.org.nz

 9.00am - 5.30pm Mon - Fri.
Some charges may apply.
No referral required.
Approved Family Violence Provider

Family Works - Rotorua

Family Works in Rotorua provides counselling, social work services and a range of group programmes for children, young people, parents/caregivers and families.

 1083 Eruera Street Rotorua 3010
 admin.rotorua@fwn.org.nz
(07) 349 0990
www.familyworksnorthern.org.nz/service-centre/rotorua

 Mon - Fri
8.30 am to 5.30 pm
All services free of charge.
No referral required.

Food

Rotorua CommUnity Kai

Rotorua Community Kai, more than just a dinner in a hall. It's a evening of a night out, a chance to engage with the community, mix mingle and create friendships with locals from the neighbourhood and surrounding areas in a family friendly warm and safe environment. Welcoming all in our community, families, couples, elders, individuals & all, come along for a great experience with your community.

Everything at Rotorua Community Kai is absolutely FREE and for YOU!!

Our doors open at 5:40pm, there is tea, coffee and snacks available for you on the table, help yourself :)

Dinner is served at 6pm along with dessert

Each week we have a table set up with bread, vegetables & fruit, our supply varies each week but you are welcome to whats there, help yourself (please bring a bag)

Location: Selwyn Primary School Hall,
Old Quarry Road, Rotorua


Open hours: Every Thurs from 5.40pm, all welcome


Website: www.rotoruacommunitykai.co.nz

Māori Health

Mana Social Services Trust


Mana Social Services Trust is a Māori Provider. We offer social work support, a wide range of counselling, and a variety of other services and programmes including Court restorative justice free of charge.

 Ground Floor 1231 Haupapa Street Rotorua 3040

 mana.reception@outlook.com

(07) 348 6191

www.manasocialservicetrust.org.nz

 9.00am - 4.30pm Mon - Fri

All services free of charge.



No referral required.

Approved Family Violence Provider

Manaaki Ora Trust Tipu Ora




Tipu Ora provides a wide range of primary health, social and education services accessible to all people living in the Rotorua district area. Dental care, smoking cessation help, help for teen parents and young fathers. Also provides a free service and pilot program delivering comprehensive primary maternity care,

early parenting and well child health services targeting families living in the western suburbs of Rotorua.

 Head Office, Tunohopu Health Centre 16-20 Houkotuku St, Ohinemutu Rotorua 3040
 referralhub@tipuora.org.nz  Mon - Fri, 9am - 5.00pm.
 (07) 348 2400
www.tipuora.org.nz

Te Roopu A Iwi O Te Arawa Charitable Trust

Provides marae based social and educational services using maatua-whangai philosophy. Embraces the whānau ora concept in the delivery of best outcomes for whānau. Services include, counselling, domestic violence education, grief and loss support, parenting programme, budget advice, financial education programme, mentoring, supported bail, whānau support, and whānau ora support.

 Tarewa Pounamu Marae 26 Tarewa Road Rotorua 3010
 mary@maatua-whangai.co.nz  Mon-Fri 8.30am to 4pm
 (07) 348 1231 All services free of charge.
www.maatuawhangai.weebly.com Referral may apply.

Tuwharetoa Health Charitable Trust

Health and disability services we offer:

- *Tamariki Ora – Well Child providing support to mothers following childbirth and up till the pēpi turns 5 years old. Nurses provide house visits, clinic visits, information and education around the developing child and their health.*
- *Mobile Health Nurse – in Turangi and Taupo providing long-term conditions management for conditions such as diabetes, heart and respiratory conditions. Aim to encourage clients to take a more active role in the management of their health and provide information and support to give the client confidence to self-manage.*
- *Aukati Kai Paipa – Aims to encourage and support people to change their smoking behaviour. Quit coaches individualise a program and supply information and nicotine replacement and visit in a location suitable to the client.*

Physical address

28 Tautahanga Road
Turangi

Postal address

PO Box 326
Turangi 3353

Email	tgireception@thct.co.nz
Phone	07 384 7576 option 2

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/lakes-maori-health-providers/tuwharetoa-health-charitable-trust>

Sexual Health and Pregnancy

Sexual Health (Rangiora Clinic)

The Sexual Health Service provides:

- Free and confidential service for everyone
- Information and advice on sexual health
- Testing and treatment of sexually transmissible infections
- Free condoms
- Contact tracing
- Pregnancy testing and emergency contraception
- Contraception advice
- Sexual Health Clinic can also provide management of other related conditions including genital skin conditions and genital pain
- Specialist services via GP referral

Location: Rangiora Clinic, Ground Floor,
Bridgeman Building South, Rotorua Hospital.

Contact phone: 07 349 7918

Website: www.lakesdhb.govt.nz/Article.aspx?ID=7590

Youth

Rotovegas Youth Health

We deliver a range of specialist youth health services for Rotorua Youth.
Free for 15 to 24 year olds!

Doctor and Nurse Service include:

- Sexual Health
- STI Checks
- contraception
- Pregnancy Testing
- Smears
- Stress related problems
- Injury and ACC

- *General Health Problems*
- *Antenatal care and education*
- *Mental Health*

Contact phone: 07 343 1013
Location: 6 Te Ngae Road, Victoria, Rotorua, 3010
Website: rotoruyouthcentre.org/rotovegas-youth-health/

Other

Student Pulse

Everyone enrolled for study at Toi Ohomai can access all the services of Student Pulse including whānau support, wellness and care support.

Location: M Block, Toi Ohomai Institute of Technology
 Mokoia Campus, Rotorua
 Toi Ohomai Institute of Technology
 Windermere Campus, Tauranga
Contact phone: 0800 86 46 46
Website: www.studentpulse.nz

Gisborne

Child Health

Child & Adolescent Mental Health services

Contact phone: (06) 869 0541

Domestic/Family and Sexual Violence

Gisborne Rape Crisis

We provide free services of counselling, support and healing for sexual abuse victims, their family/whānau or associates. We provide programmes in the community which include 'Suicide Prevention' and 'Self Awareness'.

 53 Ormond Road Gisborne

 whaiora@xtra.co.nz

(06) 867 9967

(027) 285 4654

www.rapecrisisgis.co.nz

 10:00am - 2:00pm Daily. 24hr phone service.

All services free of charge.


No referral required.

Approved Family Violence Provider

Ngati Porou Hauora Community Support Services

Ngati Porou Hauora (NPH) is the only health provider in the East Coast area north of Gisborne city. The range of services delivered include; Primary Health - GP/Nurse Consultations; Hospital Services - Maternity, Radiology, Accident & Emergency; Mental Health Services - Adult/Youth Alcohol and Drug Addiction; alongside contracted services that interweave into our Nati and Healthy Service - Whānau Ora, E Tipu E Rea, Healthy Families and Rheumatic Fever Prevention/Healthy Homes Service.

 4 McKenzie Street Te Puia Springs 4048

 rawinia.campbell@nph.org.nz

(06) 864 6803

www.ngatiporouhauora.org.nz/

 Mon - Fri

All services free of charge.

No referral required.

Tauawhi Mens Centre

To provide a range services to men including counselling, non-violence & parenting programme, youth and adult social work support and advocacy.

📍 Upstairs 71 Peel St Gisborne

📧 tauawhi@psec.org.nz

(06) 868 8278

(027) 558 6362

tauawhi.org.nz

i Mon-Fri 8.30am-5pm or by appointment outside these times. Men's Group 6.30pm Weds and evening programmes as scheduled. All services free of charge. Referral may apply.

Health (General)

Sexual Health Clinic

The Sexual Health Clinic Service provides Hepatitis B and whooping cough vaccinations.

Contact phone: (06) 868 9005

For further details about the sexual health clinic see the sexual health and pregnancy section below.

LGBTIQ

Sexual Health Clinic

The Sexual Health Clinic Service provides support and advocacy to gay, lesbian, transsexual and transgender people.

Location: 141 Bright Street
Cnr Bright St & Childers Rd
Open: 4.5 days per week
Offering 3 medical clinics on
Mon & Tues 2-6pm
Fri 10-12noon

Contact phone: (06) 868 9005

Website: www.tdh.org.nz/public-health-information/sexual-health/


Māori and Pasifika Health

Turanga Social Services

Turanga Social Services promote, pursue and advance the social well being and prosperity for Turanga whānau, hapu and iwi. Services include well child/ Tamariki Ora services, crisis counselling, parenting and home management,


budgeting and advocacy, youth support services, after school and holiday programmes, community education and care programmes.

 Turanga House 331 Childers Road Gisborne 4040

 secretary.tss@vodafone.co.nz

(06) 867 8890

www.trotak.iwi.nz/products/view_cat.php?i
d=1641

 Week Days: 8.30 am - 4.30 pm

All services free of charge.

No referral required.

Mental health

Te Kupenga Net Trust - Mental Health Support & Advocacy


An agency that supplies support and advocacy for people suffering mental health, AOD and addiction issues.

 81 Childers Road Gisborne

 manager@tekupenga.co.nz

(06) 868 4045

(027) 500 6695

 Mon - Fri 8.30 am - 4.00 pm

All services free of charge.

No referral required.

Te Kuwatawata

A joint venture between Hauora Tairāwhiti, Te Kupenga Net Trust and Pinnacle Midlands Health Network to provide a simple, easy gateway to mental health and addiction services for whānau in distress. Te Kuwatawata brings together a range of providers (Mataora, GPs, community groups and mental health professionals) committed to doing things differently by adding the principles of relationships and community to western psychiatric approaches. It is about applying indigenous mātāuranga (knowledge/understanding) to reframe the way a person's experience is discussed and to find a pathway forward when experiencing distress.

 Physical address:

73 Peel Street

Gisborne 4010

Main phone: 06 868 3550

Free phone: 0800 243 500 if in distress and
requiring help

Fax: 06 868 3549

 Hours of Operation:


8.30am - 4.30pm Mon - Fri

Vanessa Lowndes Centre

Leading the way in Education Training and Support Services for people who experience any form of disability but focuses on mental health.

 143 Derby Street Gisborne

 lisa.tamatea@turangahealth.co.nz
 (06) 869 0457
www.vlc.co.nz

 Mon - Fri
 8.30am - 3.00pm
 All services free of charge.
 No referral required.

Sexual Health and Pregnancy

Sexual Health Clinic

The Sexual Health Clinic Service provides information, diagnosis and check-ups for sexually transmitted infections (STIs). The service provides for all peoples regardless of cultures, values and beliefs, gender, age, abilities and choice of sexual expression.

The Sexual Health Clinic is free and confidential. No referral is required. The Gisborne Sexual Health Clinic is based in central Gisborne and clinical services to the community. Consultation is free to under 25 year olds.

Location: 141 Bright Street (cnr Bright St & Childers Rd)
Open: 4.5 days per week
 Offering 3 medical clinics on
 Mon and Tues 2-6pm and Fri 10-12noon.
Contact phone: (06) 868 9005
Website: www.tdh.org.nz/public-health-information/sexual-health/

Te Hiringa Matua

Helping hapū (pregnant) māmā who are struggling with drug and alcohol problems is what Te Hiringa Matua is all about. The Te Hiringa Matua team is based in Customhouse Street.

Contact phone: 06 986 1696
Website: www.tdh.org.nz/about-us/reporting-health/maternity-quality-and-safety/new-ways-of-working/te-hiringa-matua/

Other

Gisborne Budget Advisory Service

Offers free confidential, non judgmental advice to help people plan their budget, cope with debts and live within their income. Appointments must be made. Summary Instalments/Bankruptcy - refer to Budget advisor first. Summary Instalments can be done on-line. Financial mentor for one-on-one mentoring. "MoneyMates" - peer led support group.


Location: 48 Cobden St, Gisborne 4010
Contact phone: 06 867 7173

Website: www.cab.org.nz/Pages/CommunityDirectoryDetail.aspx?id=ba15c752-4331-df11-9b4b-005056ae001d

Social Advocates New Zealand (SANZ)

We assist whānau and families through times of Court, Family Matters, Youth and Rangatahi Concerns and even young parenting and the elderly when and where needed. This could be something as simple as assisting with completing an Application for employment, a benefit or an enrolment to the more complex of preparing an application for Court Proceedings. We'll assist in all the preparations for employment.

 630 Childers Road Elgin Gisborne 4010
 socialadvocatesnz@gmail.com
 (06) 869 2032
socialadvocatesnz.weebly.com/services.html

 Mon - Fri 8am - 4pm
 Closed Public Holidays
 Koha/donation may apply.
 No referral required.

Younited (Student Association)

The Student Advocate assists students to resolve academic grievances, Study Link queries, enrolment issues, issues with EIT regulations and policies, and other concerns affecting their study at EIT. Younited is here to support students to overcome academic or welfare challenges big or small which may arise during their tertiary journey.

This service is free, confidential, and independent from EIT. It is a safe space where you can understand your rights and options through support and advice, including referrals to appropriate services.

Website: www.younited.ac.nz
Location: 290-291 Palmerston Rd, Gisborne 4010
Contact phone: (06) 863-3226

Hawkes Bay

Child Health

Hastings Health Centre


Free GP and nurse visits for under 18s.


Location: 101 Queen St East, Hastings
Contact phone: 06 873 8999
Website: www.hastingshealth.co.nz

Te Ikaroa Rangatahi Social Services Inc

Te Ikaroa Rangatahi Social Services is a support service for children, youth and families and we are accredited under the Social Sector Accreditation Standards, which provides Kaupapa Māori Based Practice.

 Shop 1 2 Poole Street Flaxmere Hastings 4120

 mruru@teikaroarangatahi.org.nz
(06) 879 9495


 Our hours are 8:30am - 4:30pm however we have a 24hr crisis line which is only available by referral from our service.
Some charges may apply.
No referral required.

Domestic/Family and Sexual Violence

Awhina Whānau Services



Awhina Whānau Services kaupapa centers around Māori models of practice and offers free confidential counselling to whānau/families, individuals, tamariki/children, rangatahi/youth, and relationships. Counselling sessions are designed specifically to meet the needs of individuals and families to deal with the effects of personal trauma, family violence, sexual abuse, problem solving, life skills, advocacy, and building healthy relationships.


 191 Nikau Street Hastings 4120
 office@aws.org.nz
(06) 878 4827
www.awhinawhanau.co.nz

 Mon-Fri 8:30am-5pm
All services free of charge.
No referral required.

Family Works Hawkes Bay


We have a team of social workers and counsellors who work alongside families / whānau with children and young people to build strengths that will ensure children are safe and free from harm and offending.


 Heretaunga House Corner Lyndon Road and Warren Street Hastings 4122
 adminFWhastings@psec.org.nz
 (06) 876 2156
 www.familyworks.org.nz

 Mon - Fri 8.30am - 5pm
 Koha/donation may apply.
 No referral required.

Hastings Women's Refuge

Providing a supportive non-judgemental environment for women, children and whānau who are, or who have been affected by Domestic Violence. For support, please phone our Support Line: 068706024 or toll free on 0800 REFUGE (0800 733 843). In an emergency, please phone 111.



 manager@hwr.org.nz
 (06) 870 6024 (24hr Support)
 (06) 8789519
 www.hastingswomensrefuge.org.nz


 24 hour Support Line. Office Hours Mon - Fri 9am to 5pm.
 Some charges may apply.
 No referral required.

Heretaunga Women's Centre

Heretaunga Women Centre (HWC) provides a service where all women and children can come in for any reason in a safe and welcoming atmosphere. HWC provides Low Cost Counselling, many Programmes and Activities, Nursery Room, Women's toilets and lovely quiet gardens.

If you need to talk to someone we are here to listen and can refer you to appropriate agencies because We Care!

 Women's Rest Building Cnr Eastbourne & Russell St Hastings Central Hastings 4156
 admin@hwc.nz
 (06) 878 5401
 (020) 408 56695
 www.heretaungawomenscentre.nz

 Centre open Mon - Fri, 9:00am to 4:00pm.
 Some charges may apply.
 No referral required.

Fitness

Patu Aotearoa

A new initiative to engage with whānau and decrease inactivity rates in New Zealand in particular Māori and Pacific Islanders. The programme is delivered by Māori, for Māori, using Te Ao Māori concepts.

New whānau are more than welcome to join the action and live a longer and enjoyable life.

Website: www.patunz.com

Food

Nourished for Nil

Free food for people in need.

Location: 1004 Karamu Road, Hastings.
Open: 4:30pm-5:30pm Mon-Fri.
Website: www.nourishedfornil.nz

Health (General)

Directions Youth Health Centre

A free and confidential youth health services to all Hawke's Bay youth between the ages of 10 – 24. Directions Youth Health Centre is Hawke's Bay's 'Youth One Stop Shop' and provides non judgemental, youth friendly healthcare services, incorporating wrap-around, holistic care through access to our nurse, GP, counsellors, social worker and youth workers. Services are available with no criteria involved. Youth are able to use Directions Youth Health Centre as their regular health centre (while still enrolled and accessing their own general practice) and parents are welcome to bring youth in and discuss their needs. By appointment only.

Contact phone: 06 871 5307
Location: 309 St Aubyn St West, Hastings
Website: www.directions.org.nz

LGBTIQ

Be Unique

Social/support group for youth aged 12-22 years who are LGBTIQ or questioning their sexual orientation or gender identity.

Contact phone: 06 871 5307
Location: 309 St Aubyn St West, Hastings
Website: www.directions.org.nz/beunique

Māori Health

Āwhina Whānau Services

Free counselling service


Contact phone: 0800 1 WHĀNAU (0800 1 942 628)
Location: 191 Nikau Street, Stortford Lodge, Hastings
Website: <https://awhinawhanauservices.co.nz>

Roopu A Iwi Trust

Roopu a Iwi Trust is committed toward providing a quality social and cultural support service that advances the health and wellbeing of the whānau.



- Intensive Social Work Support
- Crisis Support
- Home Based Services
- Parenting Support
- Advocacy
- Violence Prevention
- Anger Management
- Budgeting Assistance
- Preventative and Development Support
- Information and Advice Service
- Advocacy and Liaison between Agencies, Schools and Whānau
- Support Whānau at Whānau Hui
- Strengthening Families
- Emergency Care
- Respite Care
- Caregiver Training
- Whakapapa Research


 32 Bledisloe Road Maraenui Napier 4110
 rooputrust@xtra.co.nz
 (06) 843 1590
www.rait.co.nz

 Office Hours 8.30am - 5.00pm Mon - Fri.
 All services free of charge.
 Referral may apply.

Te Taiwhenua o Heretaunga

Provides physical and mental health services. Provides a free home-based, child-centred and family focused service that promotes positive parenting and ensures tamariki enjoy the best possible start in life.

 821 Orchard Road Hastings 4120
 (06) 871 5350
www.ttoh.iwi.nz

 Mon - Fri, 8.30am-5pm or
taiwhenua.heretaunga@ttoh.iwi.nz

Some charges may apply.
Referral may apply.
Approved Family Violence Provider

Mental Health

STAROS Affected by Suicide Support Group


An opportunity to talk and share freely with others who have been affected by suicide and ways to deal with the impact it has on our lives. Bring some understanding to individual experiences of grief, Bring forth expectations that we and others have that are not helpful in our grief, and how to manage these, Remember your loved one and talk about how you would like them to continue in your life, Talk about grieving in your own unique way, Share ways of managing traumatic responses, Talk about other things you'd like to that are relevant to losing a loved one to suicide.

 24 Guthrie Rd Havelock North 4130

 warren@staros.org.nz

(027) 286 4071

(027) 684 3033


 Warren and Sandra can be contacted by phone or email. Group sessions run throughout the year on Tues from 5:30pm to 7:00pm


All services free of charge.

No referral required.


The Lighthouse

"People understanding People" Day service run by people who experience mental illness for people who experience mental illness.

 24 Leyland street Onekawa

 (06) 835 5788

(027) 537 5115

 Open week days a week from 10am to 3pm

All services free of charge.

No referral required.

Whatever It Takes Trust Inc.

WIT is a community based peer support service that provides a range of services to mental health consumers living in the communities of Hawkes Bay. We walk alongside our clients to help them access safe affordable housing, medical and clinical health services, appropriate benefits from WINZ, shopping, social activities, other community services and Whatever It Takes to assist them on their journey to recovery.

WIT is a registered social housing provider and has a range of housing options available to mental health consumers including fully staffed residential facilities contracted to the Hawkes Bay DHB.

📍 34 West Quay Ahuriri Napier
 📧 carolinelampp@witservices.co.nz
 (06) 835 2154
 (027) 552 0503
 www.witservices.co.nz

📅 8.00am to 4.30pm Mon - Fri.
 Some charges may apply.
 No referral required.

Sexual Health and Pregnancy

HBDHB Sexual Health Clinic

The HBDHB sexual health service provides free sexual health services for people across the lifespan. Services are provided by specialist clinicians with advanced knowledge and education specific to sexual health. Services include basic STI screening, contraception, including long acting reversible contraceptives, pregnancy testing, STI counselling and advice, complex case management and specialist care and treatment. Clinics are run daily in Napier, please phone for an appointment.

Location: Napier Health 76 Wellesley Road Napier
Contact phone: 06 834 1815
Hours: 8.30am – 4.30pm, Mon-Fri
Website: www.ourhealthhb.nz/health-services/sexual-health/hbdhb-sexual-health-services/

Other

Napier Family Centre

Provides counselling, budgeting assistance and parenting courses.

Location: Corner Morris Spence Avenue & Wycliffe Street, Onekawa, Napier 4110
Contact phone: 06 843 7280
Website: www.napierfamilycentre.org.nz/

Younited (Student Association)

The Student Advocate assists students to resolve academic grievances, Study Link queries, enrolment issues, issues with EIT regulations and policies, and other concerns affecting their study at EIT. Younited is here to support students to overcome academic or welfare challenges big or small which may arise during their tertiary journey.

This service is free, confidential, and independent from EIT. It is a safe space where you can understand your rights and options through support and advice, including referrals to appropriate services.

Location: 501 Gloucester Street, Taradale 4112
Contact phone: (06) 974-8946
Website: www.younited.ac.nz/


Taranaki

Child/Family Health

Ngati Ruanui Tahua Ltd



Programmes to support whānau development. Whānau will have the opportunity to gain skills and knowledge that will assist them to function well and support their children's growth and development.


 41 Hunter Street Hawera 4610
 community.intake@ngatiruanui.org
(06) 278 1310

 All services free of charge.
No referral required.
Approved Family Violence Provider

Public Health Nurses Taranaki: Hawera



Public Health Nurses provide a community health service for children, young people and their families, to help address a wide range of health concerns.


 Hawera Hospital - Hunter Street Hawera
 (06) 278 9939
tdhb.org.nz

 Mon - Fri
At your school or pre-school centre
All services free of charge.
Referral may apply.

Public Health Nurses Taranaki: Opunake



Public Health Nurses provide a community health service for children, young people and their families, to help address a wide range of health concerns.


 Opunake Health Centre - Havelock Street Opunake
 (06) 761 8488
tdhb.org.nz

 Mon - Fri
At your school or pre-school centre
All services free of charge.
Referral may apply.

Public Health Nurse Taranaki: Patea



Public Health Nurses provide a community health service for children, young people and their families, to help address a wide range of health concerns.


 Patea Health Centre 1 Lincoln Street Patea
 (06) 273 8595
 tdhb.org.nz

 Mon - Fri
 At your school or pre-school centre.
 All services free of charge.
 Referral may apply.

Public Health Nurses Taranaki: Stratford

Public Health Nurses provide a community health service for children, young people and their families, to help address a wide range of health concerns.



 Stratford Health Centre 8 Romeo Street Stratford
 (06) 765 8840
 (06) 765 8842
 tdhb.org.nz


 Mon - Fri
 At your school or pre-school centre.
 All services free of charge.
 Referral may apply.

Domestic/Family Violence

The DoVe Group for Children



Group education programme for children (5-12 years) who have experienced family violence.


 Staples Rodway Building 109-113 Powderham Street New Plymouth 4310
 hg_np@hotmail.com
 (06) 759 8400

 8.30am - 5.00pm Mon - Fri.
 All services free of charge.
 Referral may apply.
 Approved Family Violence Provider

Ngati Ruanui Tahua Ltd

Programmes to support whānau development. Whānau will have the opportunity to gain skills and knowledge that will assist them to function well and support their children's growth and development.

 41 Hunter Street Hawera 4610
 community.intake@ngatiruanui.org
 (06) 278 1310

 All services free of charge.
 No referral required.
 Approved Family Violence Provider

Te Ara Pae Trust

Te Ara Pae provides counselling, social work and advocacy services, and an anger change programme to South Taranaki families and whānau.

📍 276 High Street Hawera 4610
 📧 info@tearapae.org.nz
 (06) 278 6399

ℹ Te Ara Pae is open Mon to Thurs - from 9am to 3pm. Appointments can be made for Fri also.
 Koha/donation may apply.
 No referral required.

Māori Health

Ngaruahine Iwi Health Services

Ngaruahine Health offers an outreach doctor's clinic in conjunction with Ruanui Health. We provide good affordable health care for the people in our community. We also provide traditional rongoā including mirimiri and romiromi. Our other services include advocacy services for the elderly and kuia/koroua programmes which are run on a weekly and fortnightly basis respectively.

Health and disability services we offer:

- Kaumātua health and promotion prevention
- Weight loss and nutrition programme
- Diabetes clinics
- Asthma and respiratory awareness

Address: 16 Tauranga-a-ika Street, Manaia
Email: ngaruahinehealth@xtra.co.nz
Contact phone: 06 274 8047
www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/taranaki-maori-health-providers/ngaruahine-iwi-health-services

Ngati Ruanui Tahua Limited

The vision of Ruanui health centre is to provide professional health services and education which will lead to independent health lifestyles and well being of it's whānau, hapu and iwi members. Oranga Wairua-Spiritual Wellness, Oranga Hinengaro-Mental Wellness, Oranga Tinana-Physical Wellness, Oranga Whānau-Family Wellness.


📍 41 Hunter Street Hawera 4610
 📧 admin.rhc@ngatiruanui.org
 (06) 278 1310
www.facebook.com/ngatiruanuihealthcare/

ℹ 8am-5pm Mon - Fri
 Some charges may apply.
 No referral required.

Raumano Health Trust

*Mission Statement: strive to be the leader of quality Māori Healthcare service.
Objective:- oranga wairua - spiritual wellness, oranga hinengaro - mental wellness. Oranga tinana - physical wellness, oranga whanua - family wellness.
Provide Mental Health services to Adults & Children.*

 39 Stafford Street Patea 4545
 taumaha1@hotmail.co.nz
(06) 273 6011
(027) 455 5228

 9am - 4.30 pm Mon - Fri.
All services free of charge.
Referral may apply.

Tui Ora Ltd

Health and disability services we offer:



- Well Child Tamariki Ora / Before School Screening Checks
- Outreach Immunisation Service
- Antenatal classes
- Asthma Education
- Breastfeeding Coordination
- Cervical Screening
- Child and Youth Dental Enrolment
- Koroua and Kuia (Pūhake)
- Māori Mobile Disease State Management
- Whānau Cancer Navigation Service
- Nutrition and Physical Activity
- Smoking Cessation
- Support Services for Mothers and their Pēpi
- Taranaki Primary Connections
- Taranaki Youth Services
- Unintentional Injury Prevention
- Whānau Ora Service / Kaiāwhina Navigation
- Mental Health and Addiction Service Community Support
- General Practice: Subsidised


Location: 36 Maratahu Street, Westown, New Plymouth 4310
Contact phone: 06 759 4064
Website: www.tuiora.co.nz

Mental Health

Progress to Health - Taranaki

To support people living with mental health or disabilities to reach their goals and aspirations.


 15 Dawson Street New Plymouth 4310
 admin@progresstohealth.org.nz
 (07) 757 5549
 (0800) 77 57 57
 www.progresstohealth.org.nz

 8.30am - 5.00pm Mon to Fri.
 All services free of charge.
 Referral may apply.

Real Taranaki

Real Taranaki operates a short stay respite service in New Plymouth for young people experiencing difficult times in their lives. It is available on an as-needed basis for 16-20 year olds. Real has services available in several New Zealand regions and is steadily expanding around the country.


 220 Devon Street West New Plymouth 4340
 new.plymouth@real.org.nz
 (06) 757 2864
 www.real.org.nz

 As needed
 All services free of charge.
 Referral may apply.

Supporting Families in Mental Illness Taranaki



A free support service for families and whānau supporting someone affected by mental illness. Our services are FREE; MOBILE; INDEPENDENT; CONFIDENTIAL. We are here to provide information about mental illness, and help family and whānau safely navigate their way through mental health services to get the help they need.


 Level 3, Brougham House 50 Devon St. West New Plymouth 4310
 manager@SFTaranaki.org.nz
 (06) 757 9300
 www.supportingfamilies.org.nz/

 9am - 5pm Mon - Fri
 All services free of charge.
 No referral required.

Taranaki Touched by Suicide Support Group

A Suicide Support group for anyone over the age of 18 who has lost someone they love to suicide. Family support groups for families with members who have a serious mental illness.

 TSB Community house 21 Dawson Street New Plymouth 4342
 manager@sftaranaki.org.nz
 (06) 757 9300

 In North Taranaki
 2nd Thurs of the month, 7pm-9 pm
 All services free of charge.
 No referral required.

Sexual Health and Pregnancy

Taranaki DHB Sexual Health Clinic

Free sexual health services.

Location: 188 Powderham Street, New Plymouth.
Contact phone: 0508 SEX HEALTH (0508 739 432)

Whanganui


Domestic/Family and Sexual Violence

Jigsaw Whanganui

Support and strengthen families and whānau to provide safe care and nurture to their children and tamariki through the provision of home-based intensive social work for families under stress, programmes for parents & telephone crisis support to families.

The agency has extensive expertise in supporting whānau and families address violence, abuse of drugs, complex health needs, and other issues that that impact upon the safety and wellbeing of children.

 Suite 10 236 Victoria Avenue Whanganui 4500

 admin@jigsawwhanganui.org.nz

(06) 345 1636

www.jigsawwhanganui.org.nz

 8.30am - 5.00pm, Mon - Fri.

All services free of charge.


No referral required.

Approved Family Violence Provider

Rise Stopping Violence Services


The purpose of the Rise Stopping Violence Services is to help men, women and young people manage the violence and abusive behaviour in their lives, through programmes provided on an individual or group basis aimed at developing understanding of violence and its consequences, and learning ways in which to reduce and manage it.

 284 St Hill Street Wanganui 4500

 admin@rise.org.nz

(06) 347 7992

rise.org.nz/

 Mon - Fri 8.30am - 4.30pm.



All services free of charge.


No referral required.

Approved Family Violence Provider

Tupoho - Iwi and Community Social Services Trust



We are an Iwi organisation but our services are free and available to anyone who wishes to use them. We provide budgeting advice and education, we have a team of social workers that can assist individuals and families coping with stressful life events and difficult situations plus we have a qualified counsellor that specialises in family, relationship and personal issues.


 249 Victoria Avenue Whanganui 4500
 tupoho.whangai@xtra.co.nz
 (06) 345 2042
tupoho-iwi-social-services.org.nz

 9am - 4.00pm, Mon - Fri.
 All services free of charge.
 No referral required.

Whanganui Safe and Free

Provides free counselling, home-based social and advocacy services to those who have been directly or indirectly affected by sexual abuse. We also provide preventative education programmes to Preschool and School age children.

 Suite 4 236 Victoria Avenue Wanganui 4541
 administration@whanganuisafe.org.nz
 (06) 343 3416

 9am-3pm Mon - Fri
 All services free of charge.
 No referral required.
 Approved Family Violence
 Provider

Food

City Mission Wanganui


Provides a food bank.


Location: 7 Park Place Whanganui
Contact phone: (06) 345 2139 ext 1 for Administration
Website: www.citymissionwanganui.org.nz/

Housing

Wanganui Housing Trust

Wanganui Housing Trust - bringing shelter to those in need. We provide emergency accommodation to people in need, on a first come first serve basis, up to a maximum of 7 nights.

 wchf_2013@yahoo.co.nz
 (027) 344 6211
 (027) 405 8711

 The house is available 24/7.
 The mobile number is on all the time.
 Some charges may apply.
 No referral required.

Māori and Pasifika Health

Te Oranganui Iwi Health Authority (TOIHA)

Primary healthcare, Tamariki Ora/Well Child services, smoking cessation service, housing, Te Kaiwhakakaha (physical activity and nutrition programme), whānau ora programme, child development programme, mental health services, alcohol and substance use services., disability support services.

Location: 57 Campbell Street
PO Box 611
Whanganui 4540
Phone: (06) 349 0037
(06) 345 6168
Fax:
Website: www.teoranganui.co.nz/

Tupoho Iwi and Community Social Services Trust



(Iwi-approved Social Services provider) Budget advice, social work services.


Location: 64 Campbell Street, Whanganui,
Contact phone: (06) 345 2042
Fax: (06) 348 9319
Website: www.tupoho-iwi-social-services.org.nz

Mental Health

Balance Whanganui

Balance Whanganui is a Mental Health Peer Support Agency providing Education, Advocacy and Support to those with Mental health and/or Addiction challenges.

 Room 114 /120 Community House 60 Ridgway Street Whanganui
 info@balancewhanganui.org.nz
(06) 345 4488
(021) 262 8370
www.balancewhanganui.org.nz/


 1-3pm Mon ?to Fri / Support group every Thurs
7-9pm. Other groups at various times. One to one time by appointment.
All services free of charge.
No referral required.

Mental Health & Wellbeing Support

Mental Health & Wellbeing Support specialises in providing free and confidential support to families/whānau impacted by the mental health and/or addiction issues, or dementia related disorders of a family member. We assist

family/whānau to help understand their family member's mental health issues and how to best support them whilst maintaining their own mental health and wellbeing. We aim to assist in minimising the stress, confusion, stigma and discrimination that surrounds mental health issues and help families navigate their way through the Mental Health System.


 210 Wicksteed Street Central City Wanganui
 fiona@sfwang.co.nz
 (06) 345 3301

 8.30am - 5.00pm, Mon - Fri.
 All services free of charge.
 No referral required.

Pathways Health Ltd - Whanganui

Pathways: creating mental health and wellness services that enable people to live their dreams.


 Level 1 7 Park Place Whanganui 4500
 whanganuiadmin@pathways.co.nz
 (06) 348 8198
www.pathways.co.nz

 Pathways Whanganui Regional Office
 8.30 am - 5 pm.
 All services free of charge.
 Referral may apply.

Real Whanganui



Real Whanganui provides supports young people in the region to build life skills, resilience and strong connections with whānau, friends and communities. Offering services through short stay respite care and youth worker support. Real has services available in several New Zealand regions and is steadily expanding around the country.


 7 Park Place Whanganui 4500
 whanganui@real.org.nz
 (06) 348 8198
www.real.org.nz

 As needed.
 All services free of charge.
 Referral may apply.

Whanganui Community Living Trust

We provide a wide range of social support services, and clinical administration of medication, for people with psychiatric disabilities living in their community.

 Room 203, Community House 60 Ridgway Street Whanganui 4500
 mike@wclt.co.nz
 (06) 348 0089

 8.00 to 4.30 pm Mon - Fri
 All services free of charge.
 Referral may apply.

Sexual Health and Pregnancy

Sexual Health Service

This is a free service promoting positive sexual health to help reduce the incidence of sexually transmitted infections (STIs) and HIV/AIDS in Whanganui.

Sexual health staff provide:

- a free and confidential service for everyone
- testing and treatment of sexually transmitted infections (STIs).
- Phlebotomy services

Location: Whanganui Hospital Outpatients Clinic
Open: Mons and Thurs, 5pm to 6pm.
Contact phone: 06 348 1775
Website: wdhb.org.nz/content/page/wdwb-s-public-health-service/m/2873/

Staff can be contacted outside clinic hours through the Public Health Centre (06 348 1775) or by contacting the Public Health nurse at the Waimarino Health Centre (06 385 5019)

Women's Network

Free and confidential.

Location: 75 St Hill Street, Whanganui
Contact phone: 06 345 6833
Website: www.justthefacts.co.nz/get-help/find-local-sexual-health-sti-clinic-new-zealand/whanganui-sti-clinics/

Youth Services Trust

Free and confidential service. 12 - 24 years. Once a week provides a Doctors Clinic. See Facebook page - "Youth Services Trust Wanganui".

Location: 7 Park Place, Whanganui
Contact phone: 06 348 9935
Website: www.justthefacts.co.nz/get-help/find-local-sexual-health-sti-clinic-new-zealand/whanganui-sti-clinics/


Other

Te Oranganui Iwi Health Authority

Te Oranganui is an iwi led organisation that was established in 1993 to improve access and service delivery of health services to Māori in the Whanganui Region. Over time the roles and functions of the organisation have grown and now the



organisation now delivers a range of health and social services throughout the region to Māori and Non Māori Whānau.


 57 Campbell Street Whanganui 4500
 support@teoranganui.co.nz
 (06) 349 0007
 www.teoranganui.co.nz

 8am-5pm Mon - Fri.
 Some charges may apply.
 No referral required.

Wanganui Budget Advisory Service

Free confidential help with money management, debts, arrears etcetera for those who want to manage their money better and attain financial and family goals.


 183 Wicksteed Street Behind the Trinity Church Wanganui 4500
 wbas@wbas.org.nz
 (06) 345 3746

 Mon - Fri 9 am - 2 pm. Evening home visits can be arranged. There is an answer machine available for out of hours.
 All services free of charge.
 No referral required.

Whanganui Regional Health Network

The Whanganui Regional Health Network (previously known as Whanganui Regional Primary Health Organisation) was established in July 2003 and is registered as a charitable trust. The service has over 30 employees who are responsible for a variety of clinical and administration activities and contracts. There are 11 general practices, serving a population of approximately 56,000 across the Whanganui district. The benefits of belonging to Whanganui Regional Health Network are cheaper fees when you see your GP and access to a range of free health services (requiring referral by your GP or Practice Nurse), e.g. counselling service, immunisation service, social workers, community health workers, diabetes support, pharmacist facilitators, specialist nurses.

 100 Heads Road Whanganui 4501
 info@wrhn.org.nz
 (06) 348 0109
 www.wrhn.org.nz

 Mon - Fri, 8am - 5pm.
 All services free of charge.
 Referral may apply.

Women's Network (Wanganui) Inc.

The Women's Network is a non-profit organisation that has been operating in Wanganui for 21 years. Our vision is "stronger women, stronger families, stronger community". We work toward strengthening women's total wellbeing through the provision of motivational services, and improved decision-making. Much of what we do is focused upon early intervention, ensuring that we can

encourage greater empowerment in our community. We offer a warm and enthusiastic welcome to everyone who walks through our door. By helping to enhance women's lives, we improve the relationships with our menfolk and with the whole community.

- 📍 Ladies' Rest Building 75 St Hill Street Wanganui Central Wanganui
- 👤 womnet.wang@callplus.net.nz (06) 345 6833 (027) 4776454
- ℹ️ (Office hours) 9:30am-4:30pm Mon - Fri.
Some charges may apply.
No referral required.

Youth Services Trust (YST) - Wanganui

Health and support services free to youth from 12 to 25 years, this includes doctor and nurse clinics, counselling, youth work and support groups.

- 📍 39 Drews Ave Wanganui 4500
- 👤 admin@yst.org.nz (06) 348 9935
- ℹ️ Mon - Fri 9am-5pm.
All services free of charge.
No referral required.


Palmerston North

Domestic/Family and Sexual Violence

Abuse and Rape Crisis Support Manawatu

To provide support to survivors of sexual violence and their families.


 Linton Court 10 Linton Street Palmerston North

 admin@arcsmanawatu.org.nz

(06) 356 5868

(0800) 88 33 00

www.arcsmanawatu.org.nz

 Mon - Fri: 9.00 am - 5.00 pm

Appointment recommended.

All services free of charge.


No referral required.

Approved Family Violence Provider


Manawatu Abuse Intervention Network (MAIN)

Prevention of family violence through information, referral and intervention services.

 10 Linton Street Central Palmerston North 4414

 main.nz@gmail.com

(06) 354 5355

 By appointment only
Some charges may apply.
No referral required.

Food

Just Zilch

We aim to create a community where no-one goes hungry. We do this by rescuing surplus food items from various suppliers and give them to those in need.

Open:

Location:

Website:

Mon – Fri 1:30 – 2:30pm and 4:30 – 6pm

248 Featherston St, Palmerston North

www.justzilch.org.nz

Health (General)

Best Care (Whakapai Hauora) Charitable Trust Doctors Surgery

Services:

- General Practitioners Services
- Clinic Nurse Services
- Breast Screening Health Promotion Services
- Māori Disability Support Services
- Whānau Ora Chronic Care Nurse Services
- Mobile Primary Health Care Nurse Services
- Nutrition & Physical Activities Services
- Mental Health and Addiction Services
- Problem Gambling Health Promotion Services
- Cancer Coordinator Services
- Tamariki Ora - Well Child Services
- Social Services
- Kaumatua Services
- Contraception Consultation and Advice
- Whānau Ora Navigator Service
- Te Ohu Auahi Mutunga Smoking Cessation Services
- Pou Hakinakina Services
- Suicide Prevention Services

Website:


www.whakapaihauora.maori.nz

Housing

Camellia House Palmerston North

Camellia House Trust, without discrimination of ethnic origin, religious affiliations or sexual orientation, will provide safe accommodation and support for women in need and their children.

 camelliahouse@xtra.co.nz
 (06) 357 7056
www.pncsc.co.nz/cms/page.php?view=camel-lia-house-home

 9.00am - 5.00pm Mon - Fri.
 Some charges may apply.
 Referral may apply.

LGBTIQ

Manawatu Lesbian & Gay Rights Association (Inc) - MALGRA

Offers a variety of support and social groups for GLBT community in Palmerston North.

Website: www.malgra.org.nz

Māori Health

Te Waka Huia a Manawatu Trust

Health and disability services we offer:

- *Whānau Ora service (rangatahi, kaumātua and pakeke)*
- *Outreach immunisation service*
- *Tamariki Ora outreach service*
- *Tamariki Ora (Well Child) service (0–5 years)*
- *Health promotion*
- *Cancer support service*
- *Counselling service pakeke/kaumātua*
- *Disease state management service*
- *Respiratory nursing service*
- *Whānau care and support service*

Location: 56 Pembroke St, Palmerston North

Contact phone: 06 357 3400

Website: www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/midcentral-maori-health-providers/te-waka-huia-manawatu-trust


Mental Health


Manline

Provides therapy and support groups for men. This may include anger management, depression, grief, relationship issues, sexual health, identity, drug and alcohol, and trauma related issues. Manline services are unique in that we are the only "men helping men" organisation in the Manawatu and Tararua region offering services for men to explore issues within their lives. We work with men aged 13 years and older.

Our services are available to men from all ethnicities and cultural backgrounds. We promote non-violent lifestyle for men who wish to change how they live their

lives. Our programs are designed to be educational, developmental, rehabilitative and preventative.


 First floor, Community House 77-85 King Street Palmerston North

 info@manline.co.nz

(06) 358 1211

(027) 358 1212

www.manline.co.nz

 Mon - Fri 9.00 am to 4.30pm. Appointments

may occur outside of these hours

Some charges may apply.

No referral required.

Approved Family Violence Provider

Sexual Health and Pregnancy

Sexual Health Service at MidCentral Health

The MidCentral Sexual Health Service is a free, confidential specialist service. The team of specially trained doctors, nurses and support staff look after the sexual health of people in the MidCentral region.

The service provides both individual clinical services and health promotion services to enhance sexual health in Horowhenua, Tararua, Manawatu and Palmerston North.

The service offers:

- A FREE, discreet and confidential service for everyone;
- Diagnosis and management of sexually transmitted infections (STIs);
- Diagnosis and management of other related genital problems including genital skin conditions and genital pain;
- Testing and treatment of HIV/AIDS;
- Information and advice on sexual health matters – ask us any question you have about your sexual health;
- Free condoms;
- Friendly non-judgmental staff;
- Specialist services upon General Practitioner (GP) referral;
- Clinics in Palmerston North, Dannevirke and Levin.

Contact phone: 0800 808 602.

Website: www.midcentraldhb.govt.nz/HealthServices/sexualhealth/Pages/Palmerston-North-Clinic.aspx


Other

Across Te Kotahitanga O Te Wairua

Social service, child and family support. Counselling. Respite Foster Care. Post Natal Depression Support Group. Bereaved by Suicide Support Group.

 294A Church Street Palmerston North

 admin@across.org.nz
(06) 356 7486
www.across.org.nz

 9.00am - 5.00pm Mon - Fri
Koha/donation may apply.
No referral required.

Association of Students at UCOL (AS@U)

The Association of Students at UCOL (AS@U) is the student union for UCOL. AS@U provides representation and advocacy for students at UCOL and on a national level.


Contact phone: 0800 GO UCOL and ask for the Student Association
Location: The Gap, Shop 10/101 Broadway Ave, Palmerston Nth
Website: www.facebook.com/AssociationofstudentsatUCOL

Financial Freedom Trust

Financial Freedom Trust offers free, confidential, supportive and culturally aware financial mentoring & budget advisory services with trained and nationally certificated budget advisers. It also conducts budgeting seminars/workshops for community groups upon request.



Christian Community Church


 54 Pascal Street Palmerston North 4440
 admin@fft.org.nz
(06) 357 6122
www.fft.org.nz

 Mon - Fri
10am to 4pm
All services free of charge.
No referral required.

Manawatu Home Budgeting Service Inc.

We offers free, supportive, confidential and culturally aware budget advisory service with trained and nationally certificated budget advisers. We also give talks on 'home budgeting' to groups. Koha appreciated.

 1st Floor, Room F6, Hancock Community House 77 King St Palmerston Nth 4410
 mhbs@mhbs.org.nz
(0800) 228 343
(06) 358 2279
www.mhbs.org.nz

 Mon, Tues, Thurs: 9.00am to 3.30pm, Wed:
9.00am to 4.30pm, Fri: 9.00am to 3.00pm. By
appointment only.
Koha/donation may apply.
No referral required.

Massey University Student Association (MUSA)

The MUSA advocates are here to support students to overcome academic or welfare challenges big or small which may arise during their tertiary journey. This service is free, confidential, and independent from Massey University. It is

a safe space where you can understand your rights and options through support and advice, including referrals to appropriate services.

Qualified social workers have the experience and resources to support you through any issues that might occur from dodgy landlords, academic grievances, to a financial hardship grant for those moments when an unforeseen and temporary situation pops up. The MUSA Advocacy services also provide a Student Assistance Programme (SAP). This can be applied for temporary and unforeseen costs which cause you unusual or severe hardship. Designed for when other support agencies cannot assist and you think there is nowhere else to turn to, a one off grant of up to \$500 can be applied for.

Current Massey University distance students residing in New Zealand, and Current Massey University Internal Manawatu Students can apply for a food grant for essential items during times of financial hardship.

Location: Massey University, Student Services Building
Turitea Campus, Palmerston North 4442
Contact phone: (06) 350 4500
Email: adminassist@musa.org.nz
Website: www.musa.org.nz

Youth One Stop Shop

Free Services include information, support, counselling, alcohol and drug support education, health services, education and recreation programmes, mid to moderate psychological services. Services are for young people aged 10 - 24.

Location: 31 Princess Street, Palmerston North
Contact phone: (06) 355 5906
Email: info@yoss.org.nz
Website: www.yoss.org.nz


Wairarapa

Child Health and Parenting

Otaki Toy Library

Toy library facility that welcomes children, their families and caregivers to come and to borrow well designed toys, games, puzzles and equipment, which are made available for borrowing at minimal cost.

 Otaki Memorial Hall 81 Main St Otaki 5581
 toylibraryotaki@gmail.com
(027) 406 7318
www.toylibrary.co.nz


 Sat 10:30 Am -12:00 Noon
Some charges may apply.
No referral required.

Domestic/Family and Sexual Violence

Kapiti Living Without Violence

We provide counselling, individual and group education services for men, women and youth to support non-violent and non-abusive lifestyles. We deliver non-violence and safety programmes for men & women to stop family violence and keep families safe in the Kapiti area.

 5 Sheffield Street Paraparaumu
 info@klwv.org.nz
(04) 298 1404
www.klwv.org.nz


 9.00am to 3.00pm Mon to Thurs with message service in place.
Some charges may apply.
No referral required.
Approved Family Violence Provider

Food

Kapiti Community Foodbank Inc.

To provide emergency food parcels to needy residents of the Kapiti area.

 92-94 Kapiti Road Paraparaumu 5032
 (04) 298 1907
www.kapitifoodbank.co.nz


 10am - 12pm Mon - Fri.
All services free of charge.

No referral required.

Otaki Foodbank Inc.

Provide food in a time of crisis. Allow clients to meet unexpected financial commitments.

 43 A Main Street Otaki
 otakifoodbank@xtra.co.nz
 (06) 364 0051

 9-12pm Tues, Weds, Fri.
 Closed all public holidays.
 All services free of charge.
 No referral required.


Health (General)

Hora Te Pai Health Services

We aim to provide primary health care services which are culturally appropriate, acceptable, affordable, and accessible to Māori, Pacific Island and low income people residing between Paekakariki and Peka Peka.

Hora Te Pai Health Services is a kaupapa Māori Health Provider

 Kapiti Health Centre - Warrimoo Street Paraparaumu 5032
 reception@horatepai.org.nz
 (04) 902 7095
 horatepai.org.nz/

 8.30 am to 5.00 pm Mon - Fri
 Some charges may apply.
 No referral required.

Whaiora Medical Centre

A very low cost access medical centre for our Masterton residents, a range of health and social services aimed to support the wellness of our Wairarapa communities. We provide these services to clients living between Pukaha Mt Bruce and the Remutaka Ranges, and we can visit you in your home (at no cost to you). Kaikōkiri waiora, our wellness professionals, include a team of GPs, registered nurses, qualified social workers, educators and community health workers. You will receive quality health, education and/or social services from our team of caring professionals who will support you to become well and stay well.

Whaiora's services are private and confidential. We support your choices to improve and manage your health. Sometimes this means working with you to create a wellness plan. We can also help you access a range of external support services. While we operate from a uniquely Māori base, our services are available to all.

Location: 394 Queen St, Masterton
 Contact phone: 06 370 0818
 Website: www.whaiora.org.nz

Māori and Pasifika Health

Please see the above section 'Health (General)'.

Mental Health and Addictions

Te Hauora Rūnanga o Wairarapa


Drug and alcohol community support services. Our focus is the total holistic well-being of Tangata Whaiora. This is achieved through the delivery of Kaupapa Māori Health and Support services. The Service is Kaupapa Māori, however all ethnic groups may access the services.

Physical Address: 15 Victoria St, Masterton
 Phone: 06 378 0140
 Free phone: 0800 666 744
 E-mail: throwinc@tehauora.org.nz
 Website: www.tehauora.org.nz

Te Nikau Addiction Centre

Working with addictive/compulsive behaviours of various kinds and family affected by addictions (including alcohol, drugs, gambling, food, sex, pornography, work etc.)



 69 Valley Road Paraparaumu
 xroads@xtra.co.nz
 (04) 902 5828
www.freedomlife.org.nz


 8.30 am to 5.00 pm Mon - Fri.
 Some charges may apply.
 No referral required.

Other

Kapiti Family Budgeting Service

To help individuals and families find security in handling their own financial affairs through the development of good money management skills.



 Coastlands Shopping Town Centre - State Highway 1 Paraparaumu 5032
 kapitifbs@gmail.com
 (04) 902 7027
 (04) 902 7028


 Mon – Thurs
 9.00 am to 4.00 pm
 All services free of charge.

No referral required.

Kapiti Women's Centre

We are a feminist based organisation who promote the physical, mental and spiritual well-being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

 7 Ngahina Street Paraparaumu
 contact@kapitiwomenscentre.org.nz
 (04) 902 6222
www.kapitiwomenscentre.org.nz

 9:00am–4:00pm Mon - Fri.
 Message service for after hours calls.
 Some charges may apply.
 No referral required.

Kapiti Youth Support

Kapiti Youth Support (KYS) is a free 'One-Stop-Shop' providing a confidential health and support service for young people between the ages of 10 and 24 living in Kapiti.


Our Service is available for all health concerns and issues whether physical or emotional.

Whether you need a chat over a cuppa, advice, support or treatment, we're approachable, friendly and easy to talk with... come see us!

All of our doctors, nurses, mentors, social workers and counsellors are fully trained and offer professional services which are FREE of charge!

If we can't help you, we'll know who can!

 15 Tutanekai Street Paraparaumu
 kys@kys.org.nz
 (04) 905 9597 (Paraparaumu)
 (06) 364 7305 (Otaki)
www.kys.co.nz

 KYS Paraparaumu
 15 Tutanekai Street, Paraparaumu 5032
 Mon-Fri (Phone for an appt.)
 (04) 905 9597
 KYS Otaki
 14 Matene Street, Otaki 5512
 Tue 11.15am -3.45pm (Phone for an appt)
 06-364 7305
 All services free of charge.
 Referral may apply.




Otaki Community Health Centre, Otaki Women's Health Group

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

-  Otaki Community Health Centre 186 Mill Road Otaki 5512
-  otakiwomenshealth@xtra.co.nz
- (06) 364 6367 (Reception)
- www.otakicommunityhealth.co.nz
-  8.30am to 2.00 pm Mon - Fri.
- Sexual Health Clinics:
- Tues, Weds & Thurs.
- All services free of charge.
- Referral may apply.

Otaki Family Budgeting Service Inc

Volunteers available to talk to people with financial problems.

-  5 Main Street Otaki 5512
-  otakifamilybudget8@yahoo.co.nz
- (06) 364 6579
- (06) 364 5317
-  9:00am - 1:00pm Tues, Weds, Thurs.
- Outside of hours by arrangement.
- All services free of charge.
- No referral required.

Te Ara Korowai Inc.

Te Ara Korowai is a community hub offering creativity and wellbeing workshops and training for the benefit of our community.

-  1 Weka Road Raumati Beach 5032
-  programme@tearakorowai.org.nz
- (04) 299 6981
- (0800) 42 42 11
- www.tearakorowai.org.nz
-  10am - 12pm Mon to Thurs or by appointment out with these hours
- All services free of charge.
- No referral required.

Wellington Region

Domestic/Family Violence & Sexual Violence

Awhina Wahine

Awhina Wahine promotes rangatiratanga by providing rape, sexual abuse counselling and support for Māori women, children and their whānau in a safe and healing environment thus enhancing our mana through creative growth and learning.

Location: 5 Cambridge St, Tawa, Wellington


Contact phone: 04 232 9817

www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/capital-coast-maori-health-providers/awhina-wahine

Porirua Sexual Abuse HELP Foundation

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whānau and friends.

 46 Mungavin Avenue Porirua East Porirua 5024

 support@wellingtonhelp.org.nz

(04) 237 8822

(04) 801 6655 - 0 for crisis line

www.wellingtonhelp.org.nz


 Variable


All services free of charge.

No referral required.

Porirua Living Without Violence - Te Noho Riri Kore


We provide Support and Education programmes for Women who have been, or are living with family violence, and Group and Individual Behaviour Change Programmes for Men and Women. We also provide Tamariki/Children's educational Programmes to assist children to work through the impact of being a witness or survivor of family violence.

 Level 2, Pember House 16 Hagley Street Porirua City

 porirualwvs@plwvs.co.nz

(04) 237 6009

www.plwvs.co.nz

 8.30am - 4.30pm, Mon - Fri.

All services free of charge.


No referral required.

Approved Family Violence Provider

Te Whare Rokiroki - Māori Women's Refuge

We support Māori women and children who experience domestic violence. We run domestic violence programmes for women and children who experience domestic violence and are available for public awareness presentations and community education workshops. Te Whare Rokiroki operates a 24/7 crisis line and provide community and residential advocacy and support.

 1st Floor 264 Cuba Street Te Aro Wellington 6142

 twr@maoriwomensrefuge.org.nz

(04) 802 5898

(0800) 7338430

www.wellingtonwomensrefuge.co.nz

 Community Office 9am to 5pm Mon - Fri.

24-hour crisis-line: 04 8025898 or free phone 0800REFUGE (7338430)

Crisis line support 24/7


Some charges may apply.

No referral required.

Wellington Rape Crisis Inc.

To provide support, information and counselling services to the survivors of rape and sexual and/or child abuse and their families and friends. To provide sexual violence prevention programmes through the Wellington Sexual Abuse Network collaboration.


 Level 2, Southmark House 203-209 Willis Street Wellington

 support@wellingtonrapecrisis.org.nz

(04) 801 8973

(04) 801 8970

wellingtonrapecrisis.org.nz

 Phone line available 9.30am-4.00pm Mon-Fri.


Centre is open 9.30am-4.00pm Mon-Fri for drop in visits.


All services free of charge.

No referral required.

Wellington Sexual Abuse HELP Foundation


HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whānau and friends.

 Level 7, Education House 178-182 Willis Street Te Aro Wellington

 support@wellingtonhelp.org.nz

(04) 801 6655

www.wellingtonhelp.org.nz

 Office hours for general enquiries and counselling: Mon - Fri 9:00am-5:00pm

Crisis support line operates 24 hours.

All services free of charge.

No referral required.

Approved Family Violence Provider

Food

Compassion Soup Kitchen

Open hours: Mon - Fri 9am - 4pm
 Location: 132 Tory St, Te Aro, Wellington, New Zealand
 Contact phone: 04 385 9299
 Website: www.soupkitchen.org.nz




Foodbank - Lower Hutt

Provides emergency food supplies to people in financial difficulty.

 27B Dudley Street Hutt Central Lower Hutt 5010
 (04) 568 7392
www.lowerhuttfoodbank.org.nz
 Mon, Tues, Weds, Fri 9-11.30 a.m.
 Some charges may apply.
 No referral required.




Foodbank - Wainuiomata

Provides emergency food supplies to people in financial difficulty.

 Life City Church 2 Parkway Wainuiomata
 admin@lifecity.org.nz
 (04) 972 8799
 Ring in between 10-12pm. Tues - Thurs
 Pick up 1-2pm
 All services free of charge.
 No referral required.

St Anne's Pantry

Providing emergency food parcels to Porirua families.

 C/- Porirua Citizens Advice 16 Hagley Street Porirua City
 porirua@cab.org.nz
 (04) 237 8846
www.cab.org.nz
 St Annes is available Tues, Weds and Thurs
 between 9.00 and midday.
 All services free of charge.
 No referral required.



The Free Store


We freely redistribute quality, fresh surplus food from Wellington's eateries directly to those in need of it. Everyone is welcome.

Location: 211 Willis Street, Te Aro, Wellington
 Open: Mon-Fri: 6-7pm
 Website: www.thefreestore.org.nz

Lower Hutt Community Foodbank

To give emergency food relief to families in need and also to refer on to other appropriate agencies eg. Citizens Advice Bureau, Work and Income where necessary.

 27B Dudley Street Lower Hutt 5040
 huttfoodbank@gmail.com
 (04) 568 7392


 9am - 11.30am Mon, Tues, Weds, Fri.
 All services free of charge.
 Referral may apply.

Health (General)

Compass Health



Tumai provide health services in the Porirua Community. We provide GP's, nursing, physical activity, health promotion, smoking cessation and discharge co-ordination from hospital services.


 Level 4, The Willeston Centre 22-28 Willeston Street Wellington
 enquiries@compasshealth.org.nz
 (04) 801 7808
www.compassnetwork.org.nz/

 8.30am - 5.00 pm
 All services free of charge.
 No referral required.

Evolve Youth Service

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counseling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

 Level 2 James Smith Building, above Rebel Sport 87 Manners Street Wellington
 reception@evolveyouth.org.nz
 (04) 473 6204
www.evolveyouth.org.nz

 Mon - Fri 10.00am-6.00pm
 All services free of charge.
 Referral may apply.


Hutt Union & Community Health Service

We provide comprehensive primary health services to Māori, Pacific, Refugee and low income families. Our services include GP's, practice nurses, counsellors, community health workers, physiotherapy, primary mental health and refugee health.

We have 2 clinics:

Petone Union Health Service, 451 Jackson St, Petone. Ph 5686392
 Pomare Union Health Service, 51 Farmer Cres, Pomare. Ph 5676414

 51 Farmer Crescent Pomare Lower Hutt
 sally@huchs.org.nz
 (04) 567 6414
 (04) 568 6392


 Mon - Fri 9 am - 5pm
 Some charges may apply.
 No referral required.

Pacific Health Service Porirua Inc

Pacific Health Service Porirua also operating as Pacific Health and Social Services keeps 'family at the core' when providing services at all levels. Most services are free with some very low costs to enrolled clients at its doctors' practice. We have governance and staff that speak 8 Pacific languages combined. While services are primarily for Pacific peoples, we extend a friendly and warm welcome to all who may choose to seek our assistance.

Services include: General Practice, Smoking Cessation, Strengthening Families, Counselling and Social Work Services, Rapid Response Rheumatic Fever, Home Visiting and transport assistance for enrolled clients, Skins Care Clinic, Foot Health Care and Reflexology Clinic, Healthy Lifestyle Pasifika Programmes, Pacific Specific Groups, Youth Programmes including Arts and Crafts, Pacific Sports. We are a proud member of the Pacific Health and Wellbeing Collective - Wellington Region

 4 Bedford Court Cannons Creek Porirua 5024
 eleni.mason@phsporirua.co.nz
 (04) 237 9824
 (027) 237 8434
 phsporirua.co.nz/

 9.00am - 5.30pm Mon - Fri.
 Some charges may apply.
 Referral may apply.

Te Aro Health Centre

Drop-in medical centre for people with a Community Services Card.

Location: 331 Willis Street, Wellington, NZ
Email: tearohealth@xtra.co.nz
Phone: 04 385 0255
Website: www.tearohealth.nz


Housing


DCM

Each week DCM works with some 150 people, supporting them to make dramatic changes in their lives. Most of these meet the New Zealand definition of homelessness or are at risk of homelessness. We work with them to find

housing, access their correct benefit entitlements, manage their money, and connect with family and a range of health and other services.


 Kirva House 2 Lukes Lane Wellington 6011

 office@dcn.org.nz
(04) 384 7699
www.dcn.org.nz


 Mon & Fri: 9am-4pm; Tue, Wed, Thu:
9am-1pm
Some charges may apply.
Referral may apply.

Dwell Housing Trust

Dwell Housing Trust provides affordable housing for people on low incomes whose housing needs are not being met by other housing providers.

 Level 5, Century City Tower 173-175 Victoria Street Te Aro Wellington 6011

 admin@dwell.org.nz
(04) 384 4854
dwell.org.nz

 9 am to 4 pm
Some charges may apply.
No referral required.


Wellington Night Shelter


The Wellington Night Shelter (WNS) is a Wellington-based charity providing accommodation for men experiencing homelessness.

The Night Shelter offers two styles of accommodation - the Crisis Accommodation comprises of 23 cubicle spaces designed to provide men with a safe, secure space to spend the night, with access to shared shower and laundry facilities, hot drinks and basic kai. The Emergency Accommodation has 22 individual bedrooms, with shared bathrooms, shared kitchen and shared social spaces that can be accessed for up to 3 months. All guests of the Night Shelter can access the social worker, night supervisors, coordinators and manager for support, advice and information.

Please note the Crisis Accommodation is available on a 'first come first served' basis.

 304 Taranaki Street Mount Cook Wellington 6011

 (04) 385 9546
wellingtonnightshelter.org.nz/

 Open 7 days a week
5.30 - 9pm daily intake
Business hours for all other queries
Some charges may apply.
No referral required.

LGBTIQ

Gay Wellington

Our activities and groups change from time to time. The main groups underway at present are listed below. You can find more information about each group on the main menu page:

- *The Wellington Gay & Lesbian Helpline – an information and advice phone service for the local queer community (Sun–Weds, 7.30pm–9.30pm)*
- *School's Out – a programme that runs a social and support group for queer youth of school age*
- *Tranzform – a support group for trans/gender queer/gender non conforming youth under 30 years of age*
- *Newcomers, a coming out and support group for gay/bi men*
- *The lesbian drop-in, a coming out and support group for women*
- *The Cuthbert fund – a source of funds put aside to provide financial support to gay men with HIV.*

Website: www.gaywellington.org

Lesbian Wellington

Lists lesbian groups and what's on for lesbians in Wellington.

Website: wellington.lesbian.net.nz

Rainbow Wellington

Rainbow Wellington represents the Human Rights interests and to organise the social activities for the lesbian, gay, transgender, bisexuals, Intersex, allies and related queer groups in the Greater Wellington region of New Zealand.

Website: www.rainbowwellington.org.nz

Wellington Gay and Lesbian Helpline


Contact phone: (04) 473 7878
Hours: Sun 7.30pm–9.30pm
Website: www.rainbowwellington.org.nz/support-groups/

Māori and Pasifika Health

Kokiri Marae Keriana Olsen Trust

Committed to the health and well-being of whānau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

 7-9 Barnes Street Seaview Lower Hutt
 info@kokiri-hauora.org.nz
 (04) 939 4630
 (04) 920 1462
 www.kokiri.org.nz


 Office Hours: 8.30am - 5.00pm
 All services free of charge.
 No referral required.


Maraeroa Marae Health Clinic

Location: 128 Corinna Street, Waitangirua, Porirua City 5240
Contact phone: (04) 235 8000
Website: www.maraeroa.maori.nz

Mokai Kainga Social Services

Mokai Kainga is a Professional Marae Based Centre that provides Services in Health, Education, Welfare and Employment.

 72 Happy Valley Road Owhiro Bay Wellington 6023
 robertmk@xtra.co.nz
 (04) 383 4922

 8am to 4pm - Mon - Fri.
 All services free of charge.
 No referral required.

Nga Tekau Health Services


Nga Tekau is a kaupapa Māori alcohol and drug service.

Location: 24/D Marine Parade, Petone, Lower Hutt
Contact phone: 04 473 2502
Website: www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/hutt-valley-maori-health-providers/nga-tekau-health-services

Ngati Kahungunu ki Poneke Community Services


We provide manaaki, tautoko and awhi for whānau. We aim to support whānau that they may build their own strategies, develop effective tools and find solutions that address their own needs. We work with individuals and whānau groups.

 Level 1 2 Lukes Lane Te Aro Wellington 6011

 ambermc@nkkp.org.nz

(04) 384 6252

www.nkkp.org.nz/

 Mon - Fri 9.00am - 5pm

Some after hours services provided

All services free of charge.


No referral required.

Approved Family Violence Provider

Ōrongomai Marae Community Centre Trust

To service our community in Health advocacy, Kaumatua support service, Whānau Ora, E Tu whānau (families standing up to o violence), Youth at risk support, whānau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.


 1 Railway Avenue Upper Hutt 5018

 uppervalleymarae@xtra.co.nz

(04) 528 9639

(021) 024 10254

orongomaimarae.co.nz

 9am - 5pm, Mon - Fri

Some charges may apply.

Referral may apply.

Ora Toa Takapuwahia

Provides medical services and has a gym. Also provides Tamariki Ora Well Child services.

Location:

22 Ngatitoa Street, Takapuwahia, Porirua

Contact phone:

04 237 0131

Website:

www.ngatitoa.iwi.nz

Pacific Health Service Hutt Valley


Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.


There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

 1 Hower Crescent Naenae Lower Hutt 5011

 koeni@xtra.co.nz

(04) 577 0394

 Pacific Health Service Hutt Valley

Opening Hours: 0900 - 1700


www.pacifichealthhutt.co.nz


Opening Days : Mon - Fri
All services free of charge.
No referral required.

Taeaomanino Trust

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City


 4/73 Kenepuru Drive Kenepuru Porirua City 5022


 office@taeaomanino.org.nz
(0800) 345 345
(04) 237 6062
www.taeaomanino.org.nz


 8:30am - 5:00pm Mon - Fri.
All services free of charge.
No referral required.

Te Roopu Awhina ki Porirua

Te Roopu Awhina is a holistic social service provider, where our aim is to meet the needs of the whānau in our community, so that physical, emotional, spiritual and whānau wellbeing can be achieved in partnership.

 Pember House Level 3 16 Hagley Street Porirua 5240

 reception@tra.org.nz
(04) 238 4091
(0800) 872800
www.tra.org.nz


 Mon- Fri 9am - 5 pm
All services free of charge.
Referral may apply.

Te Waka Whaiora Trust

Te Waka Whaiora Trust is a kaupapa Māori community based mental health service. We provide Home Based and Navigation support, a non-clinical early intervention service to help with social needs and a four bed sub-acute residential facility. We cover the Porirua and Wellington areas.

 213 - 215 Bedford Street Cannons Creek Porirua City 5024

 erin@tww.org.nz
(04) 237 9608
tww.org.nz

 Mon - Fri 9am to 4.30pm
All services free of charge.
Referral may apply.

Tu Kotahi Māori Asthma Trust

Tu Kotahi specialise in providing asthma, chronic obstructive pulmonary disease (COPD) and bronchiolitis programmes to whānau living in the wider Hutt Valley. The majority

of Tu Kotahi's programmes are provided in whānau homes or in settings where whānau feel comfortable.

Location: 7–9 Barnes Street, Seaview, Lower Hutt
Contact phone: 04 939 4629
Website: www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory/north-island-maori-health-providers/hutt-valley-maori-health-providers/tu-kotahi-maori-asthma-trust

Mental Health




Catholic Social Services

Counselling and social work services to those most in need in our community. We provide low cost counselling for individuals and couples.

 Level 1 132 Tory Street Wellington 6011
 reception@wn-catholicsocialservices.org.nz
 (04) 385 8642
wn-catholicsocialservices.org.nz/
 9.00am - 5.00pm Mon - Fri.
 Some charges may apply.
 Referral may apply.

North Porirua Care Centre

NPCC is a charitable trust providing a counselling and social work and services in the North Porirua area. The Trust also supports and manages the "Shoes in Schools" programme.


 69f Discovery Drive Whitby Porirua 5024
 manager@npcc.org.nz
 (04) 233 1248
 (04) 233 1248
www.npbc.org.nz/cms3/index.php/community-services
 Leave messages any time on 04 233 1248.
 Times for counselling and other services vary.
 Some charges may apply.
 No referral required.

Oasis Network Inc

Oasis Network provides peer support, peer advocacy and peer education by/for mental health consumers/Tangata Whaiora within the Hutt Region. Our service is an inclusive and welcoming environment for consumers to visit and be a part of. Our services are developed as determined by consumers. "Nothing about us without us"

 Oasis Network Inc Suite 102 1st Floor ISP Building 14 Laings Road Lower Hutt 5046


 support@oasisnetwork.org.nz
(04) 566 1601
(04) 589 5897
www.oasisnetwork.org.nz


 Mon - Thurs 9:30am - 4:30pm. Fri 9-am- 3:30
Some charges may apply.
No referral required.

Skylight Trust

A national non-profit agency helping children and young people, and those supporting them, to deal with issues of change, loss and grief - whatever its cause.


 Level 3 5-7 Vivian Street Te Aro Wellington 6011


 info@skylight.org.nz
(0800) 299 100
(04) 939 6767
www.skylight.org.nz


 Mon - Fri 8.30am - 5pm. Messages can be left on the answerphone.
Some charges may apply.
No referral required.
Approved Family Violence Provider

Youthline Wellington

Youthline Wellington offers a free, confidential, non-judgmental telephone, text and email counselling and information service to people in the Wellington and Greater Wellington areas.

 Level 3 148 Cuba Street Wellington

 office.wgtn@youthline.co.nz
(0800) 376 633
(04) 801 6924
wellington.youthline.co.nz

 24/7 Youth Help and Counselling Line
Free txt 234
Live chat available on website
Some charges may apply.
No referral required.

Sexual Health and Pregnancy


Greenstone Doors

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

- * Free pregnancy tests
- * Free baby clothes and equipment
- * Antenatal classes specifically for young mothers
- * Information about pregnancy, adoption and abortion
- * Confidential counselling services
- * Referrals to Service providers


* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)
 *Teen parent Hui for those working with young parents in social services in the Hutt Valley


 15 Dudley Street Lower Hutt 5040
 info@greenstoneddoors.co.nz
 (04) 566 5037
 (027) 254 9222
 www.greenstoneddoors.co.nz

 Tues thru Fri 10:00am to 5pm
 Koha/donation may apply.
 No referral required.

Pregnancy Counselling Services - Wellington

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.


 pregnancycounsellinginfo@gmail.com
 (0800) 77 34 62
 (021) 289 8727
 www.pregnancycounselling.org.nz

 Freephone number available 24 hours a day, 7 days a week.
 Text a counsellor 021 2898 727 (021 2TXTPCS)
 Email Enquiry Form is available on website.
 All services free of charge.
 No referral required.

Wellington Sexual Health Service

Free sexual health services, STI assessment and treatment, provided by specialist physicians, GPs, sexual health nurses and counsellors.

 Cuba Street Clinic, Terralink House 275 Cuba Street Te Aro Wellington 6011
 sexualhealth@compasshealth.org.nz
 (04) 385 9879
 (0800) 18 88 81
 www.healthpoint.co.nz/default,101019.sm


 Mon 9am-4.00pm Tues 9am-7pm
 Thurs 9am-4.00pm Fri 9am-4.00pm
 All services free of charge.
 No referral required.

Other

Agape Budgeting Service

Free budgeting service with over 70 fully trained budget advisers. We operate throughout the Wellington region in the clients home and from service centers.

 budgetmanager@agapebudgeting.org.nz
 (04) 477 3000
 agapebudgeting.org.nz


 Mon - Fri 9:00am - 5:00pm. Message service available for urgent contact outside these hours.
 All services free of charge.
 No referral required.

Family Finances Service Trust - Upper Hutt

Family Finances Service Trust - Upper Hutt offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We provide services under MSD's new "Building Financial Capability" contract, and have one-to-one Financial Mentors and MoneyMates group options. We also offer presentations and workshops to interested groups in our community.

Facebook: @FFSTUH

 (off Wilson Street) - Bradley Lane Upper Hutt 5018

 uhbudget@xtra.co.nz

(04) 528 6998

www.facebook.com/FFSTUH

 * 9:00am-3:30pm Mon-Fri - appointments

9:00am to 1:30pm.

* Late night - returning in January 2018.

* Please ring for appointment - allow 2-3 days ahead to be sure you get one when you need.


All services free of charge.

No referral required.

Folau Alofa Charitable Trust


Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) & non violence programmes to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

 34 Beach Street Petone Lower Hutt 5046

 folaulofatrust@gmail.com

(04) 568 3761

www.nnsvs.org.nz

 Office open 9.00am - 2pm, Mon - Fri.
Counseling times may differ as arranged.

Some charges may apply.


No referral required.

Approved Family Violence Provider

Hutt City Budget and Advocacy Service


To provide free financial mentoring and advocacy for any clients who seek our help.

 Harwarden House Unit 2 24 Knights Road Lower Hutt 5010

 info@budgetservice.org.nz

(04) 566 6357

www.budgetservice.org.nz

 9.00am-5.00pm Mon, Weds, Thurs and Fri.

9am to 6pm Tues


All services free of charge.

No referral required.

HV BEST

Advice and assistance to beneficiaries and low income earners, concerning 'Work and Income'. Advocacy in review of decisions processes.


 3 Perry Street Heretaunga Upper Hutt
 hvbest@xtra.co.nz
 (04) 529 8108
 www.hvbest.co.nz

 Mon, Weds and Fri 10am-2pm.
 All services free of charge.
 No referral required.

Newtown Budgeting & Advocacy Services Inc

Providing free, confidential, non judgmental and culturally aware budgeting advice to individuals and families to help them to resolve their own financial problems and develop their own budgeting skills. Community Education about budgeting is available for groups. Sometimes available after hours also.



 Level 1, Riddiford House 94 Riddiford Street Newtown Wellington 6021
 newtownbudget@xtra.co.nz
 (04) 389 8121


 9 am - 5 pm M-F
 All services free of charge.
 No referral required.

Petone Budget Service Incorporated

Provide a free, impartial, confidential service, through one on one budgeting to individuals, families and community education. Our aim is to help individuals and families to develop adequate money management skills.



Also provide 8 week money mates programmes for free with a minimum of 4 learners.


 Petone Community House 6 Britannia Street Petone Lower Hutt 5012
 budget.petone@xtra.co.nz
 (04) 568 8831
 (021) 169 0479 (for txt)

 Appts can be made by txt to 0211690479
 anytime, or book through the office
 between 9.30am - 4.00pm Mon - Fri
 All services free of charge.
 Referral may apply.

Porirua Whānau Centre

The Porirua Whānau Centre houses free services to the community e.g. Childrens Ear Van 11.00am to 12.00pm each Weds; Legal advice - Whitireia Law Centre, 12.00pm to 1.00pm each Tues; Tax, student loan & rebate advice - Inland Revenue, 9.30am to 1.00pm each Thurs. The Centre also offers adult and early childhood educational programmes, holiday programmes and services to families who are experiencing problems and need assistance.


 16 Bedford Court Cannons Creek Porirua
 enquiry@poriruawhanau.org.nz
 (04) 237 7749
 www.poriruawhanau.org.nz

 Mon - Fri from 8.30am - 4.30pm
 Some charges may apply.
 Referral may apply.

The Learning Centre & Whānau Family Support


We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services. We are an affiliated member of Literacy Aotearoa inc. and the National Literacy Organisation.

 Ground Floor 65 Dudley Street Lower Hutt 5040

 manager.whanau.group@xtra.co.nz

(04) 570 6020

www.literacyforall.org.nz

 9:00am - 4:00pm Mon - Fri

(Available outside these hours by appointment)


All services free of charge.

No referral required.

Upper Hutt Foodbank Incorporated

We provide emergency food to Upper Hutt citizens in financial difficulty. Where appropriate we will refer clients to other organisations for further help.

64 Martin Street Upper Hutt 5018

 uhfoodbank@gmail.com

(04) 528 9057

 Mon, Weds and Fri 9.00 - 11.45 am

Closed Statutory Holidays.


All services free of charge.

No referral required.

Upper Hutt Women's Centre


Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

 6 Sinclair Street Upper Hutt 5018

 uhwomen@xtra.co.nz

(04) 527 0017

www.uhwc.co.nz

 Office hours are 9:00am - 2:00pm Mon - Fri, courses are held at various locations and times around Upper Hutt. Check the website for more information.

Some charges may apply.


No referral required.

Vibe - Lower Hutt

VIBE - Free confidential Health and Support for young people aged 10-24.

 4 Daly Street Lower Hutt


 info@vibe.org.nz
(04) 566 0525
www.vibe.org.nz

 Mon, Weds & Thurs, 9am – 5pm, Tues 11am - 5pm with late clinic by appointment on a Thurs
All services free of charge.
Referral may apply.

Vibe - Upper Hutt



VIBE - Free confidential Health and Support for young people aged 10-24.


 68-70 Ward Street Wallaceville Upper Hutt
 info@vibe.org.nz
(04) 528 6261
www.vibe.org.nz

 Mon, Wed, Thurs Fri: 9am–5pm
Tues: 11am - 5pm
All services free of charge.
No referral required.

Wainuiomata Budgeting Services Trust (Inc)

To ensure that individuals have Mentor or group support to support them with Financial Literacy & knowledge. Free confidential information, advocacy and support, budget advice, consumer information, legal advice and referrals.

 Wainuiomata Community Centre 1A Queen Street Wainuiomata Lower Hutt 5014
 manager.whanau.group@xtra.co.nz
(04) 570 6020

 Tues 10am to 2pm
All services free of charge.
No referral required.

Wellington City Mission


We provide holistic support to those who need help, offering access to all our programmes in response to need. Together, we work to identify and address people's underlying issues to create positive outcomes. Mission for Families: The programme provides early intervention and support for families throughout the Greater Wellington region through household assistance, advocacy, guidance, social work, and parenting and life-skills.

Location: 19 Gordon Place, Newtown
Contact phone: 04 245 0829
Website: www.wellingtoncitymission.org.nz

Wellington Women's Health Collective

We offer listening, support, information and referral to all women for concerns about any aspect of their physical, mental or emotional health. We also offer free counselling to women on low incomes and free pregnancy testing.

 Level 5 175 Victoria Street Te Aro Wellington 6142
 info@wwhc.org.nz

 Weekdays 10am-3pm

(04) 384 7709
(022) 323 5008
wwhc.org.nz


All services free of charge.
No referral required.


West Coast


Child Health and Parenting

BABES in Arms

Babies and Breastfeeding Education & Support (BABES).

 Kawatiri Birthing Unit - Cobden Street Westport

 raewyn.johnson@westcoastpho.org.nz
(027) 288 0269

 BABES in Arms breastfeeding and parenting group meets once a month on the second Mon of the month in Reefton and the third Mon of the month in Westport. Free Lactation Consultant at meetings. All services free of charge. No referral required.


Homebuilders West Coast Trust


We provide quality social services to children and whānau ages 0-17 years for the West Coast from Karamea to Haast and inland to Reefton. Homebuilders are the only Level 1 provider on the West Coast for Respite care of children aged 0-17 yrs. We provide Respite Care, Homebased Social Work Support, Counselling, Social Worker in Schools - all schools in the Buller and Greymouth schools

Rūnanga, Blaketown, Cobden, Paparoa Range - Dobson/Blackball, Reefton Area and Haast Schools, The Incredible Years Parenting Programmes - Buller, Big Brothers Big Sisters of Buller Youth Mentoring Programme, Buller Family Whānau Violence Prevention Administrator, Strengthening Families Lead Agency, Ministry of Justice Non-violence programmes.

Our mission statement: Together we strengthen the well-being of children, families and community.

 52 Mill Street Westport

 office@homebuilderswpt.co.nz
(03) 768 6665
(027) 623 9879
www.homebuilderstrust.co.nz


 Office hours 8.30 am - 5 pm Mon - Fri, Answer phone message system available All services free of charge. No referral required. Approved Family Violence Provider


Homebuilders West Coast Trust - Greymouth

We provide quality social services to children and whānau ages 0-17 years for the West Coast from Karamea to Haast and inland to Reefton. Homebuilders are the only Level 1 provider on the West Coast for Respite care of children aged 0-17 yrs. We provide Respite Care, Homebased Social Work Support, Counselling, Social Worker in Schools - Greymouth - Rūnanga, Blaketown, Cobden, Paparoa Range - Dobson/Blackball, Reefton Area and Haast Schools, Strengthening Families Lead Agency, Ministry of Justice Non-Violence programmes.

Our mission statement: Together we strengthen the wellbeing of children, families and community.

 11 Nelson Street Greymouth


 office@homebuilderswpt.co.nz
(03) 768 6665
www.homebuilderstrust.co.nz


 8.30 - 5.00pm office is sometimes unstaffed,
phone for an appointment
All services free of charge.
No referral required.

Tai Poutini Whānau Po Kite Ata Trust

Tai Poutini Whānau Po Kite Ata Trust provides counselling services for children, adolescents and their families.

 70 Bright Street Cobden Greymouth 7805

 Rochellew@familystart.co.nz
(03) 768 6568

 Mon - Fri 8.30-5.00
All services free of charge.
No referral required.


Domestic/Family and Sexual Violence

Rape & Sexual Abuse Support (West Coast) Inc.

Support and counselling to women affected by rape or sexual abuse.

 66 Peel Street Westport 7825



 w.coast.r.c@xtra.co.nz
(03) 789 7700
(0800) 274 747


 Freephone - 0800 274 747
Office hours:
Mon, Tues, Weds and Thurs - 8.30 am - 3.00 pm.
Phone checked daily for messages when office is unattended. Response time is within 24 hours.
All services free of charge.
No referral required.

Food

Hokitika Food & Skills

We provide food to people in need.



 21 Sewell Street Hokitika
 (03) 755 7525


 Mon and Thurss 10.30am - 12.30pm.
 Phone numbers on door for after-hours contacts.
 All services free of charge.
 No referral required.

Health (General)

Public Health Nurse - Hokitika

Public Health Nurses carry out health education, health promotion, health assessment and disease prevention activities in schools and the community.

 Hokitika Health Centre 59 Sewell Street Hokitika 7810
 catherine.andrew@westcoastdhb.health.nz
 (03) 756 9700 ext. 7708
 (027) 206 0508


 8am - 4.30pm Mon - Fri.
 All services free of charge.
 No referral required.

Māori and Pasifika Health

Poutini Waiora - Hokitika

Kaupapa Māori NGO providing health and social services throughout Te Tai O Poutini.

 17 Sewell Street Hokitika
 enquiries@poutiniwaiora.co.nz
 (03) 755 6572
www.poutiniwaiora.co.nz/

 Mon to Fri 8.30am - 5.00 pm
 All services free of charge.
 No referral required.
 Approved Family Violence Provider

Sexual Health and Pregnancy

West Coast Sexual Health Service

The West Coast Sexual Health Service provides FREE, CONFIDENTIAL Sexual Health advice, assessment, diagnosis and treatment of Sexually Transmitted

Infections (STI's) and other related conditions e.g. genital skin conditions / pain etc. The service aims to meet appropriate cultural needs of those seen through its specialist doctor and / or nurse led clinics.

The service includes provision of the Emergency Contraception Pill (ECP), pregnancy testing, referrals and plenty of FREE Condoms. Please note: A charge for the consultation and lab costs may apply for overseas visitors.

GREYMOUTH

The Link Clinic, 1st Floor, Grey Hospital, GREYMOUTH.

MON 2.30 - 6 pm

Drop In Clinic (need to be there by 5.30 pm to be seen)

Ph (03) 769 7400 ext 2874 (clinic hours only).

WESTPORT

Outpatients, Buller Hospital

WEDS 10.30 - 11.30 am

Appointments then Drop In Clinic till 4.30pm.

Ph (03) 788 9030 ext 8756 (clinic hours only).


www.westcoastdhb.org.nz/services/greymouth/grey_base_hospital/clinics.asp


Other

Buller Budget Advisory Service

To offer free Budget Advice to the family unit and individuals regardless of age, gender, race, religion. To deliver community Education. To ensure confidentiality for our clients. To help people manage their financial resources. To increase awareness in budgeting through promotion and education. To offer advocacy.

 Clock Tower Building 113 Palmerston Street Westport 7825

 bullerbudget@xtra.co.nz
(03) 789 8080

 10am to 2pm Mon - Thurs. Answerphone at other times.


All services free of charge.


No referral required.

Reefton Who Cares Incorporated

For families and individuals in crisis - Reefton Who Cares offers a personal and confidential service in a safe environment by well trained Community Support Workers, Community Law Services, Budget Advisory Services and other services covering many issues affecting all ages. We also run Parenting programs, provide Supervised Access, recreation activities for 50yrs+.

 14 Mace Street Reefton 7830

 whocares@xtra.co.nz

 Mon - Fri 9.30am - 11.30am


(03) 732 8631
www.reeftonwhocares.orcon.net.nz

Koha/donation may apply.
 No referral required.

St Vincent de Paul - Hokitika

Operate a 2nd hand shop selling clothes, shoes, and cutlery. We also offer assistance to those in need, including food, petrol and travel, wood and coal, or any other way we can.

 80 Revell Street Hokitika 7810
 montezuma@kinect.co.nz
 (03) 755 7025


 Shop is open Mon - Fri 10.00am - 3.30pm.
 Sat 10am - 12pm.

Other services available as needed.
 All services free of charge.
 No referral required.

St Vincent de Paul - Westport

We supply help to needy people. Have a food bank. Visit the sick. Provide transport.

 129 Palmerston Street Westport 7825
 (03) 789 6661
www.svd.org.nz

 Mon - Fri 10 am - 3.30 pm
 Sat morning, 10am-noon.
 All services free of charge.
 Referral may apply.


Nelson


Domestic/Family Violence & Sexual Violence

Sexual Abuse Support and Healing (SASH-Nelson) Inc

Free counselling and support to survivors of rape/sexual abuse and their family/whānau. Information and education resources are available. Access to other Social Services. All services are confidential and discretion is assured at all times.

 16 Nile Street West Nelson 7010

 sash@sash.co.nz
(03) 548 2407
sash-nelson.co.nz/


 Mon - Fri 9.00am - 4.00pm Clients can be seen by appointment after this time. After hours contact through the Police on 03 546 3840.
All services free of charge.
No referral required.

STOP - Adolescent and Children's Services- Nelson

STOP's vision is "a community free of sexual abuse" - this will be achieved by providing assessment and treatment for adolescent males who have engaged in harmful sexual behaviour and children who have engaged in concerning sexualised behaviour.

 106 Collingwood St Nelson 7010


 brandon@stop.org.nz
(03) 353 0257 (Chch)
(03) 546 6194 (Nelson)
stop.org.nz


 Phones are not manned every day leave message on answer machine or ring Christchurch Office if urgent (03) 353 0257
Referral enquires to Team Leader, Brandon Wilson on (03) 353 0257.
All services free of charge.
Referral may apply.

SVS-Living Safe - Nelson

We provide education programmes, counselling and support for women, men, Children and youth affected by family violence, whether they are survivors or perpetrators of violence. Most of our services are free.

 124 Vangaurd Street Nelson 7010


 admin@svs.org.nz
(03) 548 3850
(03) 528 8976

 9.00am - 5.00pm, Mon - Fri.
Some charges may apply.
Referral may apply.

The Male Room

Offers support and advocacy for boys and men including: seminars, courses, and workshops; one to one counselling; separation counselling and support; supporting males through being victims of abuse, as well as those that are on the other side of it; working with people who have been issued Police Safety Orders, as well as offering accommodation for these people; sexual addictions and pornography issues; supervision for professionals; Male Survivors of Sexual Abuse Trust (MSSAT) affiliated location, working with male survivors of sexual abuse at any stage of their lives.


 28 St Vincent Street Nelson
 pchapman@ts.co.nz
 (03) 548 0403
 (027) 261 8278
www.facebook.com/maleroominc


 Weds 12-5pm.
 All day Thurs & Fri.
 Outside of these times, simply call, email, or Facebook for an appointment and we are happy to see people outside of work hours or on weekends.
 Some charges may apply.
 No referral required.

Housing

Accessible Properties

Providing good quality, affordable homes and property management services to people with disabilities or on low incomes, and the organisations that support them.


 info@accessibleproperties.co.nz
 (0800) 862 769
www.accessibleproperties.co.nz

 8.30am-5pm
 Mon - Fri
 All services free of charge.
 Referral may apply.

Nelson Night Shelter



Men's night shelter, evening meal, cereal breakfast for \$10 per night.


 30A Vanguard Street Nelson 7010
 e.a@kinect.co.nz
 (03) 548 8125
 (027) 210 6977
www.allsaints.co.nz

 24 hours a day 7 days a week
 Some charges may apply.
 No referral required.

The Nelson Tasman Housing Trust

Nelson Tasman Housing Trust provides affordable and social housing for people on low incomes in the Nelson-Tasman region. NTHT also provides complementary services including housing advice, emergency housing coordination, and insulation grants.

 329 Trafalgar Square East Nelson 7010
 info@nelsonhousing.org.nz
 (03) 546 9568
www.nelsonhousing.org.nz

 Mon to Thurs 9am-5pm
 Some charges may apply.
 Referral may apply.

LGBTIQ

Q-Youth

Provides support, advocacy, information and education for queer young people up to the age of 27.

Contact: coordinator.q.youth@gmail.com
<http://www.imlocal.co.nz/nelson-tasman-marlborough/q-youth/>

Youth-A Queer Straight Alliance



Provides group activities and support for queer and queer friendly young people in the Nelson Tasman community.


Contact phone: 022 0750740.

Māori and Pasifika Health

Whakatu Marae Whānau Ora

We provide services that work towards addressing, restoring and enhancing the mana and tapu of the whānau (Whakamanatia te tapu, te ihi, te wehi o te whānau). Paramount to the delivery of these services is the whakawhānaungatanga approach that encompasses Taha Wairua (Spiritual), Taha Hinengaro (Mental/Emotional), Taha Tinana (Physical), Taha Whānau (Family/Relationships).

 99 Atawhai Drive Nelson
 katiana.maaka@whakatumarae.co.nz
 (03) 546 9097
www.whakatumarae.co.nz

 9am - 5pm Mon - Fri
 Some charges may apply.
 No referral required.


Mental Health

Gateway Housing Trust - Nelson Office

Gateway Housing Trust runs mental health services for youth and adults. Services are both residential and community based covering the top of the South Island.



Gateway also runs Snapshot Services which are specifically for youth in the community who are 'at risk'. The Youth Workers work with referrals from Youth Justice, Oranga Tamariki teams, schools, families and other community agencies. Snapshot also has services across the top of the South Island.


 17 Bishopdale Avenue Nelson
 admin@ght.co.nz
 (03) 545 7100
 www.ght.co.nz

 Mon - Fri 8.30am - 4pm
 All services free of charge.
 Referral may apply.

Postnatal Support Network

We provide free and confidential support to women and their families/whānau affected by postnatal distress, depression and/or anxiety. Information, brochures, 1:1 counselling, home visits, lending library, therapy groups, telephone/email support, antenatal talks, link to other community support.

 319 Hardy Street Nelson 7010
 postnataldepression@clear.net.nz
 (03) 548 3555
 www.pndnelson.org.nz

 Visits available weekdays at a time that suits.
 Office hours are: Mon 9.00am - 5.00pm. Tues 9-12. Wed 9-5. Thurs 9 -12.
 All services free of charge.
 No referral required.

Sexual Health and Pregnancy

INP Medical Clinic

- Free for under 22 years
- STI checks
- Condoms (free)
- Contraception
- Emergency Contraception Pill (ECP)
- Pregnancy tests (free)
- Period and hormonal problems
- Cervical smears
- Breast checks




- Fertility
- Sexual abuse.

Location: 18 Nile Street, Nelson 7010
Phone: (03) 546 8155 to book an appointment
Website: www.inp.co.nz

Other




Nelson Women's Centre

The Nelson Women's Centre/ Te Whare Āwhina Mō Ngā Wāhine Puawai is a growth, healing, and resource centre for all women and their children. We provide free social work, support, advocacy, counselling and growth groups, plus low-cost arts and life skills workshops. Two community groups are based at the Women's Centre: Nelson Women's Support, and SASH (Sexual Abuse Support and Healing). We help women and families address a wide range of life challenges, such as: physical and mental health concerns, parenting and relationship issues, family violence, accommodation, social isolation, budgeting and more.

 Nelson Women's Centre 44 Trafalgar Street The Wood Nelson 7010
 nnwomenscentre@ts.co.nz
 (03) 546 7986
 (03) 546 8441
nelsonwomenscentre.org.nz
 Mon - Thurs 9am - 4pm. Fri 9am - 2pm
 Some charges may apply.
 No referral required.

Nelson Women's Support Inc.

To provide a caring, supportive environment for women experiencing difficulties. Provides support, advocacy and counselling.

 44 Trafalgar Street The Wood Nelson
 nws@ts.co.nz
 (03) 546 8441
www.nelsonwomenscentre.org.nz/nelson-women-s-support-nws/
 Mon-Thurs, 9am-4pm
 Fri, 9am-2pm
 All services free of charge.
 No referral required.

SANITI

All enrolled students at NMIT are members of SANITI and are entitled to representation and services provided by the Association. The Students' Association is here for you. Whether your issues are:

- Financing your Study
- Academic Issues

- *Problem Resolution*
- *Managing Stress*

Contact phone:

03 546 2425 or 027 545 7491

Website:

www.saniti.co.nz


Christchurch

Child Health and Parenting

Birthright Canterbury Trust

Birthright is a national organisation which works to support, strengthen and advocate for one-parent families. We support the families by providing home visits, practical assistance, programmes, advocacy, family friendly events and newsletters.



 Christchurch Community House 301 Tuam Street Christchurch 8011
 manager@birthrightchch.org.nz
(03) 366 9456
www.birthrightchch.org.nz/


 Mon - Fri 9:00am - 5pm
All services free of charge.
No referral required.

Domestic/Family Violence & Sexual Violence

Aviva Family Violence Services

At Aviva, we help individuals and families to become - and stay - free of violence. We work with women, children and men, giving each person the support they need, when they need it, to become safe and live free of family violence. We actively partner with our local communities, service organisations and local government to raise awareness of family violence and encourage action to overcome and end it.



 The Loft, Level 1, Eastgate 20 Buckleys Road Linwood Christchurch 8642
 enquiries@avivafamilies.org.nz
(0800) 28482 669 (AVIVA NOW)
(03) 378 3847
www.avivafamilies.org.nz


 Support & Information line available 24/7
0800 AVIVA NOW (284 82669)
Some charges may apply.
Referral may apply.
Approved Family Violence Provider

He Waka Tapu Limited

He Waka Tapu is a Kaupapa Māori organisation. We are funded to work with Māori or those that have Māori partners or children. Services are therefore delivered using a kaupapa Māori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whānau (family well-being) and whānau whanui (community well-being). There

is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.


 161 Pages Road Aranui Christchurch
 reception@hewakatapu.org.nz
 (0800) 439 252
www.hewakatapu.org.nz

 Normal hours: Mon-Fri, 8:30am-5pm.
 All services free of charge.
 Referral may apply.
 Approved Family Violence Provider

Male Survivors of Sexual Abuse Trust - Christchurch



Peer support for men who were sexually abused when they were children. To empower male survivors of sexual abuse in their recovery process and to work towards changing the way the community views sexual abuse, the effects, the victims and the perpetrators.


 301 Tuam Street Christchurch 8011
 mssat@survivor.org.nz
 (03) 377 6747
 (027) 353 3854
www.survivor.org.nz/

 Mon - Fri 9am - 5 pm
 All services free of charge.
 No referral required.

Real Steps



To empower people to make positive choices in life by learning how to break unhealthy cycles that may have been caused by broken relationships, violence, abuse, neglect and crime. We will provide unique, professional and affordable life skills programmes and courses in a safe and caring environment with fully trained facilitators.


 801B Main North Road Belfast Christchurch 8051
 realsteps@christchurchnorthelim.org.nz
 (03) 323 7212
 (029) 7777 533

 Weds 9.30 am - 2.30pm
 Some charges may apply.
 No referral required.

START - Christchurch


Specialist service for children, youth and adults who have experienced sexual abuse, counselling for children, youth and adults, support for their whānau, consultation for wider community, prevention / education for wider community.


 448 Innes Road Christchurch 8052
 admin@starthealing.org
 (03) 355 4414
 (027) 952 5986
www.starthealing.org

 9.00am - 5.00pm Tues - Fri.
 9.00am - 6.00pm Mon
 Some charges may apply.
 Referral may apply.
 Approved Family Violence Provider

STOP Christchurch - Child, Adolescent and Adult Services

STOP works to end sexual abuse by providing treatment for children, adolescents, and adults who have sexually abused or been engaged in harmful sexual behaviour.

 maureen@stop.org.nz
(03) 353 0257
www.stop.org.nz

 8.30am - 5.00pm Mon - Fri.
All services free of charge.
Referral may apply.


Housing

Tenants Protection Association (Christchurch) Inc

One in three people live in a home they do not own. Tenants Protection Association (TPA) provides free and confidential advice, information and advocacy services which includes assisting tenants to understand and prepare for the mediation and tribunal process, and helping Tenants and other make decisions about their current renting situation. TPA also provides education services and resources to assist renters and other agencies understand tenancy rights and responsibilities.

 301 Tuam Street Christchurch Central Christchurch

 info@tpa.org.nz
(03) 379 2297
www.tpa.org.nz

 You can contact TPA by email or ringing (03) 379 2297 during working hours.
Please clearly leave your name and phone number. Face to face advice at city office by appointment.
Some charges may apply.
Referral may apply.

LGBTIQ

The Pink Pages Online

Directory of LGBTIQ Christchurch.

Website: www.pinkpages.org.nz

Māori and Pasifika Health

Te Puawaitanga Ki Ōtautahi Trust




A kaupapa Māori provider, committed to provide quality service for whānau, dedicated to promoting, improving, and delivering health care and education in the community. Services we offer:

- Tamariki Ora Service – Well Child Checks for pēpe 0–5 years
- Outreach Immunisation Service – supporting whānau with their immunisation schedule
- Canterbury Breastfeeding Advocacy Service – support and education
- Breastfeeding Support Groups – across the city – call us for the one closest to you
- Parents as First Teachers – delivering Ahuru Mowhai Early Childhood programme for pēpe 0–3 years
- WERO – group smoking initiative
- Rapuora Mobile Nursing Service – for 18+ at risk of, or who have respiratory, diabetes or heart disease
- Kaitoko Whānau – advocacy for housing issues

Location: 153 Gilberthorpes Road, Hei Hei, Christchurch
Contact phone: 0800 66 99 57
Website: www.whanauoraservices.co.nz

Te Puna Oranga Incorporated


We are Kaupapa Māori Community Service Organisation, who are committed to working with Whānau within a holistic approach. Services offered are; Māori sexual abuse healing, abuse prevention education, Māori youth & whānau advocacy services.

 687 Worcester Street Linwood Christchurch
 info@tepunaoranga.co.nz
 (03) 381 8472
www.tepunaoranga.co.nz
 9am-5pm Mon - Fri.
 All services free of charge.
 No referral required.
 Approved Family Violence Provider

Purapura Whetu Trust


Purapura Whetu Trust is a community based Kaupapa Māori mental health organisation. Purapura Whetu Trust was initiated in 2002 to address the needs within the local Māori community. The Kaupapa Māori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Māori mental health services to adults, adolescents, children and their whānau who require a counselling or community support programme from a Kaupapa Māori perspective.

 Level 1 166 St Asaph Street Christchurch 8011

 office@pw.Maori.nz

(03) 379 8001

www.pw.Maori.nz

 Mon - Fri 8.30 am to 4.30 pm

All services free of charge.


Referral may apply.

Mental Health

Canterbury Men's Centre


We support men in a variety of ways. Phone us to make a time to talk to someone. We spend that hour with a man to help him figure out next steps. We also have a counselling service with skilled counsellors, sensitive to men. Pricing is based on your capacity to pay, and that does include free.

 357 Gloucester St Christchurch 8011

 counsellor@canmen.org.nz

(03) 365 9000

canmen.org.nz

 Our counsellors are available 8:30 am to 9:30 PM almost every day of the week.

Our intake for new clients is 9-5 M-F though we can stretch this if absolutely necessary.


Some charges may apply.

No referral required.

Catholic Diocese of Christchurch - Catholic Social Services


No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults. Budgeting/advocacy and practical needs assessment/assistance.

 Matthew Brodie House 336 Cashel Street Linwood Christchurch 8011

 c.s.s@clear.net.nz

(03) 379 0012

www.cathsocservs.nzl.org

 (by appointment)

9.00am - 5.00pm Mon - Fri.

Tues & Thurs 9am - 6.30pm


All services free of charge.


No referral required.

The Salvation Army Oasis Centre - Christchurch

The Oasis Centres provide free and confidential specialist counselling/intervention and public health services for those adversely affected by gambling related problems.

 126 Bealey Avenue Christchurch 8013


 oasis_christchurch@nzf.salvationarmy.org
(03) 365 9659
www.salvationarmy.org.nz/here-to-help/addictions/oasis-centres/


 Mon - Fri 9am - 5pm office open to make appointment. Services also offered in Kaiapoi and Rangiora. All services free of charge. No referral required.

Women's Centre - Christchurch

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed choices in their lives. Provides free counselling.

 Unit 3 242 Ferry Road Waltham Christchurch 8011

 support@womenscentre.co.nz
(03) 371 7414
(022) 105 5308
www.womenscentre.co.nz

 Drop-in open between 10am - 2pm Mon - Fri.
Phone between 9am - 3pm Mon - Fri.
Some charges may apply.
No referral required.

Sexual Health and Pregnancy

Christchurch Sexual Health Service

Aims to provide sexual health care that is client focused, culturally appropriate and of an excellent standard. They are a specialist service offering free and confidential sexual health care including:

- *Diagnosis and management of sexually transmitted infections and other related conditions including genital skin conditions and genital pain.*
- *Sexual health information services and contact tracing*
- *Referral to sexual abuse services*
- *Child protection*

The centre has an appointment system; however if you need to be seen urgently they will endeavour to see you within 24hrs if possible.

Specialist Sexual Health services are accessed through self-referral as well as GP referrals. The sexual health service provides care for STIs, HIV and others.


Location: 314 Riccarton Rd, Upper Riccarton, Christchurch
Contact phone: 03 364 0485
Website: www.cdhb.health.nz/Hospitals-Services/Specialist-Care/Sexual-Health/Pages/default.aspx

New Zealand AIDS Foundation

Free rapid tests for HIV and Syphilis with results in 20 minutes. Our free counselling services are available to anyone living with or affected by HIV, regardless of gender, ethnicity, age or sexual orientation.


 185 Peterborough Street Christchurch 8013


 contact.tetoka@nzaf.org.nz
(03) 379 1953
www.nzaf.org.nz

 9.00am - 5.00pm Mon, Tues, Thurs, Fri.
11.00am to 8.00pm Weds
All services free of charge.
No referral required.

Pregnancy Counselling Services - Christchurch

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.


 pregnancycounsellinginfo@gmail.com
(03) 338 3057
(0800) 773 462 (0800 PREGNANT)
www.pregnancycounselling.org.nz


 Freephone number available 24 hours a day, 7 days a week.
All services free of charge.
No referral required.

Other

Angel Fund



A savings and loan fund lending up to \$500 interest free to women for the purpose of small/home/lobby business or education/training or moving into work expenses. Applications accepted from women on low incomes who live in the Christchurch area who have difficulty accessing credit from traditional sources and who have an ability to repay.


 angelfund@gmail.com
(022) 412 6435
www.angelfund.org.nz

 If you wish to leave a message for Angel Fund, please use the mobile number provided and send a txt
Some charges may apply.
No referral required.

Christchurch Budget Service Inc

Christchurch Budget Service is a genuinely independent agency that is not aligned to any religious or political organisation nor is contractually obliged to share client's private and personal information with any Government Agency. At Christchurch Budget Service we specialise in providing budget and debt management advice, support and advocacy for full and part-time working, people, superannuants, students, independent contractors, contract workers and agency workers.

 Unit 4 473 Brougham St Waltham Christchurch 8023
 chchbudget@gmail.com
(03) 366 3422
(021) 0827 1472
www.christchurchbudgetservice.co.nz


 Office appointments weekdays
Visits to client's homes days, evenings and weekends
Some charges may apply.

No referral required.

Christchurch City Mission

We provide budget support, emergency food, night shelters for men, women and families, generic social worker services, alcohol and drug counselling and drop in day services to men and women.


 276 Hereford Street Christchurch 8140

 info@citymission.org.nz

(03) 365 0635

(03) 371 0617 (Budgeting advisor)

www.chchcitymission.org.nz/

 Normal hours Mon - Fri 8.30am - 5.00pm.

Night shelters open at 5.00pm 7 days a week.


All services free of charge.

No referral required.

Christchurch Resettlement Services Inc.

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.


 Level 1 283 Lincoln Road Addington Christchurch 8024

 admin@crs.org.nz

(03) 335 0311 x 30

(03) 335 0311 x 22

www.crs.org.nz/

 Mon - Fri, 8.30am to 5pm


All services free of charge.

No referral required.

Kingdom Resources


Kingdom Resources is a not-for-profit Christian organisation in Christchurch and North Canterbury; offering budget advice, budget education courses, and an employment education course for women.

 Addington Mall 300-304 Lincoln Road Addington Christchurch 8052

 kr@kingdomresources.org.nz

(03) 332 1700

www.kingdomresources.org.nz

 Office hours: 8.30am-4.30pm, Mon - Fri.

24hour answerphone.

All services free of charge.

No referral required.

The Salvation Army - Christchurch North Community Ministries

Salvation Army Services provided in the Christchurch North area are Foodbank, Advocacy and Support, Budgeting, Hospital visitation, visiting of the elderly, women's groups, Sun Family Worship services and Family Fun Nights, Family Stores and weekly Healthy Fruit & Vege Co op. Free bread available Mon, Weds and Thurs.

- 📍 794 Main North Road (Entrance Donegal Street) Belfast Christchurch 8051
- 📧 Christchurch_North_Corps@n
zf.salvationarmy.org
(03) 323 8257
www.salvationarmy.org.nz
- 📅 Sun @ 10.00am and held at Northcote School hall,
26 Tuckers Road, Redwood.
Office hours (794 Main North Rd, Belfast)
9.30am - 12.30pm Mon - Thurs
Some charges may apply.
No referral required.

Te Rūnanga O Nga Maata Waka Incorporated

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch. We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, as well as being registered and accredited by NZQA under the Education Act as a Private Training Establishment. Maata Waka means the 'confederation of all tribes, all nations, all people'. The organisation is inclusive of all and exclusive of none. For the Rūnanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

- 📍 Nga Hau e Wha National Marae 250 Pages Road Aranui Christchurch 8643
- 📧 info@maatawaka.org.nz
(03) 382 6628
maatawaka.org.nz/
- 📅 Mon - Fri - 8:00 to 4:30
Some charges may apply.
Referral may apply.

Ashburton


Child Health and Parenting

Ashburton Toy Library Incorporated Society

The Ashburton Toy Library Inc. has been catering for the families of Mid Canterbury for the last 20 years. The aim of the Ashburton Toy Library Inc is to provide local families with the opportunity to use quality educational and age-relevant toys. We also aim to provide a large range of developmental toys.


We have toys ranging from puzzles and board games, thomas the train set, ride on toys (John Deere Tractors), bikes, scooters, role play (i.e. kitchens), doll houses, duplo, magnet blocks, edicational and developmental toys, dress up's, exersaucers, musical toys, water play, cake times, play dough sets....and much more! Prices range from free to \$5.00 for a two week hire.

 C/- Methodist Church Hall - Baring Square Ashburton 7700

 ashburtontoylibrary@gmail.com

(027) 366 5475

www.facebook.com/pages/Ashburton-Toy-Library-Inc-NZ/146931828658254

 Open 9.30am- 12.30pm
every Thurs and Sat.

Check us out on Facebook and the
Ashburton Online microsite.


Some charges may apply.

No referral required.

Birthright Ashburton Inc

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families. Today NZ census statistics tell us that there has been a 20% increase in the number of one parent families in the last ten years.

 44 Cass Street Ashburton 7700

 birthrightash@gmail.com

(03) 308 1237

www.birthright.org.nz

 Mon & Wed 10am - 12pm

All services free of charge.

Referral may apply.

S.E.E.D.S Family Wellbeing Programme



S.E.E.D.S - Sharing Everyday Experiences and Drawing on Skills. Free parenting and home skills programme.


Contact phone: (03) 3081395
 Website: www.saferashburton.org.nz/cms/services/seeds.html

Mental Health

Comcare Trust - Ashburton

To work with people who experience serious mental illness.

 11 Elizabeth Street Ashburton
 (03) 307 7137
www.comcare.org.nz/

 Mon - Fri 8.30am - 5.00pm.
 All services free of charge.
 Referral may apply.



Sexual Health and Pregnancy


Please see national listings.

Other

Ashburton Budget Advisory Service Inc

Ashburton Budget Advisory Service Inc offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We are available to present Community Education on Budgeting to Community groups, Schools, and Training Groups.



 Trevor Wilson Centre 215 Tancred Street Ashburton 7700
 ashbudget@psusi.org.nz
 (03) 308 5868
www.ashbudget.familybudgeting.org.nz/


 9.00am to 4.30pm Mon - Fri weekly
 All services free of charge.
 No referral required.

Ashburton Community Alcohol & Drug Service

Ashburton Community Alcohol & Drug Service is a community based Assessment & Treatment service for both Adult & Youth we offer the following services; Screening, Brief Intervention, Assessment, Treatment therapy, Support & Case Management, Information & Advice, Groups.

ACADS accept self referrals and referrals from primary and secondary health care providers, statutory organisations and community social services. Services are free & confidential

 Hostel Building, Ashburton Hospital 28 Elizabeth Street Ashburton 7700
 acads@xtra.co.nz
 (03) 308 1270
www.acads.co.nz

 8.30 - 5pm
 All services free of charge.
 No referral required.

HYPE Youth Health Centre


Free and confidential service for 12-24 year olds in the wider Ashburton district. Provides sexual health services, and a wide range of health information.

Open: Weekdays 3-5pm.
Location: 193 Burnett Street, Ashburton
Contact phone: 027 296 1305
Website: www.saferashburton.org.nz/cms/services/hype.html

Mid Canterbury Newcomers Network

The Mid Canterbury Newcomers Network provides information, support, empowerment and social opportunities to new residents to help them settle into their new life in the Ashburton District and help them connect with their new community.

 44 Cass Street Ashburton 7700
 newcomers@saferashburton.org.nz
 (03) 308 1395
 (027) 220 8791
www.newcomers.co.nz/regions/canterbury/ashburton/

 Mon, Tues, Weds and Fri, 10am to 3pm
 All services free of charge.
 No referral required.


Timaru

Child Health and Parenting

Family Support (SC) Inc

Family Support (SC) Inc is an independent, community based family support agency. We work with families under stress or in crisis to enable them to remain intact and capable of functioning independently, or with a small amount of appropriate ongoing support.

 9A Dee Street Timaru 7910
 familysupport@fssc.org.nz
(03) 688 1152
www.fssc.org.nz

 Mon - Fri 9.00 - 5.00
Some charges may apply.
No referral required.


Domestic/Family Violence & Sexual Violence

Family Works South Canterbury

At Family Works we believe that some children, families and individuals need support to reach their full potential regardless of age, culture or gender. We believe that everyone has strengths but now and again need help in order to flourish.

Sometimes families need someone who is prepared to listen, someone who understands and can help them make positive and lasting changes in their lives.

 Campbell Cleland Centre 26 North Street Timaru 7910
 familyworks@pssc.co.nz
(03) 688 5029
southcanterbury.familyworks.org.nz/

 Mon-Fri 8:30am-5.00pm
Some charges may apply.
No referral required.
Approved Family Violence Provider


Māori and Pasifika Health


Fale Pasifika O Aoraki Trust Society Incorporated

Fale Pasifika O Aoraki (FPOA) is an Organisation that started in 2008 which works with and for Pacific Island people in our region so that they are able to make a difference in their lives. FPOA will help pacific people with dealing with

government departments, translation, prevention and intervention of family violence, our pacific island heritage, as well as family and individual support. We have a youth club as well as a mothers coffee club, which give support and help. We hold different workshops which are designed to promote health, enriching our culture and strengthening the future of pacific peoples. Our service is free and confidential.

 Community House 27 Strathallan Street Timaru 7910

 ofa_pasifikaooraki@xtra.co.nz
(03) 687 7585
(021) 057 3508

 Mon, Tues, Thurs and Fri
Open 9am - 5pm
Some charges may apply.
No referral required.


Mental Health

Addiction Mental Health Peer Support Services 101

To help those who have experience of mental unwellness and or addiction by providing a safe and supportive environment for their self-directed recovery using a peer support strengths model.

 24a Church Street Timaru 7940

 ampss101@gmail.com
(03) 688 9454


 10-4 Mon - Thurs
10-2 Sat
Some charges may apply.
Referral may apply.

Family Mental Health Support Inc.

The FAMHS nurses work with you and your family and whānau to help you understand your family members mental illness and/or addiction and how you can best support them in their recovery. The service covers the South Canterbury region and the nurses can visit you in your home or meet at the office in Timaru. FAMHS works closely with the SCDHB Mental Health & Addiction Services and community agencies. The service is free, confidential and has a recovery focus.

 77 Grey Road Timaru 7910



 office@famhs.nz
(03) 684 4523
(0800) 732 000


 Mon - Fri from 8.30 a.m. Flexible appointments are available.
All services free of charge.
No referral required.

The Mental Health Brief Intervention Service

We provide an adult mental health service in the South Canterbury area, for mild to moderate mental health issues. This may include any issue that affects a

person's ability to cope such as anxiety, depression, stress, grief, relationship break-ups, work, major physical illness or sexuality. To access our service a referral from a GP or a Practice Nurse is required. This is a free service to clients, funded by the local DHB.

 18 Woollcombe Street Timaru 7910
 (03) 687 7120


 Mon - Fri 8.30am-5.00pm
 All services free of charge.
 Referral may apply.

Timaru Mental Health Support Trust (Victoria House)

Timaru Mental Health Support Trust provides wellness programmes in a strengths based recovery model which focuses on individual abilities and desires as outlined in each person's individual goal plan.

We provide employment support, community participation, education sessions, weekend service and a wide range of daily activities in a warm, safe environment. Clients are able to socialise with others, attend workshops or come in for nutritious lunches or an evening meal.

 83 King Street Kensington Timaru 7910
 tmhst@xtra.co.nz
 (03) 688 8889
www.victoriahouse.org.nz

 Mon, Weds, Fri 9.00am - 5.00pm
 Tues 10.00am - 5.00pm
 Thurs 9am-8pm
 Sat & Sun 12.30pm - 4.30pm
 Some charges may apply.
 Referral may apply.

Sexual Health and Pregnancy

Timaru Hospital Outpatients Department

- Sexually transmitted disease screening and treatment
- Contraception
- Pregnancy testing
- Advice and support on sexual health related topics
- Contact Tracing
- Referrals to specialist care

Location: Timaru Hospital Outpatients Department
 Level One, Timaru Hospital
 Queen Street, Timaru

Contact phone: 03 687 2320
 Leave a message and your call
 will be returned as soon as possible.


Website: www.scdhb.health.nz/services/womens-health/sexual-health

Other

Budget Advisory Trust - Timaru

Timaru Budget Advisory Trust offers free, supportive, confidential and culturally aware budget advisory services with trained and certified budget advisers.

 16 Beswick Street Timaru 7910
 tbat@xtra.co.nz
(03) 688 9383
www.tbat.co.nz

 9.30am - 3.30pm Mon - Fri. 24 hour answerphone.
All services free of charge.
No referral required.

Cromwell & Surrounds


Domestic/Family and Sexual Violence

Jigsaw Central Lakes

We have a team of experienced staff who work collectively to provide quality services and programmes relating to Sexual and Family Violence. Jigsaw works with all members of the family and can provide services for both victims and offenders. Geographically we cover the Wakatipu basin, Wanaka and Central Otago regions.

We have a range of services including social workers, counselling, Domestic Violence Programmes, safety planning, children's programmes and counselling and general support.

 63 Ballarat Street Queenstown
 info@jigsawcentrallakes.co.nz
(03) 441 0009
(0508) 440 255
www.jigsawcentrallakes.co.nz

 Office hours are Mon - Fri 9am-5pm
Some charges may apply.
No referral required.
Approved Family Violence Provider

Food

Cromwell Foodbank

Location: 5 Murray Terrace, Cromwell
Contact phone: 03 445 1690
Website: [www.foodbank.co.nz/cromwell-foodbank?ct=t\(_How_to_Relax_on_Holiday_Christmas_Nibbl12_16_2016\)&mc_cid=75666adb1c&mc_eid=ae9bfb7280](http://www.foodbank.co.nz/cromwell-foodbank?ct=t(_How_to_Relax_on_Holiday_Christmas_Nibbl12_16_2016)&mc_cid=75666adb1c&mc_eid=ae9bfb7280)

Māori and Pasifika Health


Uruuruwhenua Health Inc

Uruuruwhenua Health works closely with existing health providers and whānau in the rohe to ensure that all parties are facilitated towards effectively growing whānau ora through collaborative and co-operative efforts.

Services are delivered within Uruuruwhenua – the geographical area covered by Roxburgh, Wanaka, Makarora, Maniototo, Cromwell, Ranfurly, Millers Flat and Alexandra. The service has an office based in Alexandra. Our whānau worker/s

operate a mobile service from this central location. This allows for services to be delivered in shearing quarters, fruit industry accommodations, whānau, community homes and facilitated through premises including doctors' surgeries, hospital and clinics.


 90B Centennial Avenue Alexandra 9320

 info@uruuruwhenuahealth.co.nz

(03) 448 8634

(0800) 878 087

www.ururuwhenuahealth.co.nz

 Normal business hours
All services free of charge.
No referral required.

Mental Health

Otago Mental Health Support Trust

Provides information, advocacy and peer support to people affected by mental distress. Free service.

Contact phone: 0800 364 462

Website: www.omhst.org.nz/

Sexual Health and Pregnancy

Cromwell Medical Centre

Has funding for two free sexual health visits per annum for women under 22 and for Māori women aged under 50. Please check with your doctor to see if you are eligible for this service.

Location: 192 Waenga Drive, Cromwell

Contact phone: 03 445 1119

Website: www.crommed.co.nz/

Youth Health Clinic

Free sexual health services to those aged 25 and younger.

Location: 14-20 Community House, Alexandra

Contact phone: 03 440 4309

www.centralotagonz.com/alexandra-clyde/alexandra/care-agency/x,1,5073/youth-health-clinic.html

Transport

St John Health Shuttle Service

Transports people to Dunedin who need to attend health related appointments.

Website: www.cromwellresource.org.nz/community

Other



Community Networks Wanaka


Community Networks is a unique one-stop centre offering health and social services, information and advice throughout the Upper Clutha area

We are a 'Heartlands' Service Centre. We facilitate regular visits from Government and Non-government organisations to offer services to the community. These include IRD, Community Law, Justices of the Peace, Volunteering Central, Budget Advice. We also hold an extensive range of social support information such as Work and Income forms, and details of health professionals and counselling services.

We coordinate a range of activities and services including the Community Food Bank, Meals on Wheels, Wheels to Dunstan Bus Service, Total Mobility (discounted taxi scheme), and a local interagency meeting of social service providers.

We work alongside the community to identify gaps in services and advocate on their behalf to increase social capital. Examples include: Wanaka Alcohol Group, Champion for Older People Group.

 73 Brownston Street Wanaka 9305
 info@communitynetworks.co.nz
 (03) 443 7799
www.communitynetworks.co.nz/

 Open week days 9am - 4pm
 All services free of charge.
 No referral required.

Cromwell Resource Centre

"A Wealth of Information" Located in the heart of Cromwell, the Cromwell Resource Centre is a Central Otago District Council owned facility and resource centre for locals.

Managed by a Volunteer Trust we aim to foster community and social development by helping to empower people to solve their own problems and advocating on their behalf where necessary.


Location: 5 Murray Terrace, Cromwell, Central Otago, 9310
Contact phone: (03) 445 1690
Website: www.cromwellresource.org.nz

Happiness House Community Support Centre

Happiness House is a registered Charity assisting the Wakatipu area supported by funding groups, local businesses, organisations and individuals. Also a fantastic little op shop that partially funds the center.

Practical support for individuals and families operated out of a friendly and home-like environment.

 4 Park Street Queenstown 9300
 happinesshouse@xtra.co.nz
(03) 442 6531
(027) 973 5535
www.facebook.com/HappinessHouseQueenstown


 Mon - Fri 9 am - 4 pm.
All services free of charge.
No referral required.


Dunedin

Domestic/Family Violence & Sexual Violence

Rape Crisis (Dunedin)


Free and confidential support, advocacy and counselling for survivors of recent and past rape, incest, sexual abuse, sexual violence or sexual harassment. We have a 24/7 crisis line and our office is open from 9am to 5pm weekdays for face to face counselling and support.

 1st Floor, Corso Building 111 Moray Place Dunedin

 rcrisis@xtra.co.nz

(03) 474 1592

www.rapecrisisdunedin.org.nz/

 9am to 12pm Mon - Fri

All services free of charge.

No referral required.

Approved Family Violence Provider

STOP Adolescent and Children's Services- Dunedin

STOP's vision is "a community free of sexual abuse" - this will be achieved by providing assessment and treatment for adolescent males who have engaged in harmful sexual behaviour and children who have engaged in concerning sexualised behaviour.


 2nd Floor Kirkland Chambers 83 Moray Place Dunedin 9016

 bryan.oneill@stop.org.nz

(03) 477 8090 Dun

(03) 3530257 ChCh

www.stop.org.nz

 Phones are not manned every day, please leave a message on answer phone or if urgent, contact the Christchurch office (03) 353 0257.

All services free of charge.

Referral may apply.

Māori and Pasifika Health

Arai Te Uru Whare Hauora

- Tamariki Ora Well Child services
- Community Health Services:
- Free Gym - we have access for all whānau enrolled on the programme.
- Educational Hui – Diabetes, Lifestyle and Healthy Kai.
- Personal Trainer Sessions – including individualised exercise prescription and nutritional advice.
- On-site computer access to electronic health diary.

- Clinical Support if needed – including referrals to other services we provide or external specialists.
- Basic health check – includes checking cholesterol levels, fitness, blood pressure and more.
- Whānau Ora kaimahi supporting whānau to access appropriate health resources via education, promotion, advisory liaison and co-ordination of activities to enhance their well-being.
- We offer this service in Dunedin, but deliver our healthy kai classes and hui in a variety of settings throughout Otago.

Contact phone: 03 4719 960
Location: Arai Te Uru Whare Hauora, 25 College St, Caversham
Website: www.araituru.co.nz

Mental Health

Otago Mental Health Support Trust


Provides information, advocacy and peer support to people affected by mental distress. Free service.

Location: 3rd Floor, Queens Building
 109 Princes Street PO Box 5021
 Dunedin 9058 New Zealand
Contact phone: 0800 364 462
Website: www.omhst.org.nz/

WellSouth Primary Health Network

Well South Primary Mental Health Brief Intervention Service, provides a free service for adults 20 year + in the Otago / Southland District who are experiencing some difficulties related to their wellbeing. Referrals are by GP or practice nurse or some other health professionals. Brief intervention may include; education about emotional wellness, medication and illness prevention, Stress management, talking therapy. People can be eligible for up to 5 sessions.

 level 1 333 Princes Street Dunedin 9016
 (0800) 477 115
wellsouth.org.nz

 Mon - Fri 830am - 430 pm
 All services free of charge.
 Referral may apply.

Youthline Otago Incorporated

Helpline counselling (24 hours, 7 days) by phone, text and email. Face to face counselling and psychotherapy for all ages 18+. Group facilitation. Accessible supervision for community workers. Community Development projects, Community Education and workshops for people of all ages and concerns, with

a specific focus on the needs of youth. Coordination of youth development projects and programmes.


 talk@youthline.co.nz (helpline)
(0800) 37 66 33 (Helpline)
(03) 477 2461 (Office number)
otago.youthline.co.nz/about-and-contact/find-us/


 **Helplines**
Freetext 234
Freephone 0800 37 66 33,
Email talk@youthline.co.nz,
webchat youthline.co.nz/go-chat.
Office contact 03 477 2461 or
youthlineotago@xtra.co.nz
Some charges may apply.
No referral required.


Sexual Health and Pregnancy

Rape Crisis (Dunedin)

Free and confidential support, advocacy and counselling for survivors of recent and past rape, incest, sexual abuse, sexual violence or sexual harassment. We have a 24/7 crisis line and our office is open from 9am to 5pm weekdays for face to face counselling and support.

 1st Floor, Corso Building 111 Moray Place Dunedin

 rcrisis@xtra.co.nz
(03) 474 1592
www.rapecrisisdunedin.org.nz/


 9am to 12pm Mon - Fri
All services free of charge.
No referral required.
Approved Family Violence Provider


Other

Budget Advisory Service: Dunedin

The Dunedin Budget Advisory Service operates a free, confidential money management service, providing information, education, support and advice to all people within the greater Dunedin area, seeking to empower them to manage their own finances.

 Dunedin Community House 283-301 Moray Place Dunedin

 enquiries@budgetingdunedin.co.nz
(03) 471 6158
www.budgetingdunedin.co.nz

 8:30am - 4.30pm Mon - Fri
All services free of charge.
No referral required.

Otago Polytechnic Students' Association (OPSA)

Unipol Recreation Services offers a huge choice of recreational activities, including cardio and weights, sports halls, group fitness, outdoor rental, social

sport and outdoor adventures. OPSA employs two Advocates to provide students with free independent, confidential and non-directive advice and help with any problems you might have that may affect your study.

This includes – unfair marking or grades, issues with teachers or classes, complaints, student discipline, and plagiarism accusations. It also includes accommodation issues – disputes with landlords, lease issues, and advice on your rights. OPSA's Advocates are also able to offer free Budget Advice and are trained Harassment Contacts.

Contact phone: (03) 477-6974
Website: www.opsa.org.nz

Gore

Child Health and Parenting


Gore and Districts Community Youth Worker Trust


Gore and Districts Community Youth Worker Trust are a not for profit Trust established to provide a link between Young People, their Whānau and the services available to them, provide an opportunity for Young People and their Whānau to gather information, provide resources and programmes relevant to the needs of Young People and their Whānau living in the Gore & Districts Community.

We offer FREE support for young people aged 5 to 18 years old with concerns such as:

- *Self confidence/Self Esteem,*
- *Communication/Social Skills,*
- *Problem Behaviours,*
- *Drug & Alcohol Abuse,*
- *Relationships/ Peers,*
- *Disengaging in Education.*

 Community Connections Centre 1 Charlton Lane Gore 9710


 gdcywt@gmail.com
(03) 208 8480


 Mon - Fri 8.30am - 5pm
All services free of charge.
No referral required.

Gore Toy Library

We welcome children, families and caregivers to borrow well-designed toys, puzzles and games which are made available for lending at a minimal cost.

 13 Wayland St Gore 9710




 toylibrary@gorekidshub.org.nz
(027) 960 1533
www.gorekidshub.org.nz

 Weds 6pm - 7.30pm
Fri 10am - 12.30pm
Some charges may apply.
No referral required.

Strengthening Families - Gore

Strengthening Families is a way of providing better co-ordinated support for families/whānau by using an interagency case management approach. It aims

to improve family health, educational attainments and reduce the incidence of persistent offending or abuse and neglect.

-  Community Connections Centre 1 Charlton Lane Gore 9710
-  sfgore@cnt.org.nz
- (03) 208 8480
- (027) 600 1800
- www.strengtheningfamilies.govt.nz
-  Mon - Fri
- All services free of charge.
- Referral may apply.

Domestic/Family and Sexual Violence

Gore Women's Refuge

We provide: 24 hour crisis line, emergency accommodation, community and outreach services, information and advice, women and children's education programmes, referral service and support to attend appointments.

-  77A Main Street Gore 9710
-  admin@gorerefuge.org.nz
- (03) 208 8384
- (0800) 00 43 43
- www.womensrefuge.org.nz
-  9am - 3.30pm.
- 24 hours crisisline 0800 00 43 43
- Some charges may apply.
- No referral required.

LGBTIQ

Southland Gay and Lesbian Support




Provide support and social contacts for GLBT identified southlanders and their families. Based in Invercargill but members come from around Southland.

Website: www.facebook.com/glbtsouthland

Māori and Pasifika Health

Hokonui Rūnanga Health and Social Services Trust

We provide services in Health Education, Counselling, Advisory, Court Support, Holiday Programmes, DARE Programmes, Mentoring Programmes and Cultural Programmes.

-  140 Charlton Road Gore 9710
-  hokonui.office@ngaitahu.iwi.nz
- (03) 208 7954
-  Mon - Fri 9am - 3pm
- All services free of charge.

www.hokonuirunanga.org.nz/

No referral required.

Sexual Health and Pregnancy

Sexual Health Clinic

Clinics are held at Gore Hospital on the 2nd and 4th Tues of the month. 11am-2pm.


Contact phone: 03 2145768 or 0800 742 546
www.goredc.govt.nz/assets/documents/misc/2017-Gore-Districts-Social-Services-Directory.pdf

Other

Gore and Districts Budget Advisory Service

To assist with money problems and promote good money management.

 13 Traftord St Gore 9710
 gbudget@xtra.co.nz
 (03) 208 4644
 (027) 750 7067

 Office hours 9am-5pm Mon to Thurs.
 Appointments outside these hours will be available if necessary
 All services free of charge.
 No referral required.

Gore Community Ministeries


Counselling, budgeting advice, advocacy services and assistance with food, furniture and clothing.

Location: 21 Irwell Street, Gore, Southland 9710
Contact phone: (03) 208 4443
www.salvationarmy.org.nz/centres/nz/otago-southland/gore

Heartland Services - Gore

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services.

 Community Connections Centre 1 Charlton Lane Gore 9710
 gore@heartlandservices.govt.nz
 (03) 208 8480
 (022) 198 8416
www.heartlandservices.govt.nz



 Mon - Fri 9.00am -4.00pm
 All services free of charge.
 No referral required.


Invercargill

Child Health and Parenting

Pregnancy Help Inc – Invercargill

Pregnancy Help supports the well being of pregnant and recently pregnant women, new mothers and their families/whānau.

 34 Forth Street Invercargill 9843
 southland@pregnancyhelp.org.nz
(03) 2131424
(027) 6124615
www.pregnancyhelp.org.nz


 Tues 10.30am to 1pm or by appointment.
All services free of charge.
No referral required.

Domestic/Family and Sexual Violence

Southland Help



Offers a support service to anyone who has been raped or sexually abused, including information, education, counselling and referral services to police, doctors and court support.


 255 Tweed St Appleby Invercargill 9812
 contact@southlandhelp.nz
(03) 218 4357
(027) 316 2079
www.southlandhelp.nz

 The office is open 9:00am until 5:00pm -
Mon - Fri
FREE text to 0272162079
All services free of charge.
No referral required.

Stopping Violence Southland Incorporated

Providing group and individual programmes to the perpetrators and victims of domestic/family violence. Also an adolescent individual programme for 12-17 year olds with violent and management concerns.

 70 Victoria Avenue Invercargill 9810
 southland@stopviolence.org.nz
(03) 218 4468
(027) 201 7865
www.stoppingviolencesouthland.co.nz

 Mon - Fri 8:30am - 5:00pm.
Some charges may apply.
No referral required.
Approved Family Violence Provider

Food

Invercargill Central Baptist Church


We provide a weekly free, nutritional meal, which is available to anyone that needs it. Donations are welcomed. This gathering is known as Central Silo. We endeavour to make Central Silo a supportive, judgement-free environment.


When: Thursdays 6-7pm
Contact phone: 03 218 4554.
Location: 11 Deveron Street, Invercargill

Health (General)

Number 10

Number 10 Southland Youth One Stop Shop is a non-profit organisation providing free social and health services to youth aged 10-24. Our mission is to provide a safe place that gives youth access to services that promote their mental, physical, spiritual, emotional and whānau wellbeing. To achieve this mission Number 10 works under a holistic Te Whare Tapa Wha model of care and our services include free doctor and nurse clinics, youth workers and counsellors. We also run a number of groups including development groups for guys and girls and a Community Youth group.

 10 Deveron Street Invercargill 9840
 admin@number10.org.nz
 (03) 214 1013
www.number10.org.nz

 Mon, Tues, Thurs, Fri 9am - 4.30pm
 Weds 9am - 7pm
 All services free of charge.
 No referral required.

LGBTIQ

Southland Gay and Lesbian Support



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Website: www.facebook.com/glbtsouthland

Māori and Pasifika Health

Awarua Whānau Services

AWS provides services that address social, health, early educational need and Rangatahi Services. This includes Mother and Pepi, Tamariki Ora, Whānau Ora, Whānau Tautoko, Counselling, Rangatahi programmes and support.

 190 Forth Street Invercargill
 JRoberts@AwaruaSHS.Māori.nz
 (03) 218 6668
www.awaruashs.Maori.nz

 8.30am - 5.00pm, Mon - Fri.
 All services free of charge.
 No referral required.


Mental Health

Youthline Southland

Phone, TXT and Email counseling for people of all ages with a specific focus on 10 to 30 years. Call TXT or email between 8am-Midnight, 7 days a week. Midnight to 8am, crisis support calls.

We also provide volunteer training for members of the community who wish to become Youthline Helpline Counselors.

 46 Kelvin Street Invercargill
 southland@youthline.co.nz
 (03) 211 0031
 (0800) 37 66 33
www.youthline.co.nz

 Mon - Fri 8am-4pm
 All services free of charge.
 No referral required.

Sexual Health and Pregnancy

Sexual Health Clinic

We provide a confidential service for people of all ages, cultures, gender and sexual orientation. The service is free of charge to New Zealand residents.

We offer:

- Safer sex information
- Information, diagnosis and treatment/referral for STIs, HIV, Hepatitis B and C
- Advice on sexual dysfunction
- Emergency Contraception

If you are concerned about your sexual health, or not using condoms, come and see us. You can make your own appointment directly. You don't need a GP referral.

Contact Details:

Dunedin Hospital - 201 Great King Street

Phone: 0800 742 546

Open: 8.30am-7pm Mon

8.30am-4.30pm Tues-Fri

Southland Hospital - Gate 1 off Elles Road

Blue cottage diagonally opposite Hospice

Phone 0800 742 546

Website:

www.southerndhb.govt.nz/index.php?page=2837