

The Community Resources Directory



Part of wellbeing is connecting with a community in which you are valued, safe and able to create the life you want to live. In addition to support and treatment, we all need to find what 'floats our boat' and connect with other people who enjoy those things too.

This directory contains some good places to start building those kinds of connections - with your community, the resources you need, your recovery partners, treatment providers and people who understand what you are going through. This is a list of community groups and services that offer real opportunities for engagement with community, activity, social support, treatment, achievement, development, leisure, and entertainment. We encourage you to share this information as widely as you can and to send in your additions to directory@engagenz.co.nz.

This resource is regularly updated. This version was updated on 18th of September 2014.

Check the Engage website at www.engagenz.co.nz for the latest updates – there are so many more to come.

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Something Missing?

If you can't find what you are looking for, try checking out one of the other sections – we might have categorised things differently from the way you might do so. For example, some family services may be listed under Support Services or Psychologists, Counsellors and Psychotherapists, instead of the Child, Youth and Family section. Many services do more than one kind of work, so it is worthwhile checking out a number of different sections.

This directory is not yet complete. It is an ongoing work in progress and there is always missing information. Contact directory@engagenz.co.nz if you want help to track down something that isn't in the directory. It gives Engage Aotearoa a chance to find what we need to fill the gaps and help others as well as you.

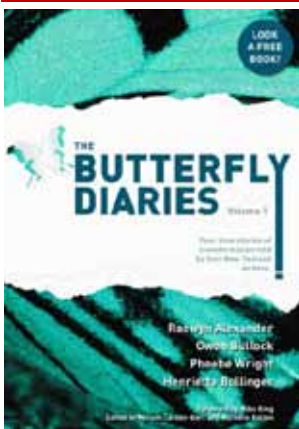
You can help to fill the gaps too. One simple thing we can all do to help make recovery easier for others is to share information about what community resources we ourselves use to get well and keep well. If you think something should be here and it's not, please email directory@engagenz.co.nz with a request to include it.

You might find what you are looking for in the Online Resources Pack on the Engage Aotearoa website. We welcome your feedback on this Directory. This is a living document that is updated on a regular basis – the more input community members have, the richer this resource will be for those who need it.

Funding Your Treatment

There are a number of ways to access free support and treatment for mental-health problems.

- à If you talk to your doctor you may be able to get access to a Key Worker or a publicly-funded psychologist or psychiatrist. A key worker is someone who checks in on you and provides additional support.
- à Ask your local GP about the services available at your local Community Mental-Health Centre (CMHC) – every community District Health Board has at least one (in Auckland there's one in every region). CMHCs usually provide community support (like Key Workers), therapy, counselling and psychiatrist services. You usually need a referral from your GP doctor.
- à As of 2009, all PHOs have funded primary mental health programmes, so for most people your GP practice will have funding – though how the funding is used will differ, and some programmes tend to refer mainly to counsellors rather than psychologists or psychotherapists.
- à If your GP is part of a ProCare PHO, you may be eligible for funded GP mental healthcare AND access to 4-6 sessions of psychological intervention (and in some instances funded psychiatric review if indicated).
- à If you need help to pay for counselling services related to your disability or health condition or if you are in hardship, you may be able to get help from Work and Income. Talk to Work and Income about whether you qualify for a Disability Allowance to help pay for counselling and what you need to do to access it. You may need a medical certificate from your GP. There is a cap on how much assistance can be provided each week and depending on the service-provider's cost you may need to pay part of the fee. To find out what assistance may be available, contact Work and Income on 0800 559 009 or visit the Work and Income website www.workandincome.govt.nz If you are deaf or find it hard to communicate by phone, you can send a message to WINZ's Deaf Link free-fax service on 0800 621 621 or email MSD_Deaf_Services@msd.govt.nz
- à If you are in paid employment, you may be able to access free counselling through your company's Employee Assistance Programme. For more info visit www.eapservices.co.nz or talk to your employer.
- à If you have experienced sexual abuse or assault you may be eligible for ACC support to pay for therapy with a clinical psychologist or psychotherapist. Ask your GP doctor about making a Sensitive Claim. www.acc.co.nz/providers/lodge-and-manage-claims/PRV00031
- à Finally, there are lots of low-cost or free support and counselling options, so explore the directory and see what you can find.



Recovery Stories

One in Six Kiwis have suicidal thoughts at some point in their lives. In The Butterfly Diaries four people share how they made it through. Foreword by Mike King.

Order online.

Donate to support Engage Aotearoa's work to make recovery stories easier to find.

Visit www.engagenz.co.nz

Alcohol, Drug and Addiction Services

These are services for people seeking assistance with alcohol- or drug-related problems.

Nationwide

Al-Anon

Al-Anon is a support-group service for people with alcohol issues. Al-Anon bases their approach on the 12-step Alcoholics Anonymous programme; the difference is that Al-Anon promotes harm minimisation rather than a strict abstinence model. Al Anon also provide support for family-members of people who have alcohol problems.

0508 425 2666

www.al-anon.org.nz

Alcohol and Drug Hotline

The Alcohol Drug Helpline is an information, referral and intervention service who offer you free confidential information, insight and support on any problem, issue or query you have about your own or someone else's drinking or drug taking.

General: 0800 787 797

Maori Line: 0800 787 789

Pasifika Line: 0800 787 799

<http://www.adanz.org.nz/Helpline/home>

Alcoholics Anonymous

If you find problem drinking, binge drinking, drinking blackouts or other alcohol problems are affecting your life and that of your friends and family Alcoholics Anonymous may have the solution for you.

0800 229 6757

www.aa.org.nz

Narcotics Anonymous

Nationwide anonymous 12-step drug-abstinence support group.

0800 NA TODAY (0800 628 632)

www.nzna.org

Salvation Army Bridge Programme

Offering a range of alcohol and substance abuse support and information options. To find the nearest centre use their webpage – there is one in almost every town and city in the country.

09 639 1135

www.salvationarmy.org.nz/here-to-help/addictions/bridge-programme/our-centres

Far North

Odyssey House Coexisting Disorders Residential Treatment Centre Northland

5 Ford Avenue, Kamo

09 435 7167

Rubicon Youth Alcohol & Drug Support

140 Bank Street, Whangarei

09 438 2300

Te Roopu Kimiora

Child & Adolescent Mental Health and Addiction Service that holds clinics at 8am to 4.30pm from Mon to Fri.

32 Worth St, Kaitaia

09 408 2490

Upper North Island

Altered High

A youth-orientated service that provides information, support and counselling for young people aged 13 - 20 and their family/whānau. Altered High is a mobile community service that travels to see young people in an environment most suitable for them, such as at school or at work. They see a wide range of young people with concerns about alcohol or drug use including young people with co-existing mental health concerns and those with questions about same sex attraction.

09 845 1818.

www.cads.org.nz/Youth.asp

CADS Auckland

The Community Alcohol & Drug Service provides counselling and support to people experiencing addiction and substance abuse issues. They have a general service for anybody and a more specialised service called Dual Diagnosis for people who have co-existing mental health and substance abuse problems and are under the care of Mental Health Services. They also offer an Intensive Outpatient Programme. They offer support and information to friends & whanau of people with addiction issues.

09 845 1818

www.cads.org.nz

Counties Manukau AOD Consumer Network

The Counties Manukau AOD Consumer Network aims to develop our own initiatives, and to help support each other on our 'recovery' journeys. The network is made up of a diverse group of consumers from different backgrounds.

09 263 2041,

021 074 6553 (send a txt)

info@alcoholdrugconsumernetwork.org.nz

www.alcoholdrugconsumernetwork.org.nz

Odyssey House Auckland

A service that provides therapeutic support and education to clients with drug and alcohol addictions. Their mission is to reduce the harm to the individual, family and community by reducing the long term effects of addiction.

Level 1/110 Mt Eden Road Mount Eden 1024

09 638 4957

www.odyssey.org.nz

Peer Support Groups

Get support for substance abuse issues from other people who have been there too.

- o [Manurewa AOD Peer Support Group](#)
Nathan Homestead, 70 Hill Road, Manurewa,
Mondays 10.30 – 12.00 & Fridays 1.00 – 2.30
- o [Franklin AOD Peer Support Group](#)
The Centre, 12 Massey Ave, Pukekohe
Wednesdays 12.30 – 2.00

Contact the Network Coordinator for more info:

09 263 5923 | 021 882 589

brody.runga@connectsr.org.nz

TRANX

A community based alcohol and other drug treatment service that specialises primarily in benzodiazepines (benzo) addiction and dependence.

264 Great North Rd, Grey Lynn. PO Box 78-196, Grey Lynn, Auckland 1245.

09 378 1173

tranx@tranx.org.nz

www.tranx.org.nz

Lower North Island

Addiction Resource Centre Taupo

Counselling, advice, support and treatment for persons affected by their own or someone else's misuse of drugs and/or alcohol or gambling problem. We are funded by Lakes District Health Board and the services offered are of no cost to clients. All Counsellors are fully qualified.
07 377 1132

Arc Counselling Services

Offers counselling for addictions, drug and alcohol, smoking and gambling.
Waiora House, Ruapehu Wing, 129 Spa Road, Taupo
07 377 1132
0800 227 5272

CADS Wellington

CADS provide assessment and treatment for people with substance dependence and co-existing mental health and/or serious physical health problems. Self-referrals can be made or referrals from family, whanau, involved other people or general practitioners (GP).
Access to the service is via referral to Te Haika (0800 745477 or fax 04 918 2284).
Monday to Friday 8.30am to 5pm (closed public holidays)
Pipitea House, Level 3, 61-63 Thorndon Quay
04 494 9170

Dannevirke Alcohol and Drug Service

Barraud St, Dannevirke
06 3749628

Lifewise Rotorua

This service offers a recovery focused residential programme - Te Ara Ora, the Pathway to Wellness - for people and their whanau experiencing difficulty with their mental health or addictions. The programme also includes a focus on healthy eating, healthy activity and Kaupapa Maori as tools for people to experience lasting change in their lives.
07 348 6239.

Horowhenua Drug & Alcohol Treatment

Kowhai House, Horowhenua Hospital
06 3660120

Palmerston North Alcohol and Drug Service

Nikau Community Village, Palmerston North Hospital
06 3509130
sharessa.langley@midcentral.co.nz

This section has massive gaps – help us fill them in by emailing information to directory@engagenz.co.nz

South Island

Community Alcohol and Drug Service (CADS)

Advice, screening and information. Comprehensive alcohol and other drug assessments for clients new to the service. Outpatient and day patient programmes are provided for those people affected by alcohol and other drug misuse, as well as referral to appropriate agencies.
Hours: 8.30 am to 5.00 pm, Monday to Friday. 24 hour telephone assistance.
Sylvan Street, Hillmorton Hospital, Christchurch
03 335 4350

Odyssey House Christchurch

A service that provides therapeutic support and education to clients with drug and alcohol addictions. Their mission is to reduce the harm to the individual, family and community by reducing the long term effects of addiction.

Odyssey House Trust, PO Box 34009, Christchurch
03 3582690

odyssey.trust.chch@xtra.co.nz

This section has massive gaps – help us fill them in by emailing information to directory@engagenz.co.nz

Alternative and Complementary Services

These complementary resources have been the turning point for some people

Nationwide

Acupuncture

The New Zealand Register of Acupuncturists (NZRA) is the longest established and largest democratic and professional body representing traditionally trained practitioners of Acupuncture and Chinese Herbal Medicine in New Zealand.

www.acupuncture.org.nz

JOLT Challenge

Jolt offer a journey of self-intelligence, bringing positive change in your life through exploring the awareness of your thoughts, emotions, behaviours and capabilities and in turn provides you with the ability to better manage these areas.

09 623 1997

www.joltchallenge.com

Neuro-Linguistic Programming (NLP)

NLP is a skills-based type of coaching based on identifying successful patterns of communication & behaviour and how they influence mood & experience. NLP is a controversial form of help, because the practitioners come from a wide range of professional backgrounds and are not usually trained in psychotherapy or psychology. Though it is criticised for lacking scientific evidence, it remains popular and some people claim to have found it useful. The key would be to find an NLP practitioner with a therapeutic background and knowledge. Don't be afraid to ask questions about their approach and general principles, and to discuss their responses with someone you trust, before you make a booking.

Ø At Engage, we would be very interested in hearing positive or negative feedback from anyone who has used NLP. It is difficult to find out precisely what they actually do or how it would impact on wellbeing.

. www.nzanlp.org.nz lists a full range of registered NLP practitioners.

NZ Hypnotherapists Registration Board Incorporated

Find a registered NZ Hypnotherapist near you.

09 373 3133

The Journey

The Journey is a model of personal development founded by Brandon Bays that promotes emotional release and moving on. *The Journey* is a practical process that helps you explore your issues and realise your potential. Courses are expensive, but many of the lessons can be economically gleaned from reading the books associated with the approach. This approach has not been studied as a treatment or support for mental disorder, though many of the concepts appear similar to those that underlie CBT.

www.thejourney.com/australasia/

Far North

Kerikeri Yoga Centre

68 Waipapa West Rd (3rd entrance on right, see sign), Kerikeri
027 498 1018

www.kerikeriyogacentre.com
kerikeriyogacentre@xtra.co.nz

The Lighthouse Holistic Health Practitioners

The Lighthouse is located behind The Bush Fairy Dairy in Peria and provides a safe, supportive, holistic health environment. Practitioners are available at The Lighthouse on different days or you can contact The Lighthouse to arrange an appointment on a different day.

- à Mondays – Bain Robinson, Integral Health and Balance
- à Tuesdays – Donna Thomson, Personal Training, Rehabilitation and Nutrition
- à Wednesdays
 - o Lyn Mattingley, Alternative Dispute Resolution/Mediation, Counselling, Hypnotherapy and Reiki.
 - o Maureen O'Flanagan, Inspired Intuitive Challenge.
 - o Flax Weaving for Beginners 10am – 2pm.
- à Thursdays
 - o Polly Greeks, Creative Writing Facilitator.
 - o Daring Donna, Creative Visioning.
 - o Zen Practice with Peter 7:30 pm
- à Fridays – Gigi Gilchrist, Facilitating Healthy Change.
- à Saturdays
 - o Pamela Harland, Aura-Soma Healer and Counsellor.
 - o Iain Cambourne, Magnetic and Energy Healing Therapy.
- à Sundays
 - o Johanna van Stratum, Yoga Teacher/Yoga Therapy
 - § Yoga class 9:30-10:30 am.
 - o Cooking class 11am – 3 pm.
 - o Chi Gung with Catherine 11am – 12:30 pm.

1195 Oruru Rd, Peria, behind the Bush Fairy Dairy
09 408 5557 (answer phone cleared daily)
09 408 5553 (The Lighthouse Keeper Daring Donna)
daring.donna@xtra.co.nz
www.facebook.com/thelighthouse.peria

Yoga Circle, Whangarei

8 John Street, Whangarei
09 433 8499

Yoga / Yoga Line™

A gentle, supportive yoga class for all levels with Robyn Stone-Mason. Classes held at Kaitaia Primary School, \$10 a session. Mondays from 6:00 – 7:15 and Wednesdays from 3:30 – 4:45
09 408 4053.

Upper North Island

Harvest Natural Health Clinic

An experienced group of multidisciplinary practitioners working together to provide you with the best possible approach to total health (Naturopathy, Medical herbalism, Massage, Osteopathy, Allergy Management, Counselling, Macrobiotics.)

407A Richmond Rd, Grey Lynn, Auckland 1021
(09) 376 0174

Mindfulness Auckland Stress Reduction Programme

Mindfulness Based Stress Reduction is an eight week evidenced based experiential course which invites you to engage on a physical, emotional and intellectual level. It offers a programme of mindfulness meditation training, which is practical and transformative. Clients report reduction in anxiety and depression, pain levels, greater energy and coping skills.

021 917 676

admin@mindfulnessauckland.co.nz
www.mindfulnessauckland.co.nz

The Herbal Health Centre

This centre has doctors, herbalists, psychologists, massage therapists, counsellors, naturopaths, nutritionists, acupuncturists all working together with one goal: to get you well. Talk to them if you need a practitioner or need to top up your supplements and get some advice on which ones might be best suited to your need or check out the practitioners online.

www.herbalhealthcentre.co.nz
465 New North Rd Kingsland Auckland
09 849 4488

This section has too many gaps; we know there are more services out there. Help us fill in the gaps by emailing what you know about to directory@engagenz.co.nz

Lower North Island

Maximum Wellbeing Clinic

Your Naturopath, Gary Beck is fully trained and qualified with more than 15 years' involvement in the health industry. Naturopathy includes safe & effective therapies that can help when everything else you may have tried has failed. Gary will seek to discover the root cause of your illness not just treating your symptoms. The aim is to provide you with answers to effectively get you back onto the path for vibrant health.

1158 Pukuatua St, Rotorua
07 343 6909 or 027 476 8518
www.maximumwellbeing.com

This section is small but we know there are services out there. Help us fill in the gaps by emailing what you know about to directory@engagenz.co.nz

South Island

This section is empty but we know there are services out there. Help us fill in the gaps by emailing what you know about to directory@engagenz.co.nz

Child, Youth, Family and Whanau Services

Nationwide

Discovery for Teens

Discovery and Bridging the Gap are run by the not-for-profit Discovery Foundation Inc., an organisation facilitating programmes for youth self-development.

09 376 8267
info@discoveryforteens.co.nz
<http://www.discoveryforteens.co.nz/>

Family Planning

A nationwide service, Family Planning provide a range of services including sexual health checkups, contraception, pregnancy testing and counselling, cervical smears, menopause and vasectomy.

www.familyplanning.org.nz/our_clinics/find_a_clinic

Pregnancy Counselling Services

An independent, charitable trust whose caring, well trained volunteers offer a 24/7 telephone counselling service for anyone with a pregnancy or abortion related issue.

0800 PREGNANT | 0800 773 462

www.pregnancy-cs.org.nz

NZ Chinese Youth Trust

The New Zealand Chinese Youth Trust is a non-profit organisation established in 1999. The main purpose of the Trust is to empower Chinese young people to maximise their potential, and ultimately to contribute to New Zealand society.

Regular support groups are offered.

(09) 479 9736 or 021 258 5418

mario@nzcyt.org.nz

www.nzcyt.org.nz

Relationship Services

A counseling agency with expertise in couple counselling, working with Maori, individual and family therapy, working with violence and abuse, youth at risk, and workplace issues.

0800 RELATE | 0800 735 283

www.relationshipsaotearoa.org.nz

Youthline

A wide range of different forms of help for all ages (not just youth) including action education, support groups, a phone-counselling line, a text counselling service, a face-to-face counselling service and more.

0800 37 66 33

(09) 376 6645 (office)

Free text: 234

talk@youthline.co.nz

www.youthline.co.nz

Women's refuge services

Please refer to the section on women's services for more information.

Far North

Aupouri Social Services

Four programs are currently delivered: Whanau support, HIPPY, Anger and Relationship counselling and School-based support.

7 Melba Street, Kaitaia

09 408 1991

Family Works Northern

Counselling for families experiencing difficulties with children, parenting classes, and child victims of abuse.

09 520 8600

info@psn.org.nz

<https://northern.familyworks.org.nz/>

Homebuilders Community Services

Offers family support for abuse, violence, grief, separation, anger, depression and loneliness. Also offers elderly support: a monthly luncheon, and monthly morning activities. Finally, a community house, drop-in centre and information on all services in the district.

155 Humdall Street, Maungaturoto, Kaipara

(09) 431 9080

Jigsaw North

Parenting programmes, family support and counseling.

23 Otaika Rd, Whangarei

contact@jigsawnorth.org.nz

Kaitia Community House

This service aims to help keep families together through the rough patches while facilitating access to community agencies and providing a warm caring and professional services like Budgeting & Total Money Management, Information and Advice, Advocacy Support, and Resource support.

12 Puckey Ave, Kaitia
(09) 408 1021

Ngati Hau Health and Social Services

Concerned with the welfare of Ngati Hau members, with the aim of ensuring easy access for whānau to a comprehensive range of effective health services, affordable housing, welfare and social services, and competent education services.

Pehiaweri Marae, 99 Ngunguru Road, Whangarei
(09) 438 0789

Nu Flow Youth Centre

9 Wynyard Street, Kawakawa
(09) 404 1133

Otangarei Trust Whangarei

Youth Sports and Recreation Trust
15 Holmes Ave, Otangarei, Whangarei
(09) 4370107

admin.hubb@otangarei.org
www.otangarei.com

Parents as First Teachers Whangarei

(09) 438 2152

Peaceful Parent Institute

We are passionate about supporting parents and helping them learn how to stay emotionally connected with their children through the inevitable conflicts and differences of wants, needs and opinions that are normal in close relationships. The Peaceful Parent Institute offer seminars for parents and educators, professional development for teachers and individual coaching for parents, families and early childhood centres - teaching cutting edge relationship skills, conflict resolution skills, a new and healthy model that has the potential to radically change our culture for the better! Based in Whangarei, and on Facebook

094343542 or 0274179198
info@peaceful-parent.com
www.peacefulparent.com

Rubicon Youth Alcohol & Drug Support

See Alcohol, Drug and Addiction Services for Youth-specific AOD services

Salvation Army Community & Family Services

The Salvation Army fights poverty and social and spiritual distress in New Zealand. Their mission is to care for people, transform lives and reform society.

(09) 438 9305

SOS Kaipara

See Domestic Abuse, Violence and Anger Management section for details

Supporting Families Northland

Free support and information for family/whanau & friends of people with experience of mental illness.

(09) 430 3844

www.supportingfamiliesnz.org.nz

Te Awahi Whanau Charitable Trust

Offers a full residential programme, in a culturally non-threatening environment in which the Ro-opu explores and learns to understand the nature of the difficulties faced within society.

7 Matipo Place, Whangarei

(09) 430 2403

<http://homepages.ihug.co.nz/~teawhi/services/index.html>

Te Hauora o Kaikohe

Community action, primary health care and family start programmes.

5 Marino Place, Kaikohe

(09) 405 2647

www.thook.co.nz

Te Ora Hau Northland Inc

A community based organization in Whangarei that aims to build strong, responsible and courageous young people.

Their vision is to see young people reconnected into sustainable, whole communities.

(09) 438 5556 | (09) 438 6059

bbirch@teorahou.org.nz

Te Oranga

A Te Runanga o Te Rarawa service offering youth services, whanau services, holiday programs, and a truancy officer.

(09) 408 -1971

admin@terarawa.co.nz

The Lighthouse Embracing and Empowering Our Future

The Lighthouse is a community space that provides a safe, supportive, holistic health environment, including services for young people.

Baby Fridays: A light-hearted gathering for big person(s) and babies

Rainbow Kids: A nurturing play and learning space for little ones

The Lighthouse School of Higher Learning: A space for youth to step into their own truth through creative, self-empowered learning.

09 408 5557

1195 Oruru Road, Peria, behind the Bush Fairy Dairy

www.facebook.com/thelighthouse.peria

The Pulse - Te Hotu Manawa

The Pulse is operated by the Whangarei Youth One Stop Shop Charitable Trust and operates an alternative education programme, teen parent school and alcohol and drug support services, amongst other community services.

55 Raumanga Valley Road

(09) 438 0004

whangarei@heartlandservices.govt.nz

Te Roopu Kimiora

Child & Adolescent Mental Health and Addiction Service. Clinics 8am to 4.30pm, Mon to Fri.

Whangarei North & South Districts:

14 West End Ave, Te Mai, Whangarei (09) 430 4101 Ext 8320

Kaipara District:

Awakino Road, Dargaville (09) 439 7149 Ext 6724

Mid North District:

Kaikohe -29 Rankin St (09) 401 2570 or 0800 100 643

Kerikeri -level 1 John Butler Centre, Kerikeri Road (09) 401 2570 or 0800 100 643

Far North District; 32 Worth St, Kaitaia (09) 408 2490

The Raid Movement (suicide prevention – youth)

The Raid Movement is a group of young people who aim to change the world, one school at a time. Their aim is to show support to young people and show them that life is the most important gift of all. You can talk to them on Facebook and get your whole school involved.

www.theraidmovement.co.nz

www.facebook.com/pages/The-Raid-Movement/143729672435676

Whangarei Support Groups

Family/whanau support groups held at 6 Donald St, Whangarei in the Arataki Lounge.

Morning group 4th Tuesday of the month 9:45am-11:30am.

Evening group 1st Tuesday of the month 5:45pm-7:30pm.

09 430 3844 (Franci)

Upper North Island

ADHB Family Advisor for Mental Health Services

Information and advice for people whose family member is utilising an Auckland DHB mental health service. All District Health Boards have a family advisor for mental health services. Contact your local public hospital for details.

(09) 307-4949 ext 26520

lmurray@adhb.govt.nz

Arts Therapy New Zealand Trust

Arts Therapy (NZ) Trust is a not-for-profit organization working to improve the wellbeing of children, young people and their families in their local community.

Level 2, 81 New North Road, Auckland

09 623 6208

info@artstherapynz.org.nz

www.artstherapynz.org.nz

Big Buddy

Big Buddy mentors fatherless boys in New Zealand. Based on the simple philosophy that boys need good male role models in their lives to become good men.

Head Office (09) 828 1358

East and Central (09) 828 1358 ext 2

West and South (09) 828 1358 ext 3 1806 Great North Rd; Avondale, Auckland

North Shore- Rodney (09) 488 7181 99B Hurstmere Rd; Takapuna, North Shore; Auckland

Central Auckland Support Group

A family/whanau support group held at 423 Great North Rd, Grey Lynn (SF Auckland). 3rd Tuesday of the month, 7-9pm.

09 378 9134 (David or Natalie)

Challenge Trust Family/Whanau Support Service

A non-government charitable trust that provides a wide range of services focused of recovery and rehabilitation. The services provided range from personal support to housing and employment.

peersupport@challenge.co.nz

www.challenge.co.nz

EQUIP: Family and Whanau Service

Do you support someone who experiences major mental illness? Would you like to receive support for yourself, through meeting with others in a similar situation? Equip is a community service of Windsor Park Baptist Church

09 4770338

front.desk@equip.net.nz

HealthWest

Free community health services supported by a whanau ora approach. We aim to empower the West Auckland community to take responsibility for their own health and wellbeing by providing information and pathways to clinical,

justice, education and social services, by promoting a healthy lifestyle and supporting healthy lifestyle choices and positive change.

(09) 839 7480

www.healthwest.co.nz

Home & Family Society Inc. Counselling Services

See **Psychologists, Counsellors and Psychotherapists** section.

Homebuilders Family Centre

The Family Centre aims to provide friendly, competent, confidential advice from an experienced support person with a wide range of skills including advocacy, parenting and counseling. You can talk about relationship issues, communication difficulties and parenting issues. They provide a help desk and youth counseling also.

5 Hexham St, Warkworth.

(09) 425 7048

homebuilders.warkworth@paradise.net.nz

HOPE: Helping Ourselves Parent Effectively

A parenting programme for parents or caregivers with a diagnosis of mental illness. Learn positive parenting behaviours, reduce fear of parenting and learn how to look after yourself as a parent. Talk to your key-worker or doctor or call them directly at the Kari Centre.

(09) 623 4646 ext 28727

Howick-Pakuranga Support Group

A family/whanau support group held at 47 Aviemore Drive, Highland Park. 3rd Monday of the month, 7:30-9:30pm.

(09) 270 8543. (Olivia)

Making It On My Own (MIOMO)

Miomo is a residential programme equipping 17 - 24 year olds with life & work skills to live an independent and successful life.

09 413 9777

yvonne@miomo.co.nz

www.miomo.co.nz

Manaaki House Support Group

A family/whanau support group held at 1 Pilkington Rd, Panmure (Community Hall). 1st Tuesday of the month 5:00-6:30pm.

09 378 9134.

Merivale Whanau Development Centre

Offers a therapeutic programme for those wanting to break the cycles of abuse and trauma they have been experiencing.

(09) 255 5212

merivale@iosis.org.nz

North Shore Support Group

A family/whanau support group held at Plunket Family Centre, 213 Shakespeare Rd, Milford. On the 2nd Tuesday of the month, 7-9pm.

(09) 440 9812 (Peter)

Pacific Island Family Services

Provides learning programmes to assist Pacific Island Families to obtain the knowledge and skills they need. 10 Beatty St, Otahuhu, Auckland

(09) 276 3729 extn 208

www.atwc.org.nz

Pacific Island Support Group

This group has been running successfully alternating between Central and South on a monthly basis. Contact Iva or Mona to confirm venue. 3rd Wednesday of the month 423 Great North Road, Grey Lynn (SF Auckland) or Blue Dove Health Care, 174 Shirley Rd, Papatoetoe.
09 378 9134

Parent and Family Resource Centre

See Disability Services.

Peer Support for Parents

423 Great North Rd, Grey Lynn. Fortnightly meeting beginning from 10:30am.
Natalie Heijm at Supporting Families 09 378 9134
Fleur Crarer at RCN 09 623 1762.

PROP (People Relying on People)

PROP are a support group assisting families who may have a loved one experiencing mental illness in Waihi, Te Aroha, Paeroa, Ngatea, Thames, Whangamata, Tairua, Pauanui, Whitianga, Coromandel. PROP provides confidential face to face, telephone support & Support Meetings & caregiver retreats.
204B Pollen St, Thames 3500
(07) 868 9673
propinc@xtra.co.nz

SFMI/Affinity Family/Whanau Support Group

A family/whanau support group held at Affinity Services, 300 Great South Rd, Greenlane. 3rd Tuesday of every month, 2pm-3:30pm.
09 526 0320 Ext 9339 (Cindi)

South Auckland Family Violence Prevention Network

A network of community and services within Counties Manukau with a focus on family violence prevention. They meet monthly on the first Thursday to share information and plan strategies.
09-278 9266 or 09 238 8303 (Franklin Callers)
www.beviolencefree.com

Springboard Community Works

Springboard works with the high end at risk families and youth within our communities and empower them with the essential truths, skills, and mentors to facilitate personal transformation and connection to community. They have a number of programmes, services and partnerships which identify and work with families and youth to bring about the changes needed for a healthy lifestyle and positive living environment. They provide alternative education, youth offender intervention and work readiness programmes, a school and after school values programme, mentoring for at-risk kids, an anti-graffiti crew, counselling and support services for struggling families.
09 425 4623
mail@springboard.org.nz
www.springboard.org.nz/index.php

Springboard

A referral service for parents and caregivers whose children struggle with aspects of school, behavioural difficulties, relationships or learning difficulties.
(09) 445 4591
debbie.knowles@ihug.co.nz
www.springboardnz.com

Supporting Families

Free support and information for family/whanau & friends of people with experience of mental illness. Making sure your family & friends understand and know how to best support you helps a lot of people to maintain positive relationships in the face of unwellness. They also offer a support group for children.
0800-SFAUCKLAND or 09 378 9134
www.supportingfamiliesnz.org.nz

Family/Whanau West Auckland Support Group and Clinic

If you are a family member or carer of someone with mental illness, this group could be for you. 1st and 3rd Thursday of the month. Support group 10am to 12noon. Clinic 1pm to 2pm and 2pm to 3pm. Waitakere Community Resource Centre, 8 Ratanui St, Henderson. FREE.
09 440 9812.

Thrive Teen Parent Support Trust

Thrive primarily works with mothers and fathers who have had their first child, or were pregnant with their first child, before the age of 21. This means that Thrive may work with parents of toddlers, who are in their early twenties, however the focus remains on 'early engagement'. Thrive aims to provide a seamless service whereby young expectant parents to be, for example, become engaged through Thrive's antenatal programme, then continue their parenting journey supported by young mums and young dads groups and contributing to Thrive in a variety of ways as their child grows older. Throughout this period, teen parents are encouraged to identify their strengths both as parents and as young people, and many go on to become leaders (leadership group), supporting Thrive to develop its services and resources to best suit the new young parents coming through.

0955 14367

admin@thrive.org.nz

www.thrive.org.nz

Tokoroa Council of Social Services

TCOSS offer a range of networking opportunities and services for families in the Tokoroa and wider Waikato region including HIPPY, the Early Years Service Hub, the Homebuilders family support service, Parents as First Teachers, Strengthening Families, Pregnancy and Parenting Education and Social Workers in Schools.

Tokoroa Community Centre, Tulloch House, Gate One, Maraetai Road,

07 886 8277 or 07 886 6314

www.tcoos.co.nz

Tu Tangata Tonu: A Kari Centre service to support children in families where there is a parent affected by mental disorder. Parent support, age-appropriate information for children, peer-support and activities for young people, plus access to family or individual therapy.

Kari Centre, Building 13, Greenlane Clinical Centre

(09) 623 4646 ext 28727

seemaw@adhb.govt.nz

Whanau Marama

Providers of family support groups, online information and parenting courses. Courses held at 212 Archers Road, Glenfield

4 Locket Rd, Glenfield. Auckland 0629

09 441 0209

tamati@whanaumarama.co.nz

www.whanaumarama-parenting.co.nz | .

Working for Youth Directory Rotorua

Working4Youth is an online resource providing notices, current events, projects, research & publications and networking for those working with and for young people in the Bay of Plenty.

www.working4youth.co.nz/directory.php?category=14&®ion=1

Yan Oi Sei – Chinese Family Support Group

A family support group held at East Health Trust, 260 Botany Road, Howick. 1st Tuesday of the month, 10:00am to 12 noon.

09 378 9134 (Wendy)

Lower North Island

Apopo Youth Service

Apopo is designed to support and raise aspirations of young people and their families, and their awareness of opportunities available to contribute to their independence. Services include drug and alcohol education, counselling, mentoring, advocacy, youth leadership development and more.

220 Taharepa Road, Taupo

Mobile: 027 494 1408

admin@apopo.org.nz

www.apopo.org.nz

Big Buddy

Big Buddy mentors fatherless boys in New Zealand, based on the simple philosophy that boys need good male role models in their lives to become good men.

(09) 828 1358 Head office, Wellington

(04) 384 4888 12 Brooklyn Rd, Aro Valley

www.bigbuddy.org.nz

Café For Youth Health

A resource for youth health, with an emphasis on sexual health, as well as clinics in the Taupo area. "To enable young people and their whanau to lead vibrant and healthy lives"

129 Spa Road, Waiora House, Taupo

Phone: 07 378 3895

info@youthcafetaupo.org.nz

www.youthcafetaupo.org.nz

Family Start

Family Start is a home-based, child centred, family focused, strength-based, free and confidential service. The focus of Family Start is to assist families in the areas of Health, Education and Welfare. Support is tailored to meet the individual needs of the family. Whanau workers will share their knowledge of parenting, housing, finance, education, health and relationships. Family Start offers the Ahuru Mowai/Born to Learn Programme which is an Early Childhood Developmental Programme which honours parents as first teachers and helps parents to understand how their child grows and develops through education and play.

30 HeuHeu St, PO Box 2388, Taupo

07 376 5961

www.familystarttaupo.org.nz

Levin Child, Adolescent and Family Mental Health Services

An outpatient child and youth mental-health service.

Nikau House, 76 Liverpool St, Levin

06 366 0122

Palmerston North Child, Adolescent and Family Mental Health Services

Konini, Community Health Village, Palmerston North Hospital

06 350 8373

shaessa.langley@midcentral.co.nz

Rotorua Community Youth Centre

Rotorua Youth Centre is the home of RotoVegas Youth Health, a dedicated FREE health service with doctors, nurses, ante natal clinic, sexual health clinic and can refer patients on to registered counsellors and psychologists whose services are free. All services are free to youth aged 14 to 24 years of age. Appointments are necessary.

(07 343 1013

Rotorua Youth Centre also operates a drop in centre with a youth cafe, internet cafe, pool tables, table tennis. Youth are able to seek assistance from any of the trained staff onsite. We have a dance studio where hip hop classes are taught on a weekly basis, and where Fearless Dance Crew rehearse.

6-8 Te Ngae Road Rotorua 3010

Phone 07 343 1012

www.ryc.org.nz

admin@ryc.org.nz

This section is full of gaps –there are heaps more family and youth focused services in the Lower North Island. Help us fill this section by sending information about services between Taumarunui and Wellington to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of family and youth focused services in the South Island. Help us fill this section by sending information about services in your region to directory@engagenz.co.nz.

Creative Connections

Connecting with creativity and other creative people has been a source of wellbeing and recovery for many people. In this section you can find ways to link up with musicians, artists, poets and performers.

Nationwide

NZSA

The New Zealand Society of Authors (PEN NZ Inc) works to be the principal representative for the interests of authors in New Zealand. The Society shows leadership in dealing with the publishing industry and is guided by its values of fairness, accountability and responsiveness. They provide professional development programmes, awards and services for the writing community.

09 379 4801

office@nzauthors.org.nz

www.authors.org.nz

Far North

Art School NZ

196 Hurndall St, West Maungaturoto
(09) 431 8383

Big River Art Gallery Tuition

17 Murdoch St, Dargaville
(09) 439 0255

Big Door Music Teaching and Recording Studio

(09) 438 9063

Centre for Creative Studies

2 Cochrane Drive, Kaikohe
(09) 407 7284

Dance Floor Bit Whangarei

0800 500 466

Dance Inc. Northland

Committed to providing a positive, safe environment promoting creativity and excellence in dance. They provide quality training in the Royal Academy of Dance Ballet and New Zealand Association of Modern Dance syllabi with a strong focus on individual development.

09 430 8806

www.danceincnorthland.co.nz

Demonstr8 Da Flow Dance Studio

Okaihau
09 401 9345

Doubtless Bay Ceilidh Group

A night of Celtic dance and live music on the third Saturday of every month at the Mangonui Hall. An MC will teach you all the steps before each dance. Bring a plate for supper.

Mangonui Hall, 132 Waterfront Drive, Mangonui, Doubtless Bay.

09 408 5074

raging.gael@mail.com

www.angelfire.com/planet/nzceilidh

DXT Dance

492 Redcliffs Rd, Kerikeri

09 407 1582

Far North Dance Academy

Kaitaia

09 406 1912

Far North Foot Fiddlers Line Dancing Group

530 Paparore Rd, Awanui

09 406 7043

Far North Community Arts

Contact: Sylvia Byran

09 409 8422

sylviab@slingshot.co.nz

Glide Time Ballroom Dance Studio

Whangarei

09 438 0818

Hardcore Dance Co

HDC offers a fun and funky opportunity to learn a wide range of dance, including Hip Hop, Street Dance, Contemporary, and more, in an easy going environment at an affordable price.

59 Riverside Drive, Whangarei.

www.hardcoredance.co.nz

09 459 6909

Kaitaia Community Arts Service

09 408 1476

Kaitaia Dramatic Society

PO Box 333 Kaitaia

09 431 2522 | 021 1355383

kdssecretary@gmail.com

Kerikeri School of Music

3 Cobhan Rd, Kerikeri

09 407 4720

Lothian Highland Dance Studio

16 Te Hape Rd, Whangarei

09 438 6621

Mihrimah Belly Dancers

Whangarei
021 880 459

Northern Dance Co.
Bay of Islands and Kerikeri
09 405 1788
secaura@yahoo.com.au

Northern Wairoa Writers' Group
Meets second Saturday each month at CMA Building, Tirarau St, Dargaville.
09 439-8715.

Rising Starz Drama School
21 Parkland Crescent, Whangarei
09 437 1931 (Iris)

Russell Writers' Workshop
Meets 1st Sunday each month, 2 pm at Russell Library
(09) 403 8321 (Peter)

Scottish Country Dancing Whangarei
09 430 0099

The Writing Group, Whangarei
Meets 3rd Thursday each month, around noon in Whangarei.
(09) 437 5062 (Anne)
brucemcd@igrin.co.nz

U3A (University of the Third Age)
Writing groups for older people.
Whangarei: Gabrielle (09) 434 3935
Kerikeri: Bill on mysticrose@xtra.co.nz (09) 402 6110

Whangarei Writers' Workshop
Meets alternate Fridays, 10:00 am to 12:30.
derinjattwood@orcon.net.nz
(09) 437 0257

Upper North Island

Acoustic Sessions
A music circle – bring your instrument & join in.
Every Monday, 7:30, at The Thirsty Dog, 469 Karangahape Rd.
www.thirstydog.com

Artstation
Community art classes and work space. Artstation toi tu, Auckland Council's community art centre has provided visual art programmes for the community for over 30 years. Artstation is all about making art accessible and providing opportunities for participation in the visual arts.
1 Ponsonby Road, Newton
(09) 376 3221
<https://www.facebook.com/ArtstationToiTu>

Artworks Community Theatre
Waiheke Island
(09) 372-2941

www.artworkstheatre.org.nz/

Auckland Music Play Group

The main aim of this new group is to have fun playing music and socializing with other music enthusiasts. Players of all abilities are welcome. Meet ups happen in a variety of different places, must sign on to Meet Up Dot Com to find more information.

www.meetup.com/auckland-music

BOOKRAPT

Meets bi-monthly on a pre-arranged date. It has an open membership (currently 65) and welcomes anyone with an interest in children's literature. As well as friendly informal meetings they have an annual seminar featuring three top New Zealand children's writers, hold a free writing workshop for year 6, 7 and 8 students during the July holidays, organise and update the Joyce West Collection of prize winning New Zealand children's books (held at Tauranga Library), and are available for all events which encourage or promote reading e.g. International Children's Day, storytelling festivals, school book week visits etc. Awaiting the details for the new contact.

Lois.rout@xtra.co.nz

www.bookrapt.org.nz

Cello Lessons

Learn the cello in the comfort of your own home. From the flyer: "If you learn from me, the music you learn will be decided in collaboration between us, a personalized programme will be created to reflect your level and area of interest." There is a cost involved.

022 687 6750

Choir Healing

Open to all, even those terrified of singing. Joyous and hugely fun. All sorts of songs learnt by ear. No reading of music required. Become part of a wonderful new community. Singing may be one of the best healers along with laughter and we do that too! Sessions are held at 7pm in Murrays Bay, Orewa and Northcote.

(021) 022 54422

signmeup2@gmail.com

Covert Theatre

Improvised theatre workshops & training

09 623 1997

www.coverttheatre.com

Dolphin Theatre

Onehunga

(09) 636-7320

www.dolphintheatre.org.nz

Ellerslie Theatrical Society

Stables Theatre

Main Highway & Arthur St, Ellerslie, Auckland

(09) 525-3336

www.ellerslietheatre.co.nz

Franklin Writers

Meet at Franklin Arts and Cultural Centre, on Wesley Street in Pukekohe, on Tuesdays at 12.45 to 2.45 for 8 weeks per school term. The charge is \$20 per term to cover room hire, workshops and writing resources. Contact Barbara 09 232 0132.

Hamilton Poets Group

Contact convenor Penny Wilson

Pen101nz@yahoo.co.nz

Hamilton Writing Group.

Group of published and unpublished authors and illustrators. Meet once a month at Poppies Bookshop, Monday evening 7pm -9pm

Hibiscus Coast Writers Club

A fun group to share ideas with, participate in workshops and hear interesting speakers. We have monthly workshops; up to 6 internal competitions per year including poetry, short stories and drama, all judged externally. Come along for a visit at 1pm, 2nd Saturday of each month, Pohutukawa room, Whangaparaoa Library, The Plaza, Whangaparaoa.

Contact: Neil Garner (present President)
(09) 4274082

Howick Little Theatre

(09) 534-1406
www.hlt.org.nz

Huntly Country Music Club

Meets every Thursday evening at the Huntly Bowling Club pavilion, Huntly Domain off Wight St at 7:30pm. These are practice nights with a full band, anyone welcome. Our open day is an afternoon concert held every 2nd Sunday at the Huntly R.S.A. in William St from 1pm to 4 pm. All welcome - \$2.00 cover charge. Band leader: Michael Lynch

07 8288330 (Karren Moss, President)
07 828 9029 (John O'Connell)

International Writers' Workshop

Aiming to foster and encourage would-be writers, the Workshop caters for those who wish to express themselves confidently and professionally by writing, whether it be a letter to the local newspaper, or placing a manuscript for publication. Meets on the 1st and 3rd Tuesday of each month, February to November inclusive, from 10.30am to 12.30pm in the Tindall Room. As well as workshop sessions we have several competitions a year covering a range of topics and themes. New and prospective members are welcome.

Lake House Arts Centre, 37 Fred Thomas Drive, Takapuna
09 473 5110 (Sue Courtney)
iww-writers@outlook.com
www.iww.co.nz

Kiwi Write4Kidz

Do you write or illustrate children's stories? Kiwi Write4Kidz is for adults who like to tell tales. Join us for: author talks, workshops, book launches, critique groups and information packed newsletters each month.

09 422 9456
contact@kiwiwrite4kidz.co.nz
www.kiwiwrite4kidz.co.nz

Live Poets

A friendly group of Taupo poets and writers who meet for informal readings on the last Wednesday of each month at the Taupo Museum. We also organise occasional guest poets and Poetry Day events for Taupo, as well as offering readings for and with children, and in local rest-homes. We have poetry critique sessions for those who are interested.

Email Geni for more information: genijohnston@xtra.co.nz

Mairangi Players

TheatreWorks
(09) 419-0415
www.mairangiplayers.co.nz

Mairangi Writers of North Shore

Auckland writing group formed eighteen years ago.
09 473 5910
pakiti@xtra.co.nz

Matamata Writers' Group

For more information contact Lois Fox

jim.lois@actrix.co.nz

Tauranga U3A Pen Whisperers

Meet at 24 Ocean beach Road, Mt Maunganui, 2nd & 4th Mondays, Feb to Nov.

Contact Jillian Brown

07 5765008

jilgor@xtra.co.nz

NZSA Manukau Counties Writers' Group

This group meets periodically and also organises writing workshops. Writers from the Manukau, Papakura and the Counties areas are welcome. Contact Jocelyn Watkin

027 493 9851

jwatkin@clear.net.nz

North Shore Writers' Group.

First Thursday of the month, 7.30pm Highbury House, 110 Hinemoa Street, Birkenhead, North Shore. Contact Vonney, 09 473 6216.

Piha Writers Group

Meets fortnightly 7.30pm in the Piha library to write, share writing experiences, read work and develop techniques. For more details contact Kath Dewar

09 8128406.

Poetry Live

NZ's longest running live poetry event and poetry open mic. Meet people, listen, or share your own poetry. Hear live music to get you warmed up. Every Tuesday @ Thirsty Dog, 469 Karangahape Road, from 8pm.

www.poetrylive.co.nz

Raglan Writing Group

This group of published and unpublished writers meets fortnightly. New members welcome. We have been operating for four years. For further information, contact P Zohs.

p.zohs@actrix.co.nz

Rose Centre Writers

Meetings are held every month on the Saturday of the second week at the Rose Centre, School Road, Belmont, Takapuna. \$5 entry fee. Each month the club will have a guest writer coming in to talk about writing. For more info contact Hazel Roff.

09 489 7203.

Rotorua Writers Group

Meet on the first Saturday of each month at the Rotorua Arts Village in Hinemaru Street, from 1.30pm to 4.30pm. New members welcome. Contact Marj Giffitsh (President).

07 345 6883

Spark Centre for Creative Development

Spark Centre of Creative Development is a creative space offering innovative art programmes for people of all abilities, with particular care given to ensuring those with diverse needs are provided for. The sessions provide a learning process in visual arts education especially orientated to the requirements and circumstances of our artists; they also promote and encourage self-development through the vehicle of creative expression. Located in St Lukes, Auckland.

09 845 5361

info@sparkstudio.org.nz

www.sparkcentre.org.nz

Sunday Evening Poetry

All Nations Tavern (formerly Java-Jive) for world music and poetry. Poets read for a half-hour slot. Contact Paul Varnham
09 818 2497
021 1182825.

TangleBall

Tangleball is a cross between an inventor's shed, computer lab, art studio and social space. Tangle Ball aims to nurture both technical and artistic ideas, \$15 a week to be a member and use the space and resources or just take part in one of their regular activity days. Really cool stuff goes on here.

27 Edinburgh St, Newton
www.tangleball.org.nz

Tauranga Writers

A self-help group established over 40 years ago. We get together regularly to exchange experience and expertise, discuss tactics and techniques and to share work in progress for constructive criticism. We meet twice monthly on the first Thursday at 7 pm and the third Sunday at 2 pm at The Alzheimer Society House, 116 13th Avenue, Tauranga. New members always welcome - and please note: our main intention is getting you started and getting you published.

Contact Jenny Argante
07 578 8824
022 053 48 68

Thames Poets Circle

Meets 4th Thursday of every month at 7pm, Nectar Lounge Bar, 740 Pollen St, Thames. We discuss, read and organise poetry, be it either original or previously published poetry. The aim of the group is to provide a venue for like-minded people, giving them freedom to discover and learn more about poetry. Once a year we host a Poetry Slam competition. For more information contact Greg greg_b@clear.net.nz

Thames Writers Group

Meets in Thames at 1pm on the second and fourth Thursday of each month. New members welcome. For further information contact Jim Rowe
07 868 9193

The Coromandel Live Poets

The group meets on the last Tuesday in the month at the Pepper Tree restaurant in Coromandel Town. Meet at 6.00pm, readings at 6.30pm. Food and bar service available. Contact John Irvine
07 866 6789

Titirangi Theatre Company

Committed to presenting quality live theatre in a unique and intimate setting.
Lopdell House, 418 Titirangi Road, Titirangi, Waitakere City.
09 817 5951
www.titirangitheatre.co.nz

Toi Ora Live Art Trust

A live arts trust for people who have experienced mental unwellness. Their focus is on creativity in its many expressions, rather than on mental health. They run heaps of free creative classes—music, art, writing, mosaic, computers...

6 Putiki Street, Grey Lynn
www.toiora.org.nz

Tokoroa Writers and Readers Group

Meets every 4th Monday at 7pm at Tokoroa Library. Contact Mohan Lal
07 886 5557 or 0211843886
mohan.lal@twoa.ac.nz

Waitakere Writers

Waitakere Writers meet the second Saturday of each month (excluding January) at the St John Hall, 247 Edmonton Rd, Te Atatu South, 1.30 - 4pm. We welcome new members to our friendly, diverse group, where we share knowledge and experience. Writing expertise is not a prerequisite – just enthusiasm. Contact Clarke James candajames@ihug.co.nz

Whakatane Writers Group

Meet on the second Wednesday of the month from October 13th at the "Writer's Corner" in the Whakatane Public Library. The meetings start at 11.30 am.
07 308 6310

Lower North Island

Levin - Horowhenua Writers' Group

Meets first Thursday of every month at 1.30 pm at Thompson House, Levin. Contact Karen.
karenpetbut@xtra.co.nz

Lower Hutt - Pub Poets

Murphy's Bar in Angus Inn, Waterloo Road. First Monday of the Month (Feb to Nov), 7 pm. For the over 18's. Great place for open mic readings as well as guest readings.

Ngaio Writers

Meets twice a year for mutual recognition and encouragement and to emphasise the link of living in Ngaio. Open to all writers - of whatever kind and whatever level of practice - who live in Ngaio. Membership is free. Contact: John McInnes (04) 479 5710.

NZ Poetry Society

The Society holds a public meeting on the third Monday of each month from February to October, at 7.30pm in The Greta Fernie Room, Leuven Belgian Beer Cafe, Wellington.

Petone Writers

Meets at the Petone Community House, 6 Britannia St on the 4th Saturday of each month, from 11-12.30.

Petone (Hutt Valley) - HV Writers Group

Meets every fourth Saturday at 11am at the Petone Community House, 6 Britannia Street.

Spread the Word

Poetry evenings at Tupelo, 6 Edward Street, the second Tuesday of every month. Organised readers and open mic. If you are interested in reading, contact Nick, otherwise just turn up and listen.
021 267 6442

Storytellers Café

Meets at the New Arts Centre at 61-63 Abel Smith Street from 7.30 - 9pm on the first Tuesday of every month except January, the cafe is open to everyone. Each month a different teller takes the stage, and there is always room for offerings from the audience. Cost is \$5 and tea, coffee and nibbles are provided.
021 687 627 or 04 387 8284.

The Blair Logie Writers Group

Meets at the Genealogical Centre, Queen Street, Masterton on the last Friday of each month from 2:00 pm till 4:00 pm. All welcome.
06 378-9495 or 06 378-6423

The Learning Connexion (TLC)

The Learning Connexion is a tertiary art and creativity school. We teach sustainable creativity through art making. Based in Wellington, New Zealand, we offer a blend of on-site, study from home, full-time and part-time study options. The

Learning Connexion teaches across all fine and contemporary art media – from video to bronze-casting, computers to painting.

182 Eastern Hutt Rd, Taita, Lower Hutt 5019.

<http://tlc.ac.nz/>

Upper Hutt Writers Group

Meets 10.30am to about 2pm on the 2nd Sunday of each month. At the Art Society Rooms, Ward Street, Upper Hutt. \$2 for coffee/tea. Bring own sandwich lunch. Members can bring short stories, articles, poems, or extracts from novels for reading to the group. Contact Audrey Harper.

04970 6239.

Wanganui Writers

Meet for support and networking on the last Thursday of each month 7 – 9pm at Gifford House, cnr Dublin and Pitt Streets, Wanganui. Contact is Valerie Cowan

06 3450456.

Wellington Playgroup

Meets on Mondays, fortnightly 6.30pm at Playmarket, Level 2, 16 Cambridge Tce, Wellington. This year Playmarket is bringing together a valuable new opportunity for playwrights with a monthly guest to its regular Playgroup. For more info, contact Janie Walker.

(04) 383 5353

Windrift Haiku Group

Meets every two months in members' homes. Contacts: Karen, 06 364 5810 and Nola, 04 586 728.

South Island

Airing Cupboard Women Poets

The Airing Cupboard Women Poets meet at 10 a.m. fortnightly at the South Christchurch Library, 66 Colombo Street.

Contact, 3a Moule St, Middleton Christchurch 8024. Ph:

033387443(Carol Burrows)

03 342 9881 (Judith Walsh)

Ashbourne Writers

Contact Lindy Kelly

lindykelly@xtra.co.nz

03 5476404.

Ashburton Writers Group

Contact Rae Magson

03 308 8927.

Avon Writers, Christchurch

Avon Writers meet on Thursdays at members' homes. Undertake writing exercises, share and critique work. Contact Jenny Haworth

jjhaworth@xtra.co.nz

Boulder Writers

This group of writers based in the Nelson area, is focussed mainly focussed on poetry, although fiction and non-fiction are also written. They meet monthly on the fourth Saturday of the month to share and critique their work. Enquiries re membership vacancies can be made to Carol Ercolano.

03-545-0162.

c.ercolano@kinect.co.nz

Creative Writing Course

At Papanui High School in Christchurch on a Tuesday night from 7-9pm. This is a course where those who want to see if they are interested or have talents can test their abilities. Those who have done well and who are enthusiastic creative writers often join the Avon Writers.

Creative Writing Otago

Based in Dunedin, Creative Writing Otago offers a range of face-to-face or online creative writing courses designed for beginning and more advanced writers and covering Fiction, Writing Your Life, Poetry and Nonfiction. Award-winning poet, novelist and memoirist, Diane Brown is the designer and tutor for most of the courses.

www.creativewritingotago.co.nz

Dunedin Playwrights Group

Meets Thursdays, fortnightly at 7.30pm, at Allen Hall Theatre Rehearsal Room, Otago University. Facilitated by Anni Watkins, it is an opportunity to share work, knowledge and experiences, develop and socialise. Open to anyone interested in professional playwriting and its development in Dunedin.

Dunedin Writers Workshop

Writing is fun! Join a friendly successful group to expand your skills. Monthly meetings are held on the 2nd Wednesday of each month at 7:30pm, at Mornington Presbyterian Community Centre, 16 Maryhill Tce, Mornington. New members are very welcome. For more information contact dunedinwriters.workshop@gmail.com

Golden Bay Live Poets' Society

Meetings are held in the famous Mussel Inn, Takaka, usually on the third Thursday of each month. The accent is on presentation of live poetry, preferably by the author. Everyone is welcome.

Contact Mark Raffills

03 544 4975 or 027 2154969

mark@drycrust.com

www.musselinn.co.nz

Golden Bay Writers' Group

The group of a dozen or so writers usually focuses on poetry, and occasionally short stories.

Contact Mark Raffills

03 544 4975 or 027 2154969.

mark@drycrust.com

Marlborough Writers' Group

This group meets every third Thursday of the month, usually in a member's house. Activities include a short writing challenge, a guest speaker, or work on a chosen aspect of writing. Contact Dot Scott 03 578 8029

dotscot@kinect.co.nz

Methven Scribes

This group meets on the first Monday of every month at members' homes. Contact Susan Sandys.

ssandys@alingshot.com

Picton Poets

This group meet on the third Wednesday of the month at 10.30 am at Marina Cove Library, Waikawa Road, Picton. They share their own original poems in a friendly, constructive atmosphere. New members welcome. Contact Ruby Roberts.

03 573 7437

rubygracer69@yahoo.com

Picton Writers

Meet on the first Monday of the month at 15 Wairau Road, Picton. There are two groups: "Beginners", which meets from 1-3pm, and "Advanced", which meets from 7-9pm.

Contact Marie Higgs

03 573 6939

gcelles@xtra.co.nz

Queenstown Writers Group

Meets every third Thursday in Queenstown at 5.30 pm.

queenstownwriters@ihug.co.nz

Romance Writers of NZ, Nelson Branch

Meet on the second Saturday of every month at 2pm at 63 Golf Rd, Tahunanui, Nelson. New members always welcome. If you are not an RWNZ member already, you are welcome to join us for up to three meetings before deciding to become a member. At our meetings we catch up with and encourage each other's work, do some writing exercises, critiquing, listen to invited speakers or sometimes watch romantic films together. Tea/coffee & cake is always offered for a gold coin.

Contact Annika Ohlson-Smith.

03 548 5561

allan-annika@xtra.co.nz

Small White Teapot Group

For those with an interest in writing haiku and related forms. Meets 7 p.m., third Tuesday of the month. Contact Judith Walsh.

03 342 9881

Southern Writers NZ

A support group for writers of all levels and genres. The group's aim is to support both published and aspiring writers by providing information on competitions, links to websites on writing and tips on how to present work to a publisher. It is also interested in setting up critiquing groups. Members are spread throughout New Zealand and contact is mainly by email.

southernwritersnz@yahoo.co.nz

The Back Beach Writers

Meet on the last Wednesday of every month. Most members live on the north shore of the Otago Harbour. Contact Nicky Chapman.

nicky@wordwifery.com

The South Island Writers Association (SIWA)

This is a vibrant, friendly group that meets on the second Thursday of each month (except January) at 7.30pm in the St Mark's Church Hall, 101 Opawa Road, Christchurch. They run monthly writing competitions for members, and judges talk to the group about their particular field of writing, ranging from poetry to short stories, children's stories or articles. Visitors are always welcome.

<http://southislandwriters.wordpress.com/>

Upfront - spotlighting women poets

This is a Dunedin open-mike evening for women that meets on the last Tuesday of every month from 7.30 - 9.00 at Cobb & Co. Includes three featured poets. Gold coin donation to cover costs. For more information, contact Martha Morseth.

morsethm@xtra.co.nz

Waitaki Writers Group

Meets in Oamaru 1.30 pm, second Monday each month. It encourages and extends writers, fosters constructive comment on members' work. Contact Lucianne Brown.

021 835 484

waitakiwriters@hotmail.co.nz

Writers at Lunchtime

This informal group meets on the first Wednesday of the month in the function room of The Prince Albert Hotel, 113 Nile Street, Nelson. Come any time between 11.30am and 1.30pm. There is a guest speaker at 12.30pm, but the purpose of the group is primarily social and visitors are welcome. Contact Chrissie Ward.

03 546 9818

cj.ward@xtra.co.nz

Writers' Group of Golden Bay

Our focus is to review each other's work and to discuss issues arising. We usually meet monthly in members' homes. New members are welcome, and should first contact John Lee (convenor).
03525 8110.

leejl@xtra.co.nz

Wunderbar Readings

Every second Thursday 8pm at the Wunderbar in Lyttleton.

www.wunderbar.co.nz

Crisis Lines

If you are worried about how you or someone you know will get through after hours, you can call your local Crisis Team. You will usually be asked to leave your name and number and one of the crisis support workers will give you a call back and help you figure out what to do next. If you need it, a Duly Authorized Officer, usually a psychiatrist or nurse, can often visit to talk or provide emergency medication. The Crisis Team can help arrange access to respite, your local community mental-health team and acute inpatient services. If you or someone you know is in danger from themselves or someone else due to a mental-health problem, call the police or an ambulance on 111. The police will attend to the situation and arrange Crisis Team contact at the police station – their focus will be on keeping everyone safe and they do not act on any other illegal activities being conducted, so you can feel free to call the police if someone is in danger, even if there are drugs around, for example. Find info on coping through a crisis at www.engagenz.co.nz/copingkete

For a full list of crisis centres nationwide go to: <http://www.mentalhealth.org.nz/page/303-in-crisis>

Central Auckland

0800 800 717

Christchurch

0800 920 092

Dunedin

03 474 0999

Far North

Weekdays 8 am – 4:30 pm

(09) 430 4101

After Hours Phone 0800 22 33 71

Lakes District (Taupo, Rotorua)

0800 166 167

Nelson

(03) 546 1800

Tairāwhiti DHB region

The team is mobile and specializes in providing effective and immediate care for people. Each member is a Duly Authorized Officer under the Mental Health Act 1992.

Availability: The Crisis Team provides a 24 hour, seven day a week service for mental health emergencies.

06 867 2435

CMH@tdh.org.nz

Taranaki DHB region

All members of the service are Duly Authorised Officers and facilitate Mental Health Act requirements. They furthermore facilitate access to crisis respite care.

Availability: A 24-hour 7-day service responding to psychiatric emergencies in the client's own home or wherever the crisis occurs.

06 753 6139 Ext: 7699

crisis.service@thcl.co.nz

Wellington

(04) 494 9169

Cultural, Refugee & Migrant Services

Connecting with supports that are run by people from your own culture, or a culture that you prefer to your culture of origin, can be an excellent way to gain new perspectives, build positive meaning and create connections. While the services below all aim to serve people mainly from a specific cultural group – most services welcome people of any ethnicity. We encourage you to ask.

Nationwide

Chinese Lifeline

Part of the Lifeline service, professional confidential counselling and support is offered in Cantonese or Mandarin.

09 522 2088 or 0800 888 880

www.chineselifeline.org.nz

Korean Positive Ageing Charitable Trust (KPACT)

Provides services in a culturally and linguistically appropriate manner to enable Korean seniors and their families to integrate into New Zealand society. For 65+ Korean Seniors. KPACT aims to promote social participation and networking with Korean older people in order to reduce social isolation, loneliness and challenging life in a new country. They provide Social Services & Community Development, Positive Ageing Workshops, Silver School and the Korean Senior Friendship Line (You can volunteer for this service or use it yourself).

09 272 7040

info@koreanpositiveageing.org.nz

www.koreanpositiveageing.org.nz

Facebook: Korean Positive Ageing Charitable Trust

Maori and Pacific Alcohol and Drug Hotlines

See Help Lines for culture specific phone line services

Shakti Family Settlement & Social Services

A service for ethnic people & families or people who have sought asylum in New Zealand. Shakti run a drop-in centre, an advocacy service, access to case-workers, family & child services and employment orientation services. Mostly based in Auckland, Shakti offers some nationwide services.

214 Great South Road, Otahuhu, Auckland

(09) 276 8457

| sfsss@shakti.org.nz

www.shakti.org.nz

Shakti Migrant Community Education Centre

350 Great North Rd, Henderson

(09) 838 4610

smcec@shakti.org.nz

Shakti Education, Training & Advisory Company

NZQA accredited courses & training for refugees and migrants as well as support, legal services and more.

(09) 838 4610

serac@shakti.org.nz

Shakti Asian Women's Centre
See Women's Services

Upper North Island

Auckland Cook Island Support Services Trust

To provide direction, guidance, advice and support for Cook Island people.
(09) 273 5389

Auckland DHB Manawanui Oranga Hinengaro

Maori mental health services are committed in working in partnership with tangata whaiora and their whanau to access kaumatua and other people with knowledge of tikanga Maori, clinical expertise and relevant life experiences. The service is composed of staff from a variety of iwi.

11 Sutherland Rd, Pt. Chevalier, Auckland
(09) 845 3084

www.adhb.govt.nz

Auckland Regional Migrant Services (ARMS)

The Auckland Regional Migrant Services Charitable Trust (ARMS) is a non-profit organisation which supports migrants, refugees and returning kiwis to settle successfully in the Auckland Region.

09 625 2440

reception@arms-mrc.org.nz

www.arms-mrc.org.nz

Bo Ai She

A Chinese Mental Health Peer Support Organisation. WRAP training and support from people who have been there.

Contact Michelle Huang

09 929 3881

Hapai Te Hauora Tapui Ltd

Hapai hold a range of contracts within the Maori public health sector including Maori Public Health, Community Action Youth and Drug (CAYAD), NGA KURA WHANAU ORANGA: Health Promoting Schools and a Problem Gambling programme.

212 Manukau Road, Epsom, Auckland
09 520 4796

www.hapai.co.nz

hauora@hapai.co.nz

He Kamaka Oranga

Available to all Maori patients and their whanau in any of the inpatient areas of Te Whetu Tawera Mental Health Services, the intensive unit of Auckland Hospital. Their aim is to ensure the best cultural and clinical care for you.

(09) 3074949 x 7200

Te Whare Awhina also provides whanau with accommodation.

(09) 3074949 x25830

Korean Women's Network

KWNNZ (Korean Women's Network in New Zealand) aims to provide Korean women with high quality information and education services to enable them to settle in and maintain a happy, healthy life in New Zealand. Contact Soo Young Lee
021 110 4771

www.koreanwomensnetwork.org.nz

Mahitahi Trust

Mahitahi Trust is a charitable trust that provides Kaupapa Maori services and programmes of support to people who experience mental unwellness.

www.mahitahi.co.nz

Mau Taiaha at ADHB Maori Mental Health

A group environment with a Maori focus, low to medium level physical activity and a fun environment. We teach Mau Taiaha much in the same way as other martial arts with a focus on the holistic benefits (spiritual, physical and psychological) as well as the therapeutic positives of the group dynamic. It has been a powerful way to connect participants with their culture and identity. The programme is based at ADHB Maori Mental Health Services in Sutherland Rd, Point Chevalier. The programme is weekly on Tuesdays from 10.30am - 12.30pm.

Paora Murupaenga (St Lukes CMHS)

09 845 0940

PMurupaenga@adhb.govt.nz

Joanne Miller (Taylor Centre)

09 376 1054

JMiller@adhb.govt.nz

New Zealand Chinese Youth Trust

The main purpose of the Trust is to empower Chinese young people to maximise their potential, and ultimately to contribute to New Zealand society. The main activities organised by the Trust include the St. John Youth Divisions, the Duke of Edinburgh's Award Scheme, the Milford Sea Scout Group and the Young Chinese Ambassadors Group. Various other workshops and courses are run regularly.

Milford Sea Scout Centre, 24 Craig Road, Milford, Auckland

(09) 479 9736 or 021 258 5418

mario@nzcyt.org.nz

www.nzcyt.org.nz

New Zealand African Welfare Service Trust

The Trust assists African Refugees and Migrants and other nationalities with their integration into the wider community. The Trust offers youth projects, family support, parenting courses, budget advice, advocacy, counselling, and school support for parents. NZAWST Social Workers accompany parents to their children's school appointments where they act as intermediaries. They also assist children with their homework and organise school-based programmes that encourage team-building skills, social skills and self-esteem.

(09) 8381530

info@africanwelfare.org.nz

www.africanwelfare.org.nz

Raukura Hauora O Tainui

An iwi Charitable Trust founded in 1994 to reclaim the health and wellbeing of the Tainui people. Today, they deliver health services to the Tamaki (Auckland) and Waikato regions, offering a wide range of public health services in a wide range of locations across these regions. Check out their website for locations and contact details.

www.raukura.org.nz

The Asian Network Inc. (TANI)

TANI is a pan-Asian community organisation working for the betterment of Asian community's life and wellbeing since 2002. TANI believes in empowering the community to respond to their emerging health & wellbeing needs and acts as a bridge between the mainstream service providers and Asian communities. They hold regular community meetings, forums and events for Asian people and produce a regular TANI e-Newsletter to keep the community informed.

Mt Roskill, Auckland

09 815 2338

www.asiannetwork.org.nz

The Vagus Centre

Counselling and support services for Chinese people.

0800 56 75 666

www.cmh.org.nz

Vaka Tautua:

Pasifika Health & Wellbeing Service. Providers of pasifika peer support and Like Minds Like Mine programmes.
15 Sultran Street Ellerslie | Ph: 09 589 1922
& 3/35 Te Pai Place Henderson | Ph: 09 836 6534
www.vakatautua.co.nz

Veivueti Community & Social Services Trust

We are a newly developed Pacific community service located in the heart of Otahuhu. Our main focus is to assist Fijian families who have immigrated to New Zealand.
4/23 Hall Avenue, Otahuhu | (09) 270 3244 | tuiono_nz@yahoo.com

Lower North Island

Maori Mental Health Team

The Maori Mental Health Team, Po Te Atatu, offers support to tangata whaiora (clients) and whanau across all of Lakes DHB HSSS Mental Health and Addiction services. The team comprises Whai Manaaki that aim to ensure the values and beliefs of Maori clients and their families are accepted as part of the healing process and aims to ensure access to Maori therapeutic services is available. The Maori Health team is located on the second floor, Ngati Whakaue Building, Rotorua Hospital.
Phone 07 349 7955x5268

Te Puawai O Te Whanau Oranga Hinengaro (TTPWOH)

Specialised Kaupapa Maori Health Service
Whare Totara, Community Village, Palmerston North Hospital.
Palmerston North
06 3509155
michel.manning@midcentral.co.nz

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of services available. Help us fill in the gaps by emailing directory@engagenz.co.nz

Directories

There are a number of other directories of health services that you can use to find information about services operating in your area. Often these directories contain information from services that have listed themselves and not all services list themselves. But if you can't find what you need in The Community Resources Directory, you might find it in one of the directories listed below. If you find a service that you think should be in The Community Resources Directory too, please contact us at directory@engagenz.co.nz and let us know.

Attitude Live

This section of the Attitude website lists plenty of services to meet the needs of people with disabilities, under categories such as music and arts, newly disabled, parenting, relationships and fertility and many more.
<http://attitudelive.com/directory/directory>

GM Resource and Referral Directory

This Directory is a resource primarily for professional referrers but anyone can use it. Services are self-registered with this resource so it isn't exhaustive but it is easy to use and quite comprehensive.
www.gmd.net.nz/index.lasso

Health Navigator

A national directory of health services across the country – search by region and find health services in your town.
www.healthnavigator.org.nz/

Health Link North

An online directory of health services in the North. <http://healthlinknorth.org.nz/directory-of-services/>

Health PAGES

An online directory of NZ health services, including mental-health services, in each region and town in the country. www.healthpages.co.nz/

Maori Health Provider Directory

An online directory of Maori health providers across the country. www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory

NZ Psychological Society Find a Psychologist

An online directory of psychologists held by the NZ Psychological Society. Psychologists have to pay to list themselves, so it isn't a complete list, but it's a good place to start. Visit the Psychologists, Counsellors and Psychotherapists section of The Community Resources Directory to find more psychologists in your area. www.psychology.org.nz/Find_a_Psychologist

Raeburn House Directory

A directory of mental-health services in the Rodney and North Shore areas of Auckland. www.raeburnhouse.org.nz/index.php?option=com_content&view=article&id=37&Itemid=129

Recovery Solutions

Recovery Solutions provides a wide range of recovery and rehabilitation services designed to empower people to reach their full recovery potential – te whakapakari rawa i tō te tangata kaha whakaora i a ia anō. We believe everyone is capable of living a meaningful life and are committed to helping clients to be the best they can be – resulting in improved overall community well-being and participation. www.recoverysolutions.co.nz

Ruapehu Health Services Directory

A directory of health services in the Ruapehu region. www.ruapehudc.govt.nz/Site/Community/Community_Database/Health_Services_Directory.ashx

Te Puna Web Directory

A nationwide directory of health services, including mental-health services. <http://webdirectory.natlib.govt.nz/dir/en/nz/health/hospitals-and-health-care-services/>

Wairarapa Social Services Directory

Here you will find a list of services in the region 'working for a safer, vibrant Wairarapa' under the categories of health services, social services, cultural services and age and gender services. www.wairarapasocialservices.org.nz

Webhealth

A nationwide directory of health services, including mental-health services. www.webhealth.co.nz/home/

Disability Services

These are a selection of services that are set up to help people overcome and manage the challenges associated with disability such as brain injury, autism, and hearing and visual impairments. Mental 'illness' is also classified as a disability, but most disability services do not deal with this area of need and tend to work in partnership with mental health services. The rights that apply to people with disabilities also protect the rights of people with disability caused by mental unwellness.

Nationwide

Attitude Live

Attitude Live is the home of real resources and authentic stories for and about the disability community. It's a place where you can share experiences and connect to others in the community. This directory section of the Attitude website lists plenty of services to meet the needs of people with disabilities, under categories such as music and arts, newly disabled, parenting, relationships and fertility and many more.

www.attitudelive.com

Brain Injury New Zealand

The Brain Injury Association of New Zealand Inc (BIANZ) represents the 14 regional Brain Injury Associations around New Zealand. These regional associations provide education, advocacy, support and information to any person with a brain injury and their families and carers. The Auckland based National Office provides support for the regional associations, national level advocacy, political review, and operates the Education Advisory Service.

www.brain-injury.org.nz

National Office: North Shore LIFE Centre, 3 William Laurie Place, Albany

PO Box 83, Albany Village 0755, Auckland | 09 414 5693 | national@brain-injury.org.nz

Children's Autism Foundation

Children's Autism Foundation operates the SHINE programme and a variety of support groups in suburban areas as well as information based groups and workshops. Current support groups include a Parent Network group on the first Friday of each month at 10:00-12:00 and a Goldminds Resource Library for Parents and Professionals on the third Thursday of each month at 10:00-12:00.

www.autism.org.nz | 70 Khyber Pass Road, Grafton | admin@autism.org.nz

Deafradio

Deafradio is a Deaf-run creative hub, providing New Zealand Sign Language (NZSL) expertise to deliver innovative opportunities for NZSL accessibility and preservation. There are plenty of news items and events listed on their Facebook page.

www.facebook.com/DeafradioHQ

www.twitter.com/DeafradioHQ

ENABLE Information

National disability Information and Referral Service.

See Help Lines for disability related phone line services.

National Foundation for the Deaf

A Non-Profit Organisation supporting Deaf and Hearing Impaired people in New Zealand. The Foundation operates six member groups, each with a range of offices around the country. These groups are the Hearing Association of New Zealand, the Deafness Research Foundation, New Zealand Acoustical Society, New Zealand Audiological Society, the New Zealand Federation for Deaf Children, and the New Zealand Society of Otolaryngology. Each member group provides a different service for hearing impaired people. The Foundation website houses a list of services for people with hearing impairments, information about scholarships and grants for people with hearing impairments and links to their member groups who provide support.

www.nfd.org.nz | 205 Parnell Rd, PO Box 37729, Parnell, Auckland 1151 | enquiries@nfd.org.nz

0800 867 446 | +64 9 307 2922

Royal New Zealand Foundation of the Blind

The Royal New Zealand Foundation of the Blind is the country's main provider of sight loss services to blind and partially sighted New Zealanders, with branches all around the country.

A list of regional branches can be found on the website. www.rnzfb.org.nz

National Office: Awhina House, 4 Maunsell Road, Parnell, Auckland 1052

Private Bag 99941, Newmarket, Auckland 1149 | (09) 355 6900 | 0800 24 33 33 general@rnzfb.org.nz

Seeflow

An online translation service, Seeflow specialises in high-quality translations between English and New Zealand Sign Language (NZSL), making information accessible to the Deaf community.

www.facebook.com/deafradioHQ
www.twitter.com/AccessSeeflow

Telefriend Sight Loss Peer Support

Confidential peer support telephone support and care calls for blind and vision impaired people. Available Monday – Friday from 1:00pm to 4:00pm. Outside these hours leave a message and your call will be returned.

0800 100 051

Weka

New Zealand's disability information web site, for disabled people, their families, whanau and caregivers, health professionals and disability information providers.

www.weka.net.nz | They also have an excellent support directory at:
<http://www.weka.net.nz/support/by-support-service/support/>

Far North

Brain Injury Association of NZ Northland

There are 14 regional Brain Injury Associations around New Zealand. Each Association offers support via a Liaison Officer along with a variety of Support Groups and Social Activities.

Northland (09) 459 5013

NorthAble

Disability information and services

0508 637 200

Waimamaku Resource Centre

Support for people with disabilities.

State Highway 12 Waimamaku Kaikohe

(09) 405 8168

Upper North Island

Camellia House Refuge

A women's refuge specializing in women with disabilities.

P O Box 75606, Manurewa, Auckland 2243

(09) 269 7100 or (027) 255 7454

Disability Resource Centre

Disability Resource Centre is an information and advisory centre and product showroom. DRC also provide Barrier Free Assessments, Community Presentations, Conference and equipment hire. Opening Hours: 8.30am to 5pm Monday to Friday | 9.00am to 1pm on Saturday

www.disabilityresource.org.nz | 14 Erson Avenue, PO Box 24042, Royal Oak, Auckland 1345

(09) 625 8069

EDGE SIGNAL

From 2011, THE EDGE will be offering a new initiative called SIGNAL. This programme offers Sign Language Interpreted performances for the deaf or hearing impaired and Audio Described performances for blind or vision impaired patrons.

<http://www.the-edge.co.nz/signal.aspx>

Neuro Rehab Results

A disability service which values clinical expertise and excellence and is committed to providing comprehensive and holistic neurological rehabilitation services of a high standard. The services offered are physiotherapy, occupational therapy, speech language therapy, dietetics, social work and nursing.

37 Kawana St, Northcote, Auckland

Phone 09 480 6464
results@neurorehab.co.nz

Parent and Family Resource Centre

An organisation whose vision is that disabled people and their families are able to lead the lives they desire. PFRC's mission is to empower disabled people and their families through leading social change and their core value is respecting and supporting choice.
09 636 0351 | www.pfrc.org.nz

Raukauri Music Therapy Centre

Raukauri provides Music Therapy for young people with experience of disabilities.
www.rmtc.org.nz | 15 Surrey Crescent, Grey Lynn, Auckland | info@rmtc.org.nz

Spark Centre for Creative Development

Access Arts for people with disabilities. See listing in Creative Connections

Paradigm Initiative

The Paradigm Initiative is a not for profit agency based in Auckland that was established to work with disabled people and their family to enable their full inclusion in all aspects of community life.
Yarnton House, 14 Erson Ave, Royal Oak Auckland
P O Box 1053 Shortland St, Auckland 1140
Ph: 09 625-6394 Mob: 021353755
www.paradigminitiative.co.nz

Wilson Home Trust

The Wilson Home Trust provides a range of services within the qualifying area for children and their families. As the Waitemata District Health Board and the Ministry of Education currently provide many of these services, the Trust adopts a collaborative and facilitative approach in order to enhance and complement those services rather than duplicate them.
1 St Leonard's Road, Hauraki, Takapuna, Private Bag 93517, Hauraki
Phone: 09 488 0126 or 0800 948 787
Email: info@wilsonhometruster.org.nz
<http://www.wilsonhometruster.org.nz/>

Lower North Island

CCS Disability Action - Bay of Plenty - Rotorua Office

Family and individual support for children and adults with disabilities. Services include information, advocacy, support, operation mobility and taxi vouchers, disability awareness and member's social club. Carer support short break. Families of children aged 0 - 21 years with carer support days.
1143 Pukaki Street, Rotorua
Phone: (07) 347 6545 Free phone: (0800) 227 2255
teresa.wolland@ccsdisabilityaction.org.nz
www.ccsdisabilityaction.org.nz/index.php/regions/waikato-bay-of-plenty/support-in-rotorua-and-lakes

Riding for the Disabled - Taupo

Provides horse-riding opportunities to facilitate the training and rehabilitation of disabled persons whose physical and mental health is likely to benefit from such participation. Also for disadvantaged children, the elderly and for educational purposes.
164 Poihipi Road, Taupo
Phone 07 377 0192
www.rda.org.nz/RDAgroups/Taupo.htm

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of services available. Help us fill in the gaps by emailing directory@engagenz.co.nz

Domestic Abuse, Violence and Anger Management

Nationwide

Women's Refuge

A safe place for women experiencing domestic violence and their children. Your local police station, GP or counsellor can put you in touch with your local Refuge centre or you can call them directly. If in danger, dial 111 and ask for the police.

0800 REFUGE | 0800 733 843 | www.womensrefuge.org.nz

Victim Support

Victim Support is a community organisation that helps people hurt by crime and other trauma. Victim Support's volunteers give up their time and use their life experience, training and skills to support people in their community dealing with some of life's greatest challenges: the aftermath of crime or other trauma like suicide or fatal accidents.

0800 VICTIM | 0800 842 846 | <http://www.victimsupport.org.nz/>

Far North

SOS Kaipara

Family and sexual violence support service. Temporary emergency housing is available to women and children from non-violent situation when they find themselves homeless. There are three safe houses.

(09) 439 6070

Victim Support

See Nationwide.

-17 Redan Road, Kaitaia | 09 408 6508

-Cnr. Portland & Gordon Street, Dargaville | 09 439 3420

-142 Broadway Kaikohe | 09 405 2490

Upper North Island

Man Alive

A service whose goal is to promote actively positive manhood and strong relationships through a range of integrated services. Man Alive tailors their services, programmes and courses to meet the specific needs of men and boys. At the Man Alive Men's Centre, they rent group rooms to during the day for modest fees. Services include – Men's Change and Support Group, Counselling and Group Support for Sexually Abused Men, The Respect programme, and Family & Couple Counselling. Their service is also offered in Whangarei, Kaikohe and Dargaville, with youth counselling in Manukau East.

11 Edmonton Rd, PO Box 21 963, Henderson, Waitakere City

Ph (09) 835 0509, Fax (09) 835 0540

Email: info@manalive.org.nz

<http://manalive.org.nz>

North Harbour Living Without Violence (NHLWV) is a community organisation based in Takapuna, Auckland, New Zealand. Their main purpose is to facilitate respectful relationships. NHLWV is committed to the ongoing provision of high-quality domestic violence services. They emphasise the right of all people to live lives free from violence and abuse in all its forms.

Phone: (09) 489 3770

Fax: (09) 489 3990

PO Box 33 681, Takapuna, Auckland, New Zealand

nhlwv@xtra.co.nz

<http://www.livingwithoutviolence.org.nz/>

Peace Foundation (Foundation for Peace Studies Aotearoa/New Zealand)

A foundation offering innovative and quality programmes, services and resources that are used in many schools, homes and communities - both in New Zealand and overseas. It helps to establish and maintain peaceful and non-violent relationships by teaching skills that encourage better communication, co-operation and non-violent conflict resolution.

Physical: Level 2, 128 Khyber Pass Road, Grafton, Auckland 1023

Postal: PO Box 8055, Symonds Street, Auckland 1150

Telephone: +64-9-373-2379

Fax: +64-9-379-2668

Email: admin@peacefoundation.org.nz

<http://www.peace.net.nz>

Shine was founded in 1990 and over the more than 20 years since have grown to become the largest domestic-abuse prevention service in New Zealand. They employ more than 30 fulltime staff, 60 volunteers and 20 contractors. Shine provides an extensive range of services, all of which set a high standard for quality and effectiveness. Many are not available elsewhere in the country.

National Helpline: call free 0508 744 633

PO Box 90279, Victoria Street West, Auckland 1142

Phone: 09 815 4601

Fax: 09 815 4541

Email: enquiries@2shine.org.nz

Office: Ground Floor, 409 New North Rd, Kingsland

Website: www.2shine.org.nz

Lower North Island

Te Whare Oranga Wairua Inc, Maori Women's Refuge Taupo

Our Kaupapa is to empower and support whanau-ora (wellness) for those who choose to live free from violence and abuse in all its forms. We offer intervention, safe housing and education.

24-hour crisis line 0800refuge – 0800 733 843

07 378 5204

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of services available. Help us fill in the gaps by emailing directory@engagenz.co.nz

Employment Opportunities

Employment offers crucial aspects of wellbeing— it's not just about paid work (though money helps), but also about occupying our time with something meaningful that gives us purpose , connection & skills.

Nationwide

AIDS Hotline

24-hour information and phone support regarding HIV/Aids.

0800 802 437

AskShareGive

See Service-User Movement Section

Career Services: This service offers advice and information about making good decisions about your career and job options.

www.careers.org.nz | 0800 222 733

Department of Conservation: Volunteer for DOC – get outdoors, meet people, and contribute to saving the planet. Phone (09) 376 7030

www.conservationvolunteers.co.nz

Surf Life Saving: Volunteer, get surf life saving skills, get outdoors, meet people, contribute: www.surflifesaving.org.nz

Study Link: Ever thought about studying? You may be eligible for an interest free student loan, so you can study any approved course at a wide range of different institutions and universities all around the country. Doing a course is a wonderful way of learning skills, working towards a career & meeting people with similar interests.

www.studylink.govt.nz

The Big Idea (work)

A site that offers jobs & opportunities, business news and key appointments for creative industries.

You can submit jobs and opportunities, add a resume, inform others you're looking for work or find out who got that job.

www.thebigidea.co.nz/work

Upper North Island

Edge Employment

If you live on the North Shore or in Rodney, aged between 16-65, have experienced or are experiencing mental ill health and are motivated to work, then this is the right service for you. To find out more contact 09 414 6044.

www.edge.org.nz.

MIT Free Computer Qualifications

If you are 16 or over and a NZ Citizen or Permanent Resident, you can learn computing skills at your own pace. National Certificates in Computing Level 2 and 3.

0800 10 10 60 or www.manukau.ac.nz

Mind and Body Peer Support Training

Mind and Body Learning and Development Ltd is the training and education arm of Mind and Body Consultants Ltd, a well-established New Zealand consumer-run provider of mental health services. Peer Support Workers now have a Level 4 NZQA-approved course developed specifically to meet the needs of their role.

http://mindandbody.ac.nz/?page_id=6

Volunteer Auckland: A great website with listings from over 400 different Not-For-Profits in Auckland who have volunteer opportunities. Volunteering is a great way to build skills, meet people and ease yourself back into things. www.volunteeringauckland.org.nz

Youthline: Volunteer as a phone counsellor – learn skills, make a difference, meet people, have fun:

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

Help Lines

Nationwide

ACC (Claims)

0800 101 996

Births Deaths and Marriages

0800 225 252

Child Youth and Family

0508 FAMILY

0508 326 459

Chinese Lifeline

Part of the Lifeline service, professional confidential counselling and support is offered in Cantonese or Mandarin.

09 522 2088 or 0800 888 880

<http://www.chineselifeline.org.nz/>

Department of Labour

0800 209 020

Depression Helpline

Talk to a trained counsellor who can discuss your situation and find the right support for you. Available 8am to midnight.

0800 111 757

<http://www.depression.org.nz>

Earthquake Commission

0800326 243

ENABLE Information

National disability Information and Referral Service

0800 17 1981

info@enable.co.nz

Gambling Helpline

0800 654 655

Health and Disability Commissioner

0800 112 233

Healthline

Healthline is staffed by experienced registered nurses who provide health information and recommend appropriate care for callers with symptoms.

0800 611 116

<http://www.health.govt.nz/yourhealth-topics/health-care-services/healthline>

Housing New Zealand

0800 801 801

Internal Affairs (Passport)

0800 225 050

IRD

» **Child Support**

0800 221 221

» **Personal Tax**

0800 227 774

» **Student Loan**

0800 377 778

- » **Kiwisaver (Individual)**
0800 549 472
- » **Kiwisaver (Employer)**
0800 377 772

LifeLine

24-hour phone counselling and email-counselling services.

chris@lifeline.co.nz

0800 LIFE LINE or 0800 543 345

<http://www.lifeline.org.nz/>

Ministry of Education

04 463 8000

Ministry of Health (Disability)

0800 373 664

Ministry of Social Development

04 916 3300

National Poisons Centre

0800 764 766

NZ Transport Authority (Licenses)

0800 822 422

OUTline

Outline provides valuable telephone counselling and support services to NZ's Rainbow communities. They understand the questions of their callers around sexual diversity and gender.

0800 OUTLINE (6885463) www.flourish.org.nz

Samaritans

If you need someone to listen, call Samaritans. Samaritans, offer non-judgemental, confidential support to anyone in emotional distress and are available 24 hours a day.

Call 04 473 9739 or 0800 726 666 at any time.

<http://www.samaritans.org.nz/>

Study Link

0800 889 900

Tautoko

0508 TAUTOKO is New Zealand's first suicide prevention helpline where those who may be considering suicide, or people affected by suicide, can call for help and support.

Taylor Centre Urgent After Hours Service

A community mental health centre in Ponsonby, The Taylor Centre offers crisis support to people within their area.

0800 800 717

<http://www.adhb.govt.nz/>

The Phobic Trust

Helping people with anxiety and eating disorders: www.phobic.org.nz

24-Hour Anxiety Help-Line; 0800 1 4 ANXIETY

Vagus Line

The Chinese Mental Health Consultation Services Trust offers this service to promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence.

Service hours: Monday, Wednesday, Friday from 12 noon to 2pm
0800 56 76 666

Warmline: A peer support helpline for people who use mental-health services and need support outside of working hours. Run by people who know what it's like.

8pm – midnight, 7 days a week.
0508 WARMLINE or 0508 927 654
<http://www.warmline.org.nz/>

What's Up?

0800 What's Up is a free, national phone counselling service for five to 18 year olds. To talk to a counsellor, call 0800 WHATSUP or 0800 942 8787 free from noon to midnight, seven days a week.

<http://www.facebook.com/pages/0800-Whats-Up/176490055776217>

Youthline: A wide range of different forms of help for all ages (not just youth) including action education, support groups, a phone-counselling line, a text counselling service, a face-to-face counselling service and more:

0800 37 66 33
Free text: 234
talk@youthline.co.nz
(09) 376 6645 (office)
www.youthline.co.nz

Housing and Accommodation

Your living environment is a crucial element of your mental health and wellbeing.

Nationwide

Work and Income NZ: Accommodation supplements are available from Work and Income. Make an appointment and see a case manager. They also have lists of suggested suitable houses.

0800 559 009

Far North

Tai Tokerau Emergency Housing Charity Trust

57 Clyde Street, Whangarei
09 430 8098

Upper North Island

Community of Refuge Trust

From their website: "We provide services and supported housing specifically for people in the mental health field."
<http://auckland.webhealth.co.nz/provider/service/view/815736/>

Time Out Services:

A respite service offering two accommodation options for women over 18 and adolescents who need some time out.

40 Islington Ave, New Lynn
time.out@paradise.net.nz
027 432 4442
74 South Lynn Road, Titirangi

westlynnhouse@gmail.com
021 971 475

Whangarei Accessible Housing Trust

The Whangarei Accessible Housing Trust provides affordable, accessible housing for people with disabilities in Whangarei.

291 Kamo Road, Whangarei; PO Box 8035, Kensington, Whangarei 0145

Tel: 09 437 1899

Call free: 0800 227 2255

northland@ccsdisabilityaction.org.nz

Work and Income NZ 0800 559 009

Lower North Island

Housing New Zealand Rotorua

1143 Arawa St, The Zen Centre, Rotorua

07 350 0014

Taupo Service Centre

This centre provides access by appointment to a huge variety of services including community law, career services, Housing New Zealand, Tenancy Services, ACC and more.

Taupo Community Link, 2nd floor, 77 Heu Heu St, Taupo

Phone: 07-906-6024

taupo@heartlandservices.govt.nz

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directory@engagenz.co.nz

Interest Groups

An important part of any thriving life is connecting with the things that interest you. Here we gather some good places to start looking for ways to engage with your special interests. Visit the [Life Skills, Training and Education](#) section for more community groups and services, including Community Centres and Community Education programmes. Also visit the Creative Connections section for more ways to get involved and enjoy yourself.

Nationwide

Child Poverty Action Group

Are you passionate about child welfare and the impact of poverty? Become a member of this independent charity working to reduce child poverty and receive updates and invitations to events. It costs \$10 (unwaged) or \$20 (waged) to join.

www.cpag.org.nz | admin@cpag.org.nz | (09) 303 9260

Demand a Better Future

A nation-wide network of students interested in campaigning to ensure the government invests in the education of New Zealanders, set up for election year 2011. Their email update will provide opportunities to interact with the student political movement in New Zealand.

www.demandabetterfuture.co.nz

Meet Up.Com

A website where people from all regions can organise to meet up in the real world with people who share the same interests. Find your local book club, knitting circle, social group, walking group or whatever else may take your fancy – if it's not already there, start your own group up!

www.meetup.com

MENSA New Zealand

A club for people of high intelligence to meet and discuss the things that interest them.

www.mensa.org.nz

09 478 9552

Toastmasters

Toastmasters has clubs in Auckland, Wellington, Christchurch and most other major cities and towns. Develop public speaking skills, confidence and meet people – there is a meeting happening most nights of the week somewhere, dates, times, locations and contact details are too numerous to list here but can be found at the website below.

www.toastmasters.org.nz/club_finder.html

Young Labour

A club for young people interested in politics and The Labour Party. The group is involved in getting out in the community and helping to campaign for The Labour Party. Help make mental health an election issue.

<http://younglabour.org.nz/>

Email info@younglabour.org.nz

President | Ella Hardy | president@younglabour.org.nz | 027 4139 221

Young Nationals

A club for people interested in politics and supporting The National Party. The group takes part in campaigning for the National Party. Help make mental health an election issue.

<http://www.youngnats.org.nz/>

Zach Castles | Vice-President | Email: zachary.castles@national.org.nz

Young Nationals, Po Box 1155, Wellington

Far North

Kaitaia Combined Bowling Club

09 408 0515

Upper North Island

Auckland City Libraries Book Clubs

Almost every Auckland City Library has a book club.

www.aucklandcitylibraries.com/aboutthelibraries/services/Book-clubs.aspx

Auckland Dollmakers and Collectors Club

This club is dedicated to dolls. They promote the making and collecting of dolls as a hobby. The club encourage all doll lovers to learn and enjoy all they can about this very rewarding hobby.

<http://www.aucklanddollclub.co.nz/>

Auckland Mathematics Logic and Philosophy Meet-Up

For people interested in talking about mathematics logic or philosophy. To find out more join Meet Up dot com as this club is privately run.

<http://philosophy.meetup.com/cities/nz/auckland/>

Kaipatiki Project Environment Centre

With help from hundreds of volunteers from the community, Kaipatiki Project plants thousands of trees in over 70 hectares of beautiful native bush in Glenfield, on Auckland's North Shore each year, grown from eco-sourced seeds in their own native plant nursery.

Ph (09) 482 1172 | www.kaipatiki.org.nz/volunteering/ | 17 Lauderdale Road, Birkdale, Auckland

Kelmarna and Devonport Organic City Farms of Framework

These are two organic, city gardens where people can plant, tend, grow, share and eat organic vegetables as part of their journey towards improved wellbeing. A great way to meet people and interact in a down-to-earth way, while you learn great skills and commune with nature – every week there is a community lunch at each location – contact them for more information.

-Kelmarna Organic City Farm | 12 Hukanui Cres, Herne Bay, Tel 09 376 0472

-Devonport Organic City Farm | 4/27 Lake Road, Devonport, Tel 09 445 4087

Mount Eden Village People

A community group for people in Mount Eden, Auckland, who are interested in taking action for a sustainable future in their local community.

www.mountedenvillagepeople.co.nz

No Lights No Lycra

Dancing to a wide range of music in the dark: dance like no one's watching. No Lights No Lycra is held at the Grey Lynn Library Hall every fortnight on a Tuesday. There's a small fee of \$5 per person, and the lights go off at 8.15pm sharp.

Bring comfy clothes and a water bottle!

nolightsnolycra.com/location/auckland/

Stitch Group

Raeburn House is excited to offer another "stitch" group within Albany. This free group is open to anyone who would like to learn new skills and meet other people from the area. All welcome to join us at the Albany Library (Kell Drive) on the 2nd Thursday of the month.

Raeburn House, PO Box 36 336, Northcote, Auckland 0748

Phone: 09 441 8989

www.raeburnhouse.org.nz

Lower North Island

Taupo Pottery and Clay art Group

Monthly meetings, pottery workshops and day trip excursions to visit galleries and exhibitions in surrounding districts.

Phone 07 378 4439

www.nzpotters.com/Clubs/TaupoPotteryClayartGroup.cfm

Rotorua Camera Club

The Rotorua Camera Club is an ever expanding group of all ages and stages with a common interest in photography, meeting regularly for instruction, inspiration and fellowship. Members use a variety of equipment from the most basic to the most complex - it is the brain behind the camera that takes the picture, not the box in the hand! Inspiration comes from sharing work and ideas through discussion and competition in a non threatening environment. Instruction is through regular workshops in digital editing, camera and compositional technique and creative exploration.

beginners@rotoruacamera.co.nz

rotoruacamera.co.nz

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South Island

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Legal and Advocacy Resources

Nationwide

Coalition of Community Law Centres NZ

There are community law centres in most NZ communities who provide free legal advice and sometimes representation. Visit their website to find a community law centre near you. www.communitylaw.org.nz/Local-Centres.5.0.html

Just Answer New Zealand Law

Just answer is a website where you can ask a question and create a user account.

You then name a price and place a refundable good faith deposit. So **this site is not free.**

Then an Expert answers, often within minutes, usually within a few hours. JustAnswer will send an e-mail notifying you of any answer or request for information from an expert. You then choose whether to accept the answer. Your acceptance pays the expert and tells us you're happy. If you got great service, consider adding a bonus.

There is a special section for NZ legal advice, so you may be able to get the answer you need on a budget.

<http://www.justanswer.com/sip/new-zealand-law>

Nationwide Health and Disability Advocacy

If you are unhappy about the service you received from a health and disability service provider you can seek the support of an advocate to help you resolve your complaint.

Free phone: 0800 555 050 | email: advocacy@hdc.org.nz

Office of the Ombudsman

The Ombudsman helps the community in its dealings with government agencies. They handle complaints against government agencies and undertake investigations and inspections, including in relation to official information requests. They also carry out a range of roles that go toward protecting your rights, like monitoring places of detention, and the implementation of the UN Disabilities Convention.

<http://www.ombudsman.parliament.nz/>

info@ombudsman.parliament.nz

PH: 0800 802 602

Privacy Commissioner

Cannot give you legal advice, but can talk you through some of the issues involved and what the relevant law might be. PO Box 10094 Level, gen-i Tower, 109-111 Featherston St, Wellington.04-4747590.

Enquiries line (09) 302 8655 or call free on 0800 803 909.

<http://www.privacy.org.nz>

Rape Prevention Education (RPE) Survivor Advocacy Services

"Rape Prevention Education's advocacy programme was established to profile the need for improvements to survivor services, including legislation. RPE Survivor Advocates include: Dr. Kim McGregor, Louise Nicholas and Aaron Gilmore."

Contact info@rapecrisis.org.nz | www.rapecrisis.org.nz/content.aspx?id=2

Trans Advocates: See LGBT Resources section

Far North

Kaitaia People's Centre - Nga Hoa Awhina Inc.

Kaitaia People's Centre Nga Hoa Awhina Incorporated was formed to provide a free, unbiased and confidential service of general information, advocacy and free legal clinics. This service is tailored to meet the needs of the people of the Far North, many of whom live in a low socioeconomic area.

Their policies and practices are decided by members and are independent from outside sources.

6 South Road Kaitaia

Phone: 09 408 3378

Email: kpckta@extra.co.nz

<http://www.kaitiapeople.co.nz/Mainpage.html>

Upper North Island

Auckland Disability Law

From their website: "Auckland Disability Law is a free community legal service in the Auckland region. We aim to help disabled people access legal services, and to increase awareness of disability law." If you need free legal advice regarding mental health issues, here is a good place to start.
(09) 257 5140 | <http://www.aucklanddisabilitylaw.org.nz>

Connecting Papakura

Formerly known as PAPCOSS, the Papakura Council of Social Services has always aspired to actively advocate for its members in the community it serves, aiming to help improve social justice and wellbeing for the community by enabling a space to build social capital. They can help you connect with other people, support and activities which could aid your recovery.

<http://connectingpapakura.weebly.com/> | <https://www.facebook.com/ConnectingPapakura>

Grey Lynn Neighbourhood Law Office

A Community Law Centre providing community legal services to meet unmet legal needs. At drop-in free legal advice sessions, they provide initial legal information and advice. In special circumstances, they may take you on as an ongoing client. The office is also committed to informing and educating the community about legal rights and responsibilities. To do this, they provide legal education on different topics and in different formats. The office is also an active voice on law reform issues.

449 Richmond Road, Grey Lynn, Auckland. 1021

(09) 378 6085

info@glnlo.org.nz

<http://www.glnlo.org/>

Mangere Community Law Centre

PO Box 43-201 | Unit 9, Shop 37, Mangere Town Centre, Bader Drive, Mangere, New Zealand

<http://mangerelaw.org.nz> | (09) 275-4310 | mclc@xtra.co.nz

Lower North Island

Rotorua District Community Law Centre

Rotorua Community Law Centre has been established to provide free access to legal information, advice, assistance, advocacy or education for residents throughout the Rotorua District who due to their personal or financial circumstances cannot otherwise access such services.

Phone 07 348 8060

1276 Pukuatua Street, ROTORUA

www.communitylaw.org.nz

reception@rdclc.co.nz

Taupo Service Centre

This centre provides access by appointment to a huge variety of services including community law, career services, Housing New Zealand, Tenancy Services, ACC and more.

Taupo Community Link, 2nd floor, 77 Heu Heu St, Taupo

Phone: 07-906-6024

taupo@heartlandservices.govt.nz

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South Island

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LGBT Resources

Nationwide

Body Positive Inc. is a group founded by and run for people with HIV/AIDS. We welcome all people living with HIV and AIDS in New Zealand. Body Positive Inc. breaks down isolation and builds a sense of community while advocating on behalf of HIV+ people on a national level.

Phone: Free phone 0800 HIV LINE (0800 448 5463) Auckland 09 309 3989 (Fax: 09 309 3981)

Post: Body Positive Inc. PO Box 68-766 Newton, Auckland 1145

1/2 Poynton Terrace, Newton, Auckland 1010

office@bodypositive.org.nz

Curious

Curious is a hub for queer and trans youth in Aotearoa New Zealand. Run by youth, for youth, Curious aims to support queer and trans youth, and give us a place to connect with our peers nationwide.

www.curious.org.nz

LESO Lesbian Education and Support Organisation.

Support and information for lesbians and women questioning their sexuality.

Email: hello@leso.org.nz

OUTLineNZ

Confidential and gay-affirming GLBT telephone support and face to face counselling.

Whatever is on your mind, from coming out, to heading out, friends to lovers, mothers to brothers....sometimes you just need to talk. OUTLineNZ volunteers don't judge or tell you what to do. We will provide support and appropriate information in a safe & friendly atmosphere.

The helplines are attended to from 10am-9pm weekdays and 12-6pm weekends.

www.outlinenz.com

outlinenz@outlinenz.com

Phone: 0800 OUTLINE (0800 688 5463)

Upper North Island

AA Aquarius is a support group for those dealing with the impact of alcohol on their lives. Most attendees are lesbian or gay. Tuesday 7-9pm Leys Institute, St Marys Bay Road, Ponsonby.

Agender Auckland is a place for Transgendered people and their families a place to seek advice, meet others socially and most of all to give or receive support. Transgendered includes Cross-dressers, Transsexuals (both MtF and FtM) Intersex, Gender Queer and others. Agender Auckland was founded by a small group of Transsexuals and Cross-dressers because they felt that Auckland could do with another support / social group for crossdressers who wanted a quiet secure venue to use on a regular basis. They hold a Monthly TransCafe Social Meeting. When: Every second Tuesday of the month. Where: Cafe Liaison, 4 Pompallier St, Ponsonby.

www.agenderauckland.co.nz

email: amanda@missioncontrol.net.nz

Auckland Ascent is a group for gay and lesbian Catholics and their friends. PO Box 47 465, Ponsonby, Ph Terry 6349338. Auckland Community Church - St Mathews in the City Sundays 7.30pm.

Burnett Centre (NZAF)

Provides free counselling and confidential testing for HIV and support. 35 Hargreaves Street, College Hill, Auckland 1011

PO Box 6663 Wellesley Street, Auckland 1141

phone +64 9 309 5560 fax +64 9 302 2338

email contact.burnett@nzaf.org.nz

Family Q is a social support group for LGBT families with older children (5 – 17 years). Meets the third Saturday each month for planned social activity. Email: FamilyQ.nz@gmail.com

GenderBridge

Our website offers a wealth of information and resources for transgendered people at any stage of their transition. If you would like to get more information, to join GenderBridge, or even just to have a chat, feel free to contact us. We would love to hear from you.

GenderBridge holds a social meeting every month. Sometimes we invite guest speakers to give talks on workshops on topics relevant to our communities. Newcomers are always enthusiastically welcomed!

www.genderbridge.org

info@genderbridge.org

0800 TG HELP

Rainbow Youth

Offers peer support, education and advocacy for GLBT youth 27 years old and younger and their whanau. Rainbow Youth runs support groups in Auckland for young people questioning their gender, as well as activity lead groups. Training for students and professionals on sexuality and gender identity is offered. Contact us if you want to set up a diversity or gay-straight alliance in your school.

www.rainbowyouth.org.nz

www.facebook.com/rainbowyouth

www.twitter.com/rainbowyouth

Phone: 09 3764155

Trans Advocates are an organisation whose purpose is to promote equality of trans people.

We aim to do this through direct legal services, test-case litigation and public education. Direct legal services will benefit trans people in need. Test case litigation will arise from these services. Public education will occur through the increased presence in the courts.

Trans Advocates support, advocate and lobby for the legislative changes recommended by the Human Rights Transgender Inquiry.

P.O. Box 163 012

Lynnfield

Auckland 1443

Phone: 021 735 565

Fax: 627 6298

Email: info@tranadvocates.co.nz

Web site: www.transadvocates.co.nz

Lower North Island

Spectrum – Bay of Plenty

SPECTRUM = Sexuality, Pride, Education, Truth, Respect, Unity and Maturity

We are a small and friendly community in the Bay of Plenty supporting each other around Sexuality, Understanding and acceptance of others. We welcome all ages to join in the conversation and connect with us all via Facebook and social meetings.

brettpa@icloud.com

The Two Way Closet Youth Group

This is a group for young people aged 13- 24 who are lesbian, gay, transgender, takataapui, bisexual, pansexual, curious, unsure or questioning. If you would like to meet other people who are like you, hang out, go on trips, or just talk to someone who will listen, then contact us. We are based in Rotorua at a secret location...

thetwowaycloset@hotmail.co.nz

www.facebook.com/thetwowayclosetyouthgroup

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South Island

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Life Skills, Training and Education

Nationwide

Big Buddy

Big Buddy mentors fatherless boys in New Zealand, based on the simple philosophy that boys need good male role models in their lives to become good men. Head Office Ph: (09) 828 1358

- à East and Central Auckland Ph: (09) 828 1358 ext 2
- à West and South Auckland Ph: (09) 828 1358 ext 3: 1806 Great North Rd, Avondale, Auckland
- à North Shore: Rodney Ph (09) 488 7181 99B Hurstmere Rd; Takapuna, Auckland
- à Wellington Ph: (04) 384 4888 12 Brooklyn Rd; Aro Valley

Blueprint for Learning

Blueprint for Learning is New Zealand's leading provider of learning and development for people working in the mental health and social service sectors. They plan to enhance the wellbeing of people and communities through inspirational learning.

<http://www.blueprint.co.nz/>

Email: info@blueprint.co.nz

Community Centres have all sorts of groups and courses yoga, Pilates cooking classes etc. They are everywhere - and they are usually cheap.

See your local council website for details – here are the main centres:

<http://www.aucklandcity.govt.nz/council/services/venues/locations.asp>

<http://www.wellington.govt.nz/services/commcentres/index.html>

<http://www.ccc.govt.nz/cityleisure/communityservices/facilitiesforhire/index.aspx>

EcoMatters Environment Trust

A way to link in with your local community garden projects such as the Epping Neighbourhood Community Garden and more.

<http://ecomatters.org.nz>

Outward Bound

Outdoor education & adventure for confidence building.

www.outwardbound.co.nz/courses

Royal Society of New Zealand Funds List

A list of scholarship opportunities for people interested in the sciences.

<http://www.royalsociety.org.nz/programmes/funds/>

Te Wananga o Aotearoa

Operating from over 80 locations throughout the country including, Kaitaia, Kaikohe, Auckland, Gisborne, Napier, Waititi, Kawerau, Otautahi, Maniapoto, Palmerston North, Wellington and Porirua, Te Wānanga o Aotearoa is one of New Zealand's largest tertiary education providers. They offer a comprehensive range of certificate to degree level qualifications to New Zealanders of all ages and walks of life.

<http://www.twoa.ac.nz/google-locations>

Track-Time

Learn driving skills on the race-track; "driving skills for life":
www.tracktime.co.nz

Far North

Far North Adult Literacy

Blencowe Street, PO Box 200 Kaitaia
(09) 4081040
fnliteracy@xtra.co.nz

Far North REAP (Rural Education Activities Programme)

Cooking workshops, ukulele seminars, Photoshop seminars and more.
Puckey Avenue Kaitaia
(09) 408 1380
info@farnorthreap.org.nz

Whangarei Budgeting Service

(09) 430 0177

Upper North Island

Affinity Community Living Service: See Affinity Services in Support Services section.

Auckland Central Budgeting Consultants Inc: Free budgeting and financial planning assistance. Get your financial worries under control.

acdbudget@xtra.co.nz
(09) 631 5572

Auckland Literacy

Can help with reading, writing, spelling and grammar, basic maths and basic computing. Courses are free. 0800 678 910
74A Maybury St, Glen Innes, 1072 | Ph (09) 570 4140
Or 52 Hepburn St, Freemans Bay 1011 | Ph (09) 376 8457
admin@adulthoodliteracy.org.nz

Community Education West Auckland

This service coordinates the activities and resources of three West Auckland high schools that also run continuing education programmes.
Learn interviewing skills, budget cooking, yoga classes and more.
www.westaucklandcomed.co.nz

Connect SR Peer Employment Training Programme

Connect SR also offer a training programme for people from Counties Manukau with experience of mental unwellness who want to learn how to use their own experiences to support others through. Contact Lyn McDonnell
suldc@connectsr.org.nz
(09) 443 3700 x 308

Mind and Body Learning & Development

Mind and Body Learning and Development are providers of the National Certificate in Peer Support Work and a range of other training workshops for people working in Peer Support. Become a peer supporter and earn an NZQA-recognized qualification at the same time!

www.mindandbody.ac.nz
395A Manukau Rd, Epsom, Auckland
(09) 630 5909 x 870

Peace Foundation (Foundation for Peace Studies Aotearoa/New Zealand)

A foundation offering innovative and quality programmes, services and resources that are used in many schools, homes and communities - both in New Zealand and overseas. It helps to establish and maintain peaceful and non-violent relationships by teaching skills that encourage better communication, co-operation and non-violent conflict resolution.

Physical: Level 2, 128 Khyber Pass Road, Grafton, Auckland 1023

Postal: PO Box 8055, Symonds Street, Auckland 1150

Phone 09-373-2379

admin@peacefoundation.org.nz

<http://www.peace.net.nz>

PHAB Association Inc.

For people looking to connect socially, have fun and maybe learn a thing or two about running events in the process. PHAB is a member-run organisation that provides social experiences for people. They have 16 clubs around Auckland and host an annual ball, dance parties, music workshops, youth events and leadership programmes for their members. The PHAB experience is offered jointly and equally to disabled and non-disabled people. The opportunities and programs are intended to be of equal benefit to all of their members in building well rounded, full lives.

www.phab.org.nz | PO Box 34-101, Birkenhead | Ph: 09 588 7490 | office@phab.org.nz

Planet FM

Planet FM offers a radio broadcast facility to community groups and individuals who otherwise have little or no access to the airwaves. Planet FM offers individual training. Learn how to prepare a programme, to research, to record on-station and off-station and how to operate the equipment for a live show.

<http://www.planetaudio.org.nz/about>

Recovery Innovations, New Zealand

Offering Peer Employment Training for people from Counties Manukau wishing to prepare to become a peer support specialist – learn to use your experience to help others through.

Contact Ruth Cheeseman, Recovery Educator: ruth.cheeseman@recoveryinnovations.org

4C Leyton House, Manukau City Mall, Manukau. Phone: 09 263 6035.

Stepping Stones Living Skills Centre

The Stepping Stones Living Skills Centre aims to enhance the quality of life, health and level of independence of individuals with long standing mental health concerns who live within the Waitemata District Health Board catchment area for the North Shore and Rodney services. This innovative service provides a range of living skills, information, education, health promotion and support in response to identified consumer needs in a group format. The Stepping Stones service is staffed by qualified mental health professionals, currently a social worker and an occupational therapist. 136 Shakespeare Rd, Milford, North Shore, 0620. Tel: 09 486 5284.

Transitional Employment Programme at Crossroads Clubhouse

Get a 5-month part-time placement with an employer in the community, be paid the prevailing wage and receive support from the Clubhouse team.

(09) 376-4267

adminclubhouse@vodafone.co.nz

XTEND

This is a website that lists community education courses in Auckland. Find cooking classes, ESOL classes, knitting classes, gardening classes, computer skills classes and much more.

www.xtend.co.nz

Lower North Island

Help us fill this section – send information about services between Tamarunui and Wellington to

directory@engagenz.co.nz

Anamata Tertiary Education

Anamata was created to serve the language, cultural and whakapapa aspirations of Tūhoe both nationally and internationally. They are currently offering courses in suicide prevention: **NZQA National Certificate in Social Service**

Work in Suicide Intervention, Level 6. A six month professional qualification suitable for hauora, social services, counsellors, iwi practitioners, schools, and education providers.

enquiries@anamata.co.nz

www.anamata.ac.nz

Ph: 07 307 0498

Txt: 021 507 752

RAPHS Medical and Nursing Undergraduate Scholarships

Rotorua Area Primary Health Services (RAPHS) is an independent health management organisation committed to health care excellence in the Rotorua area. Established in 1993 by a group of forward-thinking general practices, RAPHS today manages a range of multi-disciplinary clinical programmes and support services, and provides business, administrative and technology support for primary healthcare providers in Rotorua.

Each year, two RAPHS Undergraduate Scholarships are offered to Rotorua residents in their first year of medical or nursing training, with the intent of supporting the training and retention of local medical practitioners.

www.raphs.org.nz

Waiariki Institute of Technology

Offers training in Mental health and Addiction Support (to Level 5).

Contact Professor Margaret Noble

07 346 8999

enquiry@waiariki.ac.nz

www.waiariki.ac.nz

South Island

Help us fill this section – send information about South Island services to directory@engagenz.co.nz

Men's Services

Nationwide

Father and Child Trust

Father and Child Trust provide support and information for fathers. They run support groups in Christchurch and Auckland and have a range of online resources and network opportunities. It was created to give fathers any help they need, form networks of dads and kids, and make men feel good about the most important job in their lives. They say, "We aren't preachy and don't lecture anyone on how to bring up their kids, but offer information for people to make their own choices."

www.fatherandchild.org.nz | Drop in to one of their branches for information, help, a chat and a cuppa, or to introduce them to your new baby.

- » **Auckland branch:** 10 am - 2pm Monday to Friday downstairs in Community Office 3 at the Onehunga Community Centre Te Pito ō te Iwi Whaanui, 83 Church Street, Onehunga, Auckland – next to the Library. Contact: Brendon Smith, 525 1690 | 021892980 | brendon@fatherandchild.org.nz | Or Contact Dave Bartle, 525 1690 | 0211639223 | Email david@fatherandchild.org.nz
- » **Auckland Father & Child Mauri Ora Circle:** Meeting every Wednesday evening from 7:00 – 9:00 pm in the Community Office 3 at the Onehunga Community Centre, 83 Church Street, (next to the library)
- » **Christchurch branch:** 10:00 am – 2:00 pm, Mon – Fri, Flat 1/369 Hereford Street (front flat, enter down the side, first door on the right). (03) 982 2440 | info@fatherandchild.org.nz

Union of Fathers

Separation advice and support: Union of Fathers works to ensure children's rights to a full life that includes both a father and a mother when a relationship breaks up.

0800 CALL DAD | 0508 22 55 32

<http://www.uof.org.nz/>

Far North

Man Alive Counselling

Whangarei
0800 826 367

Upper North Island

Connect SR's Men's Support Group: See Connect SR listing in the Support Services section.

Essentially Men

'Exploring the heart of masculinity'

A support service for men operating out of Youthline House in Ponsonby.

<http://essentiallymen.net> 09 376 2386 essentiallymen@clear.net.nz

Male Survivors of Sexual Abuse Auckland

MSSAT AUCKLAND provides support to men recovering from the consequences of sexual abuse. This support is available throughout the Auckland region. The first point of contact for men is David Passell, he has extensive experience in supporting male survivors. Services are free and include one on one support, referral to ACC counsellors, support with court hearings and dealing with ACC, weekly group meetings and biannual retreats.

www.survivor.org.nz/mssat-in-new-zealand/mssat-auckland/

empoweryou.mssat@xtra.co.nz

PH: 09 837 1809 or 021 356 400 (David Passell)

Male Survivors of Sexual Abuse Waikato

MSSAT Waikato is a survivor-focused and led Charitable Trust, catering especially for the specific needs of our male youth and adult survivors. Our service is free and we offer confidential listening and care, one on one and/or group work support, information and resources, referrals for specialized support, workshops, support with court hearings, whanau/family support and advice, and advocacy in areas of need you may have as a survivor.

waikatosurvivors.org.nz

mssatw@xtra.co.nz

Phone: 07 858 4112 or 027 441 4749 (Mike)

Crisis Phone 0800 MSSATW (0800 677 289)

Man Alive

Support group for men going through change and difficult times.

<http://manalive.org.nz/change.htm>

Lower North Island

Help us fill this section – send information about services between Taumarunui and Wellington to

directory@engagenz.co.nz

Male Survivors of Sexual Abuse Wellington

MSSAT Wellington is a newly formed peer support group meeting weekly in Petone. The service is free. We offer one on one support, peer support group meetings, access to resource library and referrals to ACC approved counsellors.

Contact Richard

Ph: 021 118 1043

South Island

Help us fill this section – send information about South Island services to directory@engagenz.co.nz

Male Survivors of Sexual Abuse Nelson/Marlborough

MSSAT organisations offer one to one, peer and group support for men recovering from the consequences of sexual abuse and their significant others.

Email: pchapman@ts.co.nz

Male Survivors of Sexual Abuse Christchurch

MSSAT organisations offer one to one, peer and group support for men recovering from the consequences of sexual abuse and their significant others.

Contact Paul

Phone: 03 377 6747

Email: mssat@survivor.org.nz

Older People's Services

Nationwide

Age Concern

An organisation working towards an inclusive society where everyone is valued, supported and empowered now matter how old they are.

<http://www.ageconcern.org.nz/contact-age-concern>

Senior Net

Senior Net is a community training network that supports and motivates people aged 50+ to enjoy and use technology in their everyday lives.

<http://www.seniornet.org.nz/>

Seniorline

For older people in Greater Auckland and Northland to call for information on how to get help at home, or at community health services or rest homes. 09 375 4395. 0800 725 463. 8am – 4pm. Monday – Friday.

<http://www.adhb.govt.nz/seriorline/>

All DHBs have a mental-health service for older people that can be accessed through your GP.

Far North

Age Concern

See Nationwide.

Kaitiāia: 101 Commerce, Street | Phone (09) 408 2997

Kerikeri: 128 Kerikeri Road | Phone (09) 407 4474

Whangarei : 16 Manse Street | Phone (09) 438 8043

Forget-Me-Not Community Adult Day Centre

110 Boundary Road, Whangarei

(09) 437 1144

Senior Net

See Nationwide.

Dargaville: 93 Liverpool St | (09) 439 4154

Whangarei: 48 Cameron Street | (09) 438 3418

Upper North Island

Waitemata DHB Mental Health Services for Older Adults

Phone 09 486 1491 (North Shore) or (09) 822 8500 or (09) 822 8600 (West Auckland) and ask to be transferred to Mental Health Services for Older Adults to find out more. You will need a GP referral to start engaging with the service. After you get a referral, someone will be in touch to arrange your first assessment – this could be with a nurse or a

psychologist. For your first assessment, they will come to your home, so you don't need to worry about transport or mobility issues. Mental Health Services for Older Adults can connect people over 65 with a community support worker, a specialised therapist, counselling, occupational therapy and more.

<http://www.healthpoint.co.nz/specialists/mental-health/waitemata-dhb-mental-health-services-for/>

Lower North Island

Seniors Social Club

This group meets on the 2nd Saturday of the month, at the Rotorua Youth Centre. We are a caring group of seniors, supporting each other in a friendly way. We have numerous activities and a shared afternoon tea, provided by the members. We do not have a yearly fee, we pay \$2 per meeting, this pays for the expenses, rent for the room/mate. We meet once a month on the 4th Friday for lunch, usually at the Rotorua RSA or Citz Club, or some other suggested venue. We welcome new members, this is just a fun afternoon of sharing and friendship. All enquiries are very welcome
Phone 073482329 or 07 347 6786

This section is incomplete – but not for long. Please contact directory@engagenz.co.nz if you know of any services for older people anywhere from Taumarunui to Wellington.

South Island

This section is empty – but not for long. Please contact directory@engagenz.co.nz if you know of any services for older people anywhere in the South Island.

Physical Wellbeing

See **Alternative Services** or **Directories** also.

Nationwide

Green Prescription

Green prescription provides supported and low-cost access to gyms & exercise programmes for people who experience physical or mental 'illness.'

0800 ACTIVE or 0800 228 483

www.sparc.org.nz

Laughter Yoga

Stimulate your brain's happy drugs through the simple act of laughing; connect with other people in a light-hearted fashion. "A non-profit, non-political, non-ideological movement whose goal is world peace through laughter."

www.laughteryoga.org.nz

The New Zealand College of Massage Student Clinic

Offer student clinics – affordable massage for the public, while giving our students valuable experience. Please call the student clinic:

Auckland: ph (09) 522 5522

Wellington: ph (04) 385 9055

NZGP Web Directory

An amazing directory for New Zealand GPs and their patients to find web resources on almost any medical topic. They have a good mental-health section. <http://www.nzgp-webdirectory.co.nz/>

Procare Find a Doctor by Location:

A list of Procare GPs. Procare GPs also have mental health programmes. ProCare's Mental Health Programme is made up of a number of interlinked mental health services. Some are provided by your GP or Practice Nurse; others are provided by experienced psychologists and psychiatrists at ProCare Psychological Services (PPS).

www.procare.co.nz/index.cfm?pageid=8
09 377 7827

Stroke Foundation

0800 STROKE

Web Health

Webhealth is an online directory of health services. Check their directory to find your local health centre or social service.

www.webhealth.co.nz

0800 WEB HEALTH

webhealth@webhealth.co.nz

YMCA

They have all sorts of stuff. Exercise stimulates the production of your body's natural happy drugs. Also good opportunities to meet people while engaging in recreational activities.

www.ymca.org.nz

Far North

Ahipara Health and Resource Trust

Takahe Street, Ahipara | (09) 409 4865

Far North Food Bank

100 Commerce St, Kaitaia | (09) 408 1868

Kaitaia Duty Doctor

(09) 408 9180

Upper North Island

Auckland Sexual Health Service

If you have a sexual health concern, including HIV or AIDS, check it out at Auckland Sexual Health Service. For friendly, confidential information, or to make an appointment, please contact us on 0800 739432.

www.ashs.org.nz

Harbour Health

From their website: "Harbour Health undertakes to work with all health providers and the community to develop programmes and services that ensure all patients who are enrolled with Harbour Health through their family doctor, are able to benefit from access to appropriate and affordable services." If you live in the area and want good advice on affordable and broad ranging support options, contact them. You need to be a member of harbour health PHO. Ask your GP for a referral.

(09) 415 1091

<http://www.harbourhealth.org.nz/>

HealthWest

Free community health services supported by a whanau ora approach.

We aim to empower the West Auckland community to take responsibility for their own health and wellbeing by providing information and pathways to clinical, justice, education and social services, by promoting a healthy lifestyle and supporting healthy lifestyle choices and positive change.

www.healthwest.co.nz

Phone: (09) 839 7480

Iyengar Yoga Centre: 146 Great North Rd, Grey Lynn, Auckland. Casual fee \$15. A good place to reflect, stretch the muscles and calm the breathing. The brochure describes the goal as "a positive state of wellbeing and vitality".

Pohutukawa: Auckland Sexual Health Service

A free service for adults who have been sexually assaulted or abused. You will receive all of your healthcare needs such as infection and pregnancy prevention, and referral to support and counseling services. Everything will be your choice – no forced examinations. Speak to your GP for a referral or phone yourself. Mondays & Wednesdays, 9 am – 5 pm. (09) 375 4352

Simply Yoga

Learn yoga to create strength, develop awareness, encourage balance & flexibility and cope with the stresses of daily living. Group classes or one-on-one tutorials are available.

www.simplyyoga.co.nz

(09) 376 8025

Lower North Island

Health Reporoa Rural Primary Health Care

A rural primary health care service which includes District Nursing - home visits, Public Health Nursing Service - school visits, Nurse-led drop in clinics based in Reporoa, Kaingaroa, industry sites and Reporoa College. The service covers the areas of Reporoa, Waikite Valley, Rerewhakaaitu and Kaingaroa. Hours are 9am to 3pm Monday to Friday plus out of hours services as pre-arranged and as per need.

3838 Broadlands Road, Reporoa

07 333 7301

027 498 9504

Rotorua Area Primary Health Services (RAPHs)

A Primary Health Care Clinical Service Group to which Rotorua people can turn for information on all aspects of health care. We make it easier and more affordable for all Rotorua people to access quality, primary-based health care and support to take good care of your health. That's because General Practice Teams and other primary-based health professionals in the Rotorua area are working together to lower fees and offer community-based health services and programmes.

1172 Haupapa Street, Rotorua

Phone 07 349 3563

reception@rgpg.co.nz

www.raphs.org.nz

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

Acclaim Otago Inc

A support group of benefit to injured people and also their families. Acclaim hopes to make a difference, no matter how small, in each and every one of their member's lives. Living with an injury and its effects is not easy. Trying to find our way through the current IPRC act and ACC policy often leaves a person confused and angry. As a support group Acclaim aims to relieve some of the anger and hurt so that together you can make a difference.

Phone: 455 HURT (455 4878)

mail: PO Box 5222 Dunedin

email: acclaimotago@gmail.com

<http://www.acclaimotago.org>

This section is missing information – but there are heaps of services available. Help us fill in the gaps by emailing directory@engagenz.co.nz

See Help lines section for physical health related phone line services'

Psychiatrists

Psychiatrists are medical doctors who specialise in mental-health problems. They are able to prescribe medication for mental health problems. The easiest way to access a psychiatrist is to visit your GP and ask for a referral through the public system - public psychiatrists usually work from local Community Mental-Health Centres (CMHC). You can find your local CMHC in the front of your phone book or ask your GP to refer you. You usually need a referral from your GP to see a psychiatrist at a CMHC, but there's no harm in ringing them up to find out more first because different services have their own processes. There are also private psychiatrists in many communities - your GP may also be able to help you find a private psychiatrist.

For urgent assistance, including after hours, 7 days a week call your crisis team.
(Auckland 0800 800 717 or see the [crisis lines section](#))

Far North Island

Whangarei North Community Mental Health

Level 1, 25 Rathbone Street, Whangarei 0110
8am to 4.30pm Monday-Friday. Closed weekends and public holidays.
Phone: (09) 430 4101 ext 3501/3534 | Fax: (09) 438 0437

Whangarei South Community Mental Health

5 Three Mile Bush Rd, Kamo
8am to 4.30pm Monday-Friday. Closed weekends and public holidays.
Phone: (09) 430 4101 ext 3502/3503 | Fax: (09) 435 0163

Upper North Island

Bay of Plenty Community Mental Health and Addiction Services

This is a specialised secondary mental health and addiction service for clients who are diagnosed with a serious mental illness or are living within the boundaries of the WBOP District Health Board. Community focused services are provided by mental health and /or addiction professionals who make home visits or provide clinic appointments.

Tauranga Hospital, Cameron Rd, Tauranga, Bay Of Plenty
Private Bag 12024, Tauranga Mail Centre, Tauranga 3143
Phone: (07) 579 8329 or (0800) 800 508 (24hr crisis line) | Fax: (07) 571 8647
<http://www.bopdhb.govt.nz>

Cornwall House Community Mental Health

Lower Ground Floor, Building 16, Cornwall Complex, Greenlane Clinical Centre
214 Green Lane West, One Tree Hill, Auckland 1051
Private Bag 92189, Greenlane West, Auckland 1142
Monday to Friday: 8.00am - 5.00pm (Reception 8.30am - 5.00pm)
Phone (09) 623 5780 | Fax (09) 623 5781

Kowhai House

295 Palmerston Road, Gisborne
Phone: 06 868 7001 | Fax: 06 868 7100
Email: CMH@tdh.org.nz

Manaaki House Community Mental Health

15 Pleasant View Road, Panmure, Auckland
Monday to Friday: 8.30am - 5.00pm (Reception 8.30am - 5.00pm)
Phone (09) 570 6519 | Fax (09) 570 6520

Mind Psychiatrist

Auckland Mind are a group of psychiatrists offering psychiatric consultancy services.
Tuesdays, Thursdays and Fridays: 9:00 am to 5:00 pm

Occasionally other days, please phone (09) 360 8818 for more information

<http://www.healthpoint.co.nz/specialists/mental-health/auckland-mind-psychiatric-consultants/>

North Shore Community Mental Health

North 1, Level 1, 44 Taharoto Road, Takapuna
Tel: (09) 487 1400 | Fax: (09) 487 1317

Rodney Community Mental Health

Red Beach, 136 Whangaparaoa Road, Red Beach
Tel: (09) 427 0360 | Fax: (09) 427 0392

St Lukes Centre Community Mental Health

615 New North Road, Kingsland, Auckland
Monday to Friday: 8.00am - 5.00pm (Reception 8.30am - 5.00pm)
Phone (09) 845 0940 | Fax (09) 845 0941

Taylor Centre Community Mental Health

308 Ponsonby Road, Ponsonby, Auckland
Monday to Friday: 8.00am - 4.30pm (Reception 8.30am - 4.30pm)
Phone (09) 376 1054 | Fax (09) 360 1651

Te Ngako Adult Community Mental Health Service

1144 Pukaki St, Rotorua 3010
Phone: (07) 343 5050 | Fax: (07) 343 5080

Tokoroa Community Mental Health Service

Tokoroa Hospital, Maraetai Road, Tokoroa
South Waikato
Phone: (07) 886 4455

Waikato District Health Board Mental Health and Addictions Service

193 London St, Hamilton Central, Hamilton, Waikato
8.30am - 5.00pm Mon – Fri
Phone: (0800) 505050 or (07) 834 6902 | Fax: (07) 834 6900

West (Waitakere) Community Mental Health

West 1, Level 2, Waimarino, 33 Paramount Drive, Henderson
Tel: (09) 822 8501 | Fax: (09) 822 8509

Lower North Island

Kapiti Community Mental Health Team

Kapiti Health Centre,
Warrimoo Street, Paraparaumu
P O Box 7902, Wellington South
Phone: (04) 903 0260 | Fax: (04) 9030262

Kapiti Child & Adolescent MHS

Kapiti Health Centre,
Warrimoo Street, Paraparaumu
P O Box 7902, Wellington South
Phone: (04) 903 0220 | Fax: (04) 9030262

Te Ngako Adult Community Mental Health Service Rotorua

Provides psychiatrist, psychologist, nursing, whai neehi, whai manaaki and social work services. Geographical Area Served: Rotorua City and surrounding rural areas within the Lakes DHB boundaries (Mamaku to the west, Rotoma to the East and Reporoa to the south)
Te Ngako, 2nd Floor, 1144 Pukaki St, Rotorua
Phone: 07 348 1199

Te Puna Waiora Out Patient Services

Multi-disciplinary teams provide assessment, follow-up ongoing treatment, education, support and a referral service to other appropriate services for Consumers/Tangata Whai Ora aged between 18 and 65 years of age. The aim is to ensure people can access care from our service and other associated services while living in the wider community.

Mental Health Services, Base Hospital

David St, Westown 4310

New Plymouth

Phone: 06 753 6139 | Fax: 06 753 7715

Email: tracy.turner@thcl.co.nz

Availability: Monday to Friday 8.00 am to 5.00 pm.

Palmerston North Community Mental Health

Ruahine, Community Village,

Palmerston North Hospital

Phone: 06 3508184 | Fax: 06 350 8183

Email: pncmh@midcentral.co.nz

Availability: Monday to Friday 8.00am to 5.00pm

Porirua Community Mental Health Team

1st Floor, 16 Hagley Street, Porirua

P.O. Box 50215, Porirua

Phone: (04) 381 1600 | Fax: (04) 381 1640

Porirua Child & Adolescent Service

5th Floor, 16 Hagley Street, Porirua

P.O. Box 50215, Porirua

Phone: (04) 381 1660 | Fax: (04) 381 1661

Wellington Community Mental Health Team

100 Tory Street, Wellington

P.O. Box 7902, Wellington South

Phone: (04) 8014830 | Fax: (04) 801 4859

Wellington South Community Mental Health Team

36 Tacy Street, Kilbirnie, Wellington

P.O. Box 7902, Wellington South

Phone: (04) 806 1366 | Fax: (04) 806 1399

Lower North Island

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

Christchurch Community Mental Health Services - SPOE

Fergusson Building (Building 15) Hillmorton Hospital, Sylvan St, Christchurch

Phone: 0800 920 092 or (03) 364 0482 | Fax: (03) 363 8107

Email: SPOE@cdhb.health.nz

Christchurch Child, Adolescent and Family Outpatient Mental Health Services - CAFLink

The Princess Margaret Hospital, PO Box 800, Christchurch
Phone: 0800 218 219 or (03) 337 7758 | Fax: (03) 3377822
Email: caflink@cdhb.health.nz

Dunedin Clutha Team
24 Clyde Street, Balclutha
Phone: (03) 419 0440

Dunedin Dunstan Team
Hospital Road, Clyde
Phone: (03) 440 4308

Dunedin North Team
154 Hanover Street, Dunedin
Phone: (03) 470 9429

Dunedin South Team
599 Princes Street, Dunedin
Phone: (03) 471 8475

Dunedin Waitaki Team
2 Trent Street, Oamaru
Phone: (03) 433 0002

Nelson Community Mental Health Services

Assessment, intervention and ongoing treatment for people over the age of 18. The Mobile Community Team will accept referrals from general practitioners, self, hospital, community agencies, and family or friends with client's permission.

Montrose Villa, Braemar Campu, Nelson Hospital, Nelson

Phone: (03) 546 1421 | Fax: (03) 546 1509

Our hours are from 8.00am to 4.30pm, Monday to Friday, excluding public holidays.

After hours emergency phone: (03) 546 1800

Southland Mental Health Services

Elles Rd (gate 2), Southland Hospital,

Kew Road, Invercargill

PO Box 828, Invercargill

Phone: (03) 214 5786 or 0800 443366 | Fax: (03) 214 7231

Psychologists, Counsellors and Psychotherapists

If you can't find what you are looking for in this section, be sure to check through the Support Services section, where Community Mental-Health Centres are listed. CMHCs usually also provide access to psychologists or counsellors.

The experiences we describe as mental unwellness are changeable. There are a number of effective talking therapies for each diagnosis and type of distress, but every person has different needs.

Psychologists, counsellors and psychotherapists each have a different approach to therapy. There is more information about these differences in the Treatment Approaches Information Pack. A psychotherapist tends to have an approach that focuses on understanding how you operate in the world today in relation to your early experiences. Psychotherapists often have a long-term focus as they aim to work out the dynamics of your life within the relationship between client and therapist. In this manner, you learn new ways of being in the world. A counsellor works a lot like a psychotherapist, but they tend to focus more on current problems and how you are reacting to them. A counsellor will talk through your experiences with you and help you to find your way. Psychologists who work as therapists tend to be Clinical Psychologists or Counselling Psychologists. Psychologists have a more structured, scientific approach to therapy.

They are more likely to use approaches like Cognitive Behaviour Therapy or Acceptance and Commitment Therapy, because their professional code demands they only use evidence-based techniques. They will tend to focus on identifying what triggers and maintains your unwanted experiences and setting up opportunities to learn ways to change them. Clinical Psychologists are specifically trained to provide evidence-based treatments for mental disorder diagnoses.

Research suggests that regardless of the approach, the most important factor in any effective therapy is the quality of your relationship with the therapist themselves. It can take some time to find just the right person and approach for you. An effective practitioner of any kind will take your opinions, beliefs, culture and dignity into consideration when treating you; in fact, it is their obligation to do so. If you find that this is not happening, it is important that you raise it with them, so they can overcome this barrier with you or you can find someone who will.

- à Practitioners who will teach you a combination of thought-based techniques and practical behavioural strategies, but also allow room for you to explore deeper issues, are particularly useful.
- à An ideal practitioner would have a firm understanding of your diagnostic label, if you have one, but always see beyond it. You are a whole person and need to be treated as such.
- à Don't be afraid to ask your practitioner for the kind of approach and style of interaction you want or feel you need. This is something most therapists greatly appreciate. If you want more of something, or less of something else, let them know.
- à Make sure you check your therapist is a member of the appropriate professional body. A counsellor should be a member of the New Zealand Association of Counsellors (NZAC). A psychologist should be a member of The New Zealand Psychologists Board (NZPB). A psychotherapist should be a member of The Psychotherapists Board of Aotearoa New Zealand (PBANZ).

You have a right to effective treatment, so if you do not think that you are getting the results you hoped for, it is important you raise this with your practitioner too – again, it will allow them to identify and resolve barriers with you.

There is an e-book that you might find helps you prepare for the therapy process and get the most out of it. *“How to Make the Most out of Your Therapy: A Guide for Clients receiving Talking Therapies from Psychologists, Counsellors and other Mental Health Professionals”*. This easy to read guide is designed for clients who are planning to enter into a talking-based therapy with mental health professionals (e.g. psychologist, counsellor or other professional therapist). This text is designed to give you, the client, a "head start" in your therapeutic relationship to increase the likelihood of you having a useful experience and make the most of your "treatment dollar". This text is published as an e-book at the following link: www.amazon.com/Make-Most-Your-Therapy-ebook/dp/B006WW9L2S

There is a blog by Dr Alice Boyes which may also be useful.

<http://www.aliceboyes.com/>

Nationwide

ACC Registered Psychologists, Psychotherapists & Counsellors

There is an extensive list of registered psychologists, therapists and counsellors on the ACC website. This is a list of professionals who are specialised in treating people who have experience of sexual abuse and mental 'illness' diagnoses. These therapists also tend to be experienced in dealing with a wide range of diagnoses and areas of concern, unrelated to sexual abuse, so this list might help anyone find a practitioner that works for them.

- à If you experienced sexual abuse before the age of 12, you may qualify for subsidised access to one of these therapists. Ask your GP about Sensitive Claims.
www.acc.co.nz and click on 'claims' then 'registered counsellors'

Talking Works List of Counsellors & Psychologists

Talking Works is a website where psychologists, psychotherapists and counsellors can list their services. You can look through their directory to find the kind of therapist you are looking for.

www.talkingworks.co.nz

Youthline: see Youth Services.

Far North

Bay of Islands Counselling

Counsellor Lee Davy. Kerikeri, Paihia, Kawakawa, Moerewa
0274 924 371

Bev Thomas Counselling

Taipa, Kaitaia, Kaikohe
027 429 6100

Claire Buckley, counsellor

144 Waipapa West Road, Kerikeri
(09) 407 1506

Centre for Self-Empowerment

3 Keyte Street, Whangarei
(09) 437 5563

Counselling Therapy Henriette Politano

Old Municipal Building, Bank St, Whangarei
(09) 459 5685

info@counselling.therapy.co.nz

Dr. Nici Curtis, psychologist

2 King St, Kerikeri
(09) 407 9731

Dee Jones Counselling

Tai Tokerau Building, 3 Hunt Street, Whangarei
(09) 430 0084

Dimitri Edwards, counsellor

Kaikohe
(09) 407 4339

David Flaws, counsellor

Counselling and Hypnotherapy, Whangarei
davflaws@learningedge.co.nz
(09) 434 0225

Les Gray, psychologist

30 Pah Rd, Whangarei
(09) 436 2349

Kaitaia Hospital-Community Mental-Health Centre.

A nurse will see you for an initial assessment and refer you on to one of the registered psychologists on their team.
29 Redan Road
Ph 408 9187.

Karaka Cottage

Elke Radewald, psychologist, (09) 438 1542
Anneke Muijlwijk, counsellor, (09) 438 1525
7 Cooke Street, Whangarei

Life Line Whangarei

Phone counselling.
0800 826 367
www.lifeline.co.nz/whangarei

Dr. Carolyn Mills, psychologist
Face to face and Skype therapy sessions.
(09) 403 7335
drCarolynmills@gmail.com
www.drCarolynmills.com

Miriam Centre Post Trauma, Child, Family Counselling
(09) 437 6010

Nancy Peterson Counselling
Counselling and meridian tapping therapy.
33 Lake Road, Kaitaia
(09) 408 4825

Nga Manga Puriri Free Problem Gambling Counselling & Support
(09) 437 0167
www.ngamangapuriri.org.nz
tatou@ngamangapuriri.org.nz

Penny Mashlan, counsellor
Relationships, individuals, family court
(09) 438 9615
pennymashlan@slingshot.co.nz

Pa o Te Ora Counselling, Budget Advice & Family Support
Hikurangi, Whangarei, (09) 433 8313

John Powell, NZ Registered Psychotherapist
1 Redwood Rise, Whangarei
(09) 430 0885

Relationships Aotearoa
Individual, family and couples counselling, plus parenting and separation programmes. Appointments available in Whangarei, Dargaville, Kaitaia and Kaikohe.
0800 735 283
www.relationshipsaotearoa.org.nz

Edith Sawyer, counsellor
Individuals, couples, families, children and adolescents.
(09) 406 0918
edipus@xtra.co.nz

Josie Scott, counsellor
021 022 38621
www.josiescott.org

Sexual Health Counselling
Brenda Jackman
021 443 331
brendajackman1@gmail.com

Taumarere Counselling Service Inc.

Cnr Pakaru & Waikare Roads, Taumarere, Bay of Islands
0800 456 999

Te Tai Tokerau Trust
Tanya Goosen, psychologist
3 Hunt Street, Whangarei
021 125 1153

John Tetley, counsellor
Counsellor in Kerikeri
(09) 407 1904

The Cottage
Richard Smith, psychologist, NZAC, NZPSS, Education and Counselling Northland
edconor@xtra.co.nz
537B Kamo Road, Kamo
(09) 437 5405

The Psychology Centre
2 King Street, Kerikeri
(09) 407 9731

Watkins, Chamberlain & Associates
Ian Watkins, psychologist
12 Kaye Rd, Whangarei
iwatkins@xtra.co.nz
021 722 074

Upper North Island

ADHB Maori Mental Health Services: A service based on a Maori approach to mental health, delivered mainly by Maori practitioners. To access this service you require a referral from your doctor, key-worker or psychiatrist.

Assist Counselling: Hamilton
"Professional, confident counselling 24/7/365. Specialist Counselling, Relationships, Stress/Anger, Self Esteem, Men's Issues, Anger and Addictions, Loss and Grief, and Redundancy. Appointments within 48 hours."
07 856 8638
490 Grey St Hamilton East Hamilton 3216
www.assistcounselling.co.nz

Auckland Psychology: An association of psychologists, counsellors, coaches and psychiatrists who are qualified to offer therapeutic treatments for a range of different issues. They have a good list of questions to ask prospective therapists.
www.aucklandpsychology.co.nz

Auckland Therapy: A service offering group and individual counselling and psychotherapy for everyday challenges and serious mental health problems. They also have a service for people with learning and developmental disabilities, for men and for young people and families. They have 30 therapists working all around Auckland.
www.aucklandtherapy.co.nz

Auckland University Psychology Clinic

The University Psychology Clinic knows that coming to therapy – especially for the first time – can feel daunting, but they provide a friendly, warm environment. All their supervising clinical psychologists are registered with the NZ Psychologist Board. Currently, they can see only a small number of clients each semester. They negotiate fees with clients. The fees are reasonable and less than people would pay to see a private practising clinical psychologist.
www.clinics.auckland.ac.nz/uoahome/about/ourclinics/services-1/psychology-2/ourservices-3

Change It: Psychology Auckland: A service offering Cognitive-Behavioural Therapy (CBT) by registered clinical psychologists, with a non-pathologising approach to human behaviour.

www.changeit.co.nz

Cooper Watkins: Sliding scale counselling and life-coaching. Male and female professionals available. WINZ support available for beneficiaries.

021 950 899 (call or text)

cooperwatkins@yahoo.co.nz

Dr. L.A. Richards-Ward: Registered Clinical Psychologist

1165 Tutanekai St, Rotorua

027 274 7465

llew@psychologist.net.nz

www.psychologist.net.nz

Ellen M. McGillivray: Registered Counselling Therapist.

BSoc Sc (Hons) Psych, PG Dip Couns, MNZAG. Over 30 years in the people profession. Separation, Panic, Student Issues, Stress Management, Shyness, Depression, Fear, Relationships, Self-esteem, Grief, Life Transitions, Crises, Stress, Mid-life Crisis, Life Crisis. Servicing: Taumarunui, Te Awamutu, Te Kuiti, Matamata, Tokoroa, Huntly, Thames, Hamilton

Phone: 078533064

Fiona Holding, Registered Psychotherapist

Offering psychodynamic psychotherapy and counselling in central Auckland. Together we will explore and untangle the past to bring unwanted patterns into consciousness thereby facilitating a more intentional and fulfilled life in the present. Useful for people facing a variety of different challenges and issues including depression, anxiety, overwhelming feelings, trauma and abuse, phobias, panic attacks, issues around sexuality, sexual orientation, gender identity and unwanted or sabotaging patterns in relationships. Fees: sliding scale of fees based on income. Financial assistance may be available for beneficiaries, students and low incomes.

1 Maidstone St, Ponsonby, Auckland

021 130 3180

holding.psychotherapy@gmail.com

<http://fionaholding.vpweb.co.nz/>

Home & Family Society Inc. Counselling Services: Home and Family Counselling, established in 1893, is a not-for-profit agency with a dedicated team of experienced women and men counsellors who provide a professional confidential service. They promote the safety and well-being of all individuals, irrespective of culture, ethnicity, sexuality or age. Payment for each one hour session is by donation on a sliding scale according to income, and is tax deductible.

344 Mount Eden Road, Mount Eden

(09) 630 8961

info@homeandfamily.org.nz

www.homeandfamily.org.nz

Kelmarna Counselling Centre: A subsidiary of Catholic Family & Community Services. Offering low-cost counselling for individuals, families, couples and relationships. The service is funded by the Catholic Family & Community Service so they charge on a sliding scale, donation basis. The counsellors' approaches are not religiously-affiliated in any way and it does not matter whether you see yourself as Buddhist, Muslim, Hindu, Protestant, Catholic, Agnostic, Atheist or anything in between. Also offer social work support for families and parenting courses.

40 Vermont St, Ponsonby (parking)

(09) 378 9650

www.cfcs.org.nz

Lister Centre for Psychotherapy and Counselling

Psychotherapy works within a collaborative relationship between client and therapist. You are assisted in reflecting on your situation, so you become more aware of ways to realise your potential and take charge of your life.

233 Mount Eden Road, Mt Eden, Auckland.

09 623 1916

lister.centre@xtra.co.nz www.listercentre.co.nz

Low-Cost Counselling: With Val Hayes, a counsellor in training with the institute of Psycho-synthesis. Counselling for people experiencing loss, depression, anxiety, transitional challenges and difficulty changing old patterns of behaviour. (09) 522 2957 or (021) 292 1035

Mana Social Services Trust

A charitable trust in the Rotorua region that offers counselling as well as a programme to help young people stay in school, an anger management programme for young people and families and a Social Worker in Schools.

Level 2, Community House,
1115 Haupapa Street, Rotorua
Phone: 07 348 6191

www.manasocialservicetrust.org.nz

(The) Phobic Trust

Find treatment for anxiety problems from professionals who have specialised in this area.

www.phobic.org.nz

77 Morningside Drive, St. Lukes, Auckland 1346
(09) 846 9776

Procure Psychological Services: A mental health service where you can access Cognitive-Behavioural Therapy (CBT) delivered by qualified psychologists.

Owens Road, Epsom: (09) 375 7761

Lambie Drive, Manukau: (09) 262 1480

www.psychologynz.co.nz

Professional Psychotherapy & Counselling: Frances Lea O'Shea (MNZAC & ACC registered psychotherapist). Offering an integrative approach to assist people to access their inner resources towards personal empowerment. Practicing in Onehunga & Papatoetoe.

(09) 828 0201 or (027) 271 4454

flos@clear.net.nz

Rotorua Psychologists

Choose from one of three clinical psychologists practicing across Rotorua at www.psychologist.net.nz. Referrals are accepted from GPs, ACC case managers, insurance companies, workplace HR, mental health professionals and lawyers. Self-referrals can be made by email. Visit the website to find the email address of the therapist you are interested in contacting or email the office at the address below.

office@psychologist.net.nz

SAFE Network Inc

Operates the largest community-based professional treatment programme in Aotearoa / New Zealand for both adult and adolescent sex offenders.

Postal Address PO Box 8726, Symonds St, Auckland

Phone (09) 377 9898 / info@safenz.org / www.safenz.org

Segar House: An ADHB mental health service based on Dialectical Behaviour Therapy, (DBT) providing a day programme, an intensive residential programme and a number of treatment groups with an excellent reputation. Ask your Key-Worker, Doctor or Therapist for a referral.

For more information phone (09) 377 2602

St James Counselling Service: Low cost counselling & psychotherapy. Cost will be set with you based on your income during your first appointment.

114 Quay Street, Level 1, Auckland.

(09) 302 2640 (leave a message & your call will be returned that day)

Te Aho Tapu: Maori psychological services – Individualised, specialist treatment and support for Maori by Maori in the South Auckland region.

Phone: 09 275 5610

www.teahotapu.com

info@teahotapu.com

The Balance Programme: A one-year DBT programme for people with experience of Borderline Personality Disorder.

www.adhb.govt.nz/balanceprogramme

(The) Grief Centre: The death of a loved one shifts the whole foundation of our lives. The grief centre offers support, counselling, groups, family services and information for people who have been affected by grief and loss.

www.griefcentre.org.nz

info@griefcentre.org.nz

(09) 418 1457 (24-hours)

(The) Vagus Centre

The Vagus Centre is the new name for the Family Harmony Services that were provided by the Chinese Mental Health Consultation Service Trust. They are now able to provide a FREE counselling service to Chinese individuals and families having difficulties in relationships and parenting issues. Their mission is to promote the psychological and mental health wellbeing of individuals through the development of a healthy and functional relationship between the individuals and their families. www.cmh.org.nz

Lower North Island

Mana Social Services Trust

The Trust aspires to a peaceful community that shows compassion towards all people especially children and recognises the cultural aspirations of Maori. Lots of helpful services including anger management, grief and loss, restorative justice, and whanau conflict resolution.

Level 2, Community House, 1115 Haupapa Street, Rotorua

Phone: 07 348 6191

www.manasocialservicetrust.org.nz

Psychology Consultants

Confidential assessment and therapy provided by three Clinical Psychologists both male and female. Up to five sessions available to youth between the ages of 14 and 24 at no cost provided they are enrolled with a local GP.

Suite 1B, Lakes Care, 1165 Tutaneikai St, Rotorua.

k.allison@psychologist.net.nz

Phone 07 348 4717

Skylight

Skylight offers support services and counselling to people in the Auckland and Wellington regions facing tough times of change, loss, trauma and grief - whatever the cause, and whatever their age. They also have a range of supports for people affected by the Christchurch Earthquake.

Nationwide Free Phone: 0800 299 100 | www.skylight.org.nz |

Wellington Skylight Counselling Services: 04 920 9967 | 2A Green Street, Newtown, Wellington

This section needs more resources – there are heaps of counsellors, psychologists and psychotherapists in the region from Taumarunui to Wellington. Please help add them to this resource by emailing directory@engagenz.co.nz.

South Island

This section is empty – but not for long, we are working on it. Please contact directory@engagenz.co.nz if you know of any counsellors, psychologists or psychotherapists in the South Island, from Picton to Bluff. You might find a therapist in your area on the NZ Psychological Society's Find-A-Psychologist webpage (see the Directories section).

Rape Crisis & Sexual Abuse Support Services

If you have experienced any kind of sexual violation, it is vital that you get support as soon as possible. The following centres provide specialised rape crisis and sexual abuse counseling, support and crisis lines all around the country. You will also find useful supports for your mental health needs in the Psychologists, Counsellors and Psychotherapists section and the Support Services section of the directory.

Far North

Mid North Family Support, Rape Crisis & Youth Service
(09) 407 7511

Rape and Sexual Abuse Group
24-hour crisis support
114A Robert Street, Whangarei | (09) 438 6221

Support of Sexually Abused
158 Victoria Street, Dargaville
(09) 439 6070

Whangarei Rape Crisis
24 Hours
(09) 438 6221

Upper North Island

Auckland Sexual Abuse Help
PO Box 10345 Dominion Road
Crisis 24 hrs: 09 623 1700 | crisisteam@sexualabusehelp.org.nz

Counselling Services Centre
22 Alexander Ave, Papatoetoe, Manukau City
Phone 24 hours 09 277 9324 | www.cscounseling.org.nz

Dargaville Support of Sexually Abused
153 Victoria St, Dargaville | Phone: 09 439 6070 (24 hours) | sos@maxnet.co.nz

Hamilton Rape and Sexual Abuse Healing Centre
PO Box 1560, Hamilton | Phone: 07 839 4433 | E-mail: HamRapeCrisis@xtra.co.nz

Healing and Rape Crisis Inc
91 Albert Park Dr., Te Awamutu | Phone: 07 871 81 32 | E-mail: mauhuikahouse@ihug.co.nz

Kaitaia Women and Children Fresh Start Support Group Inc
PO Box 406, Kaitaia | Phone: 09 408 0212 | E-mail: freshstart@xtra.co.nz

Mid North Family Support Rape Crisis and Youth Services
PO Box 624, Kerikeri | Crisis Phone: 09 407 7511 | 09 407 4298 | Womens-Support@xtra.co.nz

Rape Prevention Education
PO Box 78-307 Grey Lynn, Auckland | Crisis Phone: 09360 4004
Phone: 09 360 4001 | E-mail: info@rapecrisis.org.nz

Whangarei Rape Crisis
72 Robert St, PO Box 913, Whangarei | Phone: 09 438 6221
E-mail: whgrcrisis@xtra.co.nz

Lower North Island

Awhina Whanau Services

722 Ngaio St, Mahora, Hastings
Phone: 06 878 4827

Hawera Rape Crisis Family Counseling Services

6 Furlong Street, Hawera | Phone: 06 278 6399 | Crisis Phone: 0800 472 496 | hrcfc@xtra.co.nz

Hutt Rape Counselling Network (Sexual Abuse Healing Centre)

PO Box 31468, Lower Hutt | Crisis 24 hour: 02 636 39421 | Phone: 04 566 5517
Julie@hrcn.co.nz

Manawatu Rape and Sexual Abuse Centre

53 Waldegrave St. PO Box 673 Palmerston North | Phone: 06 355 90 88
E-mail: admin@mrsac.org.nz

Rape Crisis Gisborne

PO Box 1398, Gisborne | Phone 06 867 99 67
E-mail: whaiora@xtra.co.nz

Sexual Abuse Centre – Rotorua

1115 Huapapa St, Rotorua, Phone 07 348 155

Sexual Abuse Healing Centre Wanganui Inc

PO Box 102, Wanganui | Phone: 06 345 47 44 | E-mail: SexualAbuseHealing@xtra.co.nz

Taranaki SAFER Centre

199 Devon St., East New Plymouth | Phone: 06 758 4178 | E-mail: info@safercentre.org.nz
Web: www.safercentre.org.nz

Wairarapa Rape and Sexual Abuse

PO Box 286, Masterton | Phone: 06 370 8446 | E-mail: rape.crisis@xtra.co.nz

Wellington Rape Crisis

Level 4, 84 Willis Street, PO Box 11-731, Wellington | Phone: 04 473 5357
E-mail: wirc@xtra.co.nz

Wellington Sexual Abuse Help Foundation

PO Box 111-60, Manner St, Wellington | Crisis Phone: 04 499 7532 | Phone: 04 499 7530
E-mail: info@wellingtonhelp.org.nz

South Island

Dunedin Rape Crisis Centre

1st floor, Corso Building, 111 Moray Place, Dunedin
(03) 474-1592 | rcrisis@xtra.co.nz | www.rapecrisisdunedin.org.nz/index.htm

Rape and Abuse Support Centre Southland Inc.

PO Box 7040, South Invercargill, Invercargill 9844 | Phone: 03 216 2079 | Fax: 03 216 2080
raasc@xtra.co.nz | www.rapeandabusesupport.co.nz

Nelson Rape and Sexual Abuse Network Inc

44 Trafalgar Street, PO Box 830, Nelson | Phone: 03 548 2407 | E-mail: office@nelsonrapecrisis.org.nz
Web: www.nelsonrapecrisis.org.nz

Sexual Abuse Survivors Trust

391 Durham St. North, Christchurch | Phone: 03 377 5401 | Crisis Support 24 hours: 03 364 8791
Web: www.sast.org.nz

START

PO Box 21022, Edgware | Phone: 03 355 4414 and 03 355 8143 | E-mail: starthealing@xtra.co.nz

Wakatapu Abuse Prevention Network

PO Box 302, Queenstown | Crisis Phone: 03 442 7145 | Phone: 03 442 7105
E-mail: wapn@xtra.co.nz | Web: www.abuseprevention.co.nz

West Coast Rape Crisis

37 Peel Street, PO Box 412, Westport | Crisis Phone: 0 800 274 747 | Phone: 03 789 7700
E-mail: w.coast.r.c@xtra.co.nz

Retreats

Sometimes we just need to get away. This is a list of places you can stay to relax, unwind and connect (not mental health respite). To find a searchable retreat directory, visit http://www.retreatfinder.com/Directory/New_Zealand.aspx

Far North

Ringa Aatawhai, Whangarei Like Minds Like Mine

(09) 430 3305

wendy@ringaatawhai.org.nz

www.facebook.com/ringaatawhai

There may be Like Minds providers in your area. See Nationwide services within this section.

Upper North Island

Dharma Gaia Garden, Coromandel

Foci/Activities: Meditation: Mindfulness, Za-Zen; Nature / Wildlife

Faiths: Buddhist (no specific type), Zen; Open to All

www.dharmagaia.org

Mana Retreat Centre, Coromandel

Foci/Activities: Art: Creativity; Health / Wellness: Health (no specific type); Personal Development: Personal Transformation

Faiths: Open to All

www.manaretreat.com

Harmony Hours, Hamilton

Foci/Activities: Health / Wellness: Alternative Health Services, Healing; Spa Services: **Faiths:** Non-Faith Based
Ph (07) 825 9877

Aio Wira Centre, Auckland

Foci/Activities: Nature / Wildlife: Hiking / Walking; Spa Services; Library; Yoga (no specific type)

Faiths: Open to All

Ph (09) 810 9396

Lower North Island

Belmont Park Retreat, Lower Hutt

Focuses/Activities: Meditation; Gardens / Outdoor Space

Faiths: Buddhist; Theravada; Open to All

<http://belmontparkretreat.co.nz/>

Tauhara Centre, Taupo

Focuses/Activities: Art: Family: Movement Arts; Nature / Wildlife: Hiking / Walking; Personal Development: Massages, Gardens / Outdoor Space,

Library, Meditation Hall; Women's Retreats

Faiths: Interfaith: Open to All

www.tauharacentre.org.nz/

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of services available. Help us fill in the gaps by emailing

directory@engagenz.co.nz

Service User Movement

The Service-User Movement is a global revolution, led by people who have used mental-health services and are working to contribute to their improvement. All around the world, different organisations, community groups and services have evolved to enable people with experience of unwellness to be able to connect with each other's experiences, explore perspectives, inform their services and help educate their communities about the realities of mental unwellness and recovery. These services are based on the core belief that people who have learned to manage mental unwellness have great skills and insights to share about the human condition.

Nationwide

AskShareGive

AskShareGive is a not-for-profit website where people go to share their time, skills, transport or old or unwanted goods.

AskShareGive is a great way to connect with others through the power of sharing. To check out the website go to

<http://www.asksharegive.org.nz/> or email info@asksharegive.org.nz or you can phone Tanya the Community

Coordinator on 0272831929.

Changing Minds

Changing Minds is a small not-for-profit organisation that works to provide information, education, and systemic advocacy for people who experience mental distress or addiction issues, as well as to the wider Auckland community.

Changing Minds runs a monthly service-user forum on the third Thursday of every month, towards linking service-users with each other, their communities and their policy-makers.

www.changingminds.org.nz

Changing Minds Newsletter: The network also puts out a monthly newsletter listing relevant services, discussion forums and other happenings related to the service-user movement in New Zealand.

Contact info@changingminds.org.nz for more details.

Engage Aotearoa

Engage Aotearoa is a service-user developed & led initiative that works to promote mental-health recovery tools amongst service-users & the people who work with them.

www.engagenz.co.nz

admin@engagenz.co.nz

Ph 09 963 9455

Frozen Funds Trust

The purpose of the Frozen Funds Charitable Trust is to provide grants for projects run by, and for, people who use mental health or intellectual disability services.

<http://www.publictrust.co.nz/grants-and-scholarships/how-do-i-find-one/grants/frozen-funds-charitable-trust.html>

Like Minds, Like Mine

A national project to reduce mental health stigma and discrimination in NZ. The Like Minds page is full of information, stories and perspectives. You can find a service provider in your town at:

<http://www.likeminds.org.nz>

Like Minds, Media Watch

If you have found something in the media to be discriminatory or stigmatising, you can report them to Like Minds, and they will get onto it for you. This page has some means of having a say about mental health messages you encounter in the media:

www.likeminds.org.nz/page/96-What-Like-Minds-can-do

Live More Awesome/Gimmie Five

Gimmie Five is a new initiative from the [Live More Awesome](http://www.livemoreawesome.com) Foundation centred around the simple idea of bringing communities together to do some pretty awesome and ridiculous stuff that brightens up people's day, helps them with depression without using drugs and inspires and encourages them to live more awesome lives. Check out the live more awesome Facebook page for events and inspiration.

www.gimmiefive.co.nz

www.livemoreawesome.com

www.facebook.com/livemoreawesome

Mary O'Hagan.Com

Mary O'Hagan is one to the forerunners in the New Zealand 'consumer' movement. On this website she shares perspectives and information.

www.maryohagan.com

Mental Health Foundation of New Zealand

Information pamphlets on anxiety, stress, Borderline Personality Disorder, schizophrenia, depression, voices, and how to feel good. The MHF has a resource room and library.

81 New North Road, Eden Terrace

(09) 300 7010 (main office) or (09) 300 7030 (resource centre)

resource@mentalhealth.org.nz

www.mentalhealth.org.nz

Mind & Body Consultants

A service-user run organisation, providing Peer Support, Consumer Advice and destigmatisation work.

www.mindandbody.co.nz

(09) 630 5909

Out of Their Minds

A website that explores the value of madness. People with personal experience share their perspective on their experiences.

www.outoftheirminds.co.nz

Pathways of Power: From their website – "Pathways of Power is a workshop programme of Personal growth, motivational and developmental tools that are complimented with creative tools to create a personal journey of

discovery for participants of the programme." Pathways of Power is run by people with experience of mental unwellness. <http://www.pathwaysofpower.co.nz/>

Peer Support Training – see [Life Skills, Training and Education section](#)

Becoming a Peer Support Worker is an excellent way of using your experience of unwellness to help others through. In this way, our experiences become qualities and strengths we are proud of. Find Peer Support Training opportunities in the Life Skills, Training and Education:

Recovery Innovations, New Zealand

[Mind and Body Learning & Development \(a service-user-led organisation\)](#)

Connect SR Peer Employment Training Programme

Service-User Radio

Radio Live: *The Nutters Club* with Mike King. Sunday Nights 8 - 10pm.

<http://www.radiolive.co.nz/portals/0/popup/Listen.htm>

Planet Fm: *Take It From Us* with Sheldon Brown. Tuesdays at 12 <http://www.104.6planetfm.org.nz>

The Nutters Club

An online community and radio talk-back show for people with personal experience, run by Mike King and psychiatrist David Codyre.

<http://it-it.facebook.com/pages/The-Nutters-Club-NZ/237509975576>

<http://www.radiolive.co.nz/portals/0/popup/Listen.htm>

Upper North Island

Crossroads Clubhouse

A drop-in centre and resource treasure-trove for people with experience of mental distress - join up and get access to courses and events, use the computers or just drop in for lunch.

393 Great North Road, Grey Lynn, Auckland

(09) 376 4267

<http://www.crossroadsclubhouse.org.nz/>

Gimmie Five

Gimmie Five is a new initiative from the Awesome Foundation centred around the simple idea of bringing communities together to do some pretty awesome and ridiculous events that brightens up people's day, helps them with depression and inspires and encourages them to live more awesome lives.

www.gimmiefive.co.nz

info@gimmiefive.co.nz

Hearing Voices Network: Support, information and resources for people who hear voices, run by people who hear voices. Learn how to cope with and manage voices. Meet other voice-hearers. *We highly recommend this service.* www.hearingvoices.org.nz

- » **Fortnightly Meetings at Te Ata,**
146 Lincoln Road, Henderson
Every 2nd Wednesday, 7 – 8:30 pm
- » **Fortnightly Meetings at Toi Ora Live Arts Trust**
6 Putiki Street, Grey Lynn
Every 2nd Wednesday 5 – 6:30 pm.
- » **Glenfield Group**
Connect SR, 215 Wairau Rd, Glenfield.
Every Thursday 2pm to 3pm.
Contact Jan or Sue on 09 443 3700
- » **Mangere East Group**
At Hindu Niwas, 2-30 Bukem Place, Mangere East,
Every 2nd & 4th Tuesday of the month, 6.30 pm to 8.30 pm
Contact: Richard, tel: 022 649 8927

Shared Vision

Shared Vision is a consumer forum that works to promote awareness of mental health in the community – they work to connect service-users and providers with information and resources and run regular community meetings in West Auckland. www.sharedvision.co.nz

- **In Waitakere**, they hold monthly forums on the last Friday of every month, one from 8.30am - 10.00am for consumers and one from 10.00am - 12.00pm for the public. These are held at the Kelston Community Centre, Great North Rd, Glendene. **Contact:** Will Ward, Walsh Trust | wward@walsh.org.nz | (09) 837 5240
- **In Helensville/Rodney**, they meet on the 2nd Tuesday of each month at the Women and Family Centre, Corner of Porter Cres and Commercial Road. The meeting is 10:00am-11:30am. **Contact:** Christine Bolstad, Community Liaison | Christine.bolstad@connectsr.org.nz
- **In Orewa**, they meet on the 3rd Tuesday of each month at Community House, corner of Hibiscus Coast Highway and Centreway Road. The meeting is 10:00am-11:30. **Contact:** Shona Miers, Equip | shona.miers@equip.net.nz | (09) 477 2630
- **In North Harbour**, they meet on the 2nd Wednesday of each month at 58 Akoranga Drive, Northcote. The meeting begins at 10:30am. **Contact:** Christine Jones, Raeburn House | christine@raeburnhouse.org.nz | (09) 486 8939

Lower North Island

Keepwell Ltd

Keepwell Ltd is a service-user led consultancy run by Arana Pearson. Arana Pearson has provided consumer consultancy, facilitation and training for mental health since 1993, and is currently working in Australia and New Zealand. Arana has been trained and certificated by leading international consumer recovery exponents including Dr Pat Deeghan and Mary Ellen-Copland of the United States of America and Ron Coleman of the United Kingdom. Offers Working with Voices and Working to Recovery workshops.

www.keepwell.co.nz | P.O. Box 10 771, The Terrace, Wellington | 021 912 313 | Skype: Keepwell1

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of services available. Help us fill in the gaps by emailing directory@engagenz.co.nz

Support Services

If you are experiencing stress, distress or mental unwellness, you might benefit from extra supports, information and contact with other people share the experience. This is a list services that provide support, information, activities and resources for people experiencing mental unwellness. Find support-workers, groups, peer support and more. If you are looking for a counsellor or therapist, visit the [Psychologists, Counsellors and Psychotherapists section](#) or the [Psychiatrists section](#), where you will find a list of Community Mental-Health Centres across the country.

Nationwide

ADHD.org.nz was set up to provide people with a means of sourcing information concerning Attention Deficit Hyperactivity Disorder (ADHD) in New Zealand. This was done so that parents could make educated decisions concerning their child's future.

www.adhd.org.nz

Age Concern

Age Concern provides almost every kind of information and support for older people all around the country – including workshops (e.g. Preparing for Bereavement and Cell Phones for Seniors), social events and advocacy. Age Concern

works to serve your needs through a national office and nationwide network of 33 member-branches and associates. Each one provides services, information and advocacy in response to local needs.

www.ageconcern.org.nz | National office: 178 Willis Street WELLINGTON | Find your nearest branch in your local telephone directory.

Bo Ai She

A Chinese Mental Health Peer Support Organisation, Bo Ai She offer Chinese WRAP training and social support from people who have been there.

<http://sites.google.com/site/boaishechineseconsumer/home> | 09929 3881 | 021 718670 | boaisheadmin@gmail.com

Confidential Listening and Assistance Service

If you were in the care of the state before 1992 and have concerns about your experiences, you now have the chance to be heard in confidence by a panel of qualified people who will be visiting your area.

0800 356 567

www.listening.govt.nz

Hearing Voices Network Aotearoa NZ: Support, information and resources for people who hear voices, run by people who hear voices. Learn how to cope with and manage voices. Meet other voice-hearers.

www.hearingvoices.org.nz

Mental Health Foundation of New Zealand: see Service User Movement section.

Newcomers Network

Newcomers Network Support Groups operate in most towns in the country – they are a way for people who are new to an area meet other people and get support in a new place.

www.newcomers.co.nz/

Overeaters Anonymous

A free, group support programme based on Alcoholics Anonymous' 12 Steps, for people who struggle with over-eating, anorexia, bulimia or obesity.

(09) 376 3068

<http://www.oaregion10.org/>

Regional Consumer Network: See Service-User Movement

Salvation Army Bridge Programme: See Alcohol and Drug Services section

Skylight

Skylight offers support services and counselling to those facing tough times of change, loss, trauma and grief - whatever the cause, and whatever their age. They have a range of supports for people affected by the Christchurch Earthquake.

0800 299 100 | www.skylight.org.nz

Far North

Challenge Trust / Recovery Solutions

Residential and community support, respite, day programmes, culture specific programmes. This NGO has services from Gisborne to Northland.

Whangarei: (09) 470 3512

Kaikohe: (09) 405 3415

<http://www.recoverysolutions.co.nz/services>

Community Postvention Response Service

(Clinical Advisory Services Aotearoa)

0800 448 908

Kaitiaki People's Centre Nga Awhina Inc.

90 Commerce Street, Kaitaia
(09) 408 3378
Kpckta@xtra.co.nz

Maungaturoto Care and Share Family Support Group
134 Hundall Street, Maungaturoto
(09) 431 8227

Mental Health Caregiver Trust Northland
(09) 432 7494

SANDS
Support after pregnancy loss or the death of a baby.
(09) 947 0569

South Hokianga Community Support Group
Freese Park Road, Omapere, Kaikohe
(09) 405 8632

Te Hauora o Te Hiku o Te Ika
Multidisciplinary healthcare service providing health promotion, home support, mobile nursing services, advanced chronic care nurses, cardiac specialist nurse, mental health and respiratory nurses, dental health education, breast-screening, smoking cessation, maternity and breastfeeding support, a community health worker, practice nurses, General Practitioners and Dentists.
49 Redan Road, Kaitaia
(09) 4084024
www.hauora.net.nz

Whangarei Clinic
(09) 438 1986

Upper North Island

Affinity Services

From their website: "Our work is to assist people on their recovery journey, to living a rich and fulfilled life. We use the Strengths Model to help us in this endeavour. Our aim is to enable people to reach their dreams and goals in life and to contribute in their community."

www.affinityservices.co.nz | Central Office: 300 Great South Road (Level 1), Greenlane | PO Box 11072 Ellerslie, 1542, Auckland | 09 531 4040

Affinity offers a wide range of services including:

- o **Client Representation Service:** Affinity peer support workers will support you to participate in your community, work towards recovery and have your voice heard with your other recovery partners and service-providers. Contact a Peer Support Worker on 531 4040
- o **Community Living Service:** Care Coordinators work in partnership with you and Counties Manukau DHB Intensive Community Treatment (ICT) Teams to find housing, develop living skills, access health and education and connect with your community. This service is available by referral from your Counties Manukau DHB ICT Service. To access the Counties Manukau ICT Service, talk to your Counties Manukau doctor. ICT office: ph 262 1384
- o **Community Outreach:** Community group programmes with social groups, WRAP groups, supported employment groups and others. Contact the Community Outreach Team on 531 4040 or team.communityoutreach@affinityservices.co.nz
- o **Community Support Service and Asian Community Support:** A service for people with experience of mental unwellness who want one-on-one community support in their path to recovery. Support Workers use a people centred approach. We use the tools of Professor Charles Rapp's Strengths Model, Professor Mason Durie's Te Whare Tapa Wha and Mary Ellen Copeland's Wellness Recovery Action Planning (W.R.A.P.) in order to attain

self-directed goals and dreams. This service accepts self-referrals. Contact: (09) 526 0320 | Contact the Asian CSW Team on 531 4040.

- o **Comprehensive Support Programme:** The Comprehensive Support Programme (CSP) team is comprised of Mental Health Support Workers, supported by a Consultant Psychologist, Occupational Therapists and an Employment Consultant. They regularly visit you at home or wherever you choose during the week and work with you and your recovery partners to help you along your recovery journey. Apply through your DHB keyworker or doctor. Contact the CSP Team on 531 4040.

(The) Bipolar Support Group (Manurewa)

The Bipolar Support Group is open to all people who have a lived experience of Bipolar Disorder/Manic-Depression. It provides an opportunity to meet people from your community who can relate to your experiences and the chance to bring together the collective wisdom of people who have had similar challenges. Meeting others with Bipolar/Manic-Depression and sharing tips for recovery, can help you accept that a mood disorder does not define who you are as an individual. Information relating to the diagnosis and treatment of Bipolar/Manic-Depression is available at the group. There is no cost for the group or for the resources as these are provided by Counties Manukau District Health Board. This confidential, supportive group is held on the first Thursday of each month, 10 am -12noon, Skylight Room at Nathan Homestead, Manurewa
Contact: Shelley or Justine at The Cottage, Phone 270-9090

Christian Ministries with Disabled Trust Drop-In Centres

describe themselves as “a great place to connect with other people with disabilities.” They say, “A friendly, family atmosphere is provided here which encourages Spiritual learning, Fellowship and Support to people.” This is a place to share beliefs and feel welcome. The Drop In Centre is located at 173 Mt Smart Rd, Onehunga Auckland. It operates every Tuesday, Wednesday and Thursday during the school term from 10.00am to 2.00pm.
<http://www.cmwdt.org.nz/centre.html>

Connect SR

A service that aims to support recovery from mental health difficulties. They offer community support, peer support and a range of regular groups. Groups such as:

- » **Hearing Voices – Sharing Experiences**
- » **Brian’s Drop In Group**
- » **Computing for Beginners**
- » **Under Thirties**
- » **Health & Wellbeing Group**
- » **Men’s Support Group**
- » **Art Group**
- » **Walking Group**
- » **Weight Management Support Group**

For a schedule, contact Anna Segat or Sue van Rossum.

www.connectsr.org.nz

215 Wairau Rd, Glenfield

(09) 443 3700

Email: reception@connectsr.org.nz

Crossroads Clubhouse: See Service User Movement section.

Eating Difficulties Education Network (EDEN)

An education and support network for people with eating difficulties. From their website – “EDEN is a non-profit community agency based in Auckland, Aotearoa New Zealand. Our purpose is to promote body trust and satisfaction, size acceptance and diversity on an individual and societal level.”(09) 3789039 | www.eden.org.nz

Engage Group: A CBT-based, service-user led education and support group for people who experience anxiety.

www.engagnz.co.nz | services@youthline.co.nz | 09 361 4168

Equip

Equip provides a range of services that help people who experience mental health issues. You can self-refer or ask for a referral from a GP or key-worker. Equip provide varying amounts of support, and in most cases, the service can come to you. They say they “work as a team to support you to maintain what is already working in your lives, as well as providing support to achieve your goals, celebrate your successes and make barriers easier to get around. We are committed to using evidence based practices and all staff are trained and supervised in the use of the tools of Professor Charles Rapp's Strengths Model.”

www.equip.net.nz/services.aspx | 09 477 0338

They provide a range of services:

- o Older Adults
- o Community Support:
- o Packages of Care
- o Accommodation Packages of Care
- o Residential Services
- o Family Whanāu Groups
- o Dietician Services
- o Community Gardens

Framework Trust

Framework supports the recovery of people with mental illness and intellectual disability by providing quality services.

www.framework.org.nz | reception@framework.org.nz | (09) 378 0028

- » **Mental health radio** Listen to the award winning mental health radio show “Take it from Us” every Tuesday at 12.30pm. It’s sponsored by the Like Minds, Like Mine campaign and addresses mental health issues from discrimination to recovery. Personal stories from consumers...what’s worked and what hasn’t. Tune in to host Sheldon Brown from Framework every Tuesday ... PlanetFM 104.6.

Franklin Bipolar & Depression Support Group: A peer-led group that meets at the Pukekohe Methodist Church Hall, corner Wesley St and Queen St, on the 1st and 3rd Mondays of each month starting at 7:30pm.

Email: franklinbpsdsg@actrix.co.nz.

GROW: This is a 12-step programme similar to Alcoholics Anonymous but for people who experience mental disorder. Grow runs regular free support meetings that bring people who want to change together. GROW uses language like “people who know they are inadequate or maladjusted to life” – Engage Aotearoa prefers “people seeking wellbeing”. (09) 846 6869

Auckland@grow.org.nz

www.grow.org.nz

Hearing Voices Network (Auckland): Support, information and resources for people who hear voices, run by people who hear voices. Learn how to cope with and manage voices. Meet other voice-hearers.

www.hearingvoices.org.nz.

- Fortnightly Meetings at Waves Trust
7 Henderson Valley Road, Henderson.
Every 2nd Wednesday, 7 – 8:30 pm
Contact Adrienne Phone: 027 265 0266
- Fortnightly Meetings at Toi Ora Live Arts Trust
6 Putiki Street, Grey Lynn
Every 2nd Wednesday 5 – 6:30 pm
Contact Vanessa Phone: 021 0293 4959

Mind & Body Consultants' Peer Support Service: Run by and for people with experience of unwellness. Get support from someone who has been there. This service is open to people living in central or west Auckland.

www.mindandbody.co.nz or phone (09) 630 5909

Mindfulness Auckland Stress Reduction Programme

Mindfulness Based Stress Reduction is an eight week evidenced based experiential course which invites you to engage on a physical, emotional and intellectual level. It offers a programme of mindfulness meditation training, which is practical and transformative. Clients report reduction in anxiety and depression, pain levels, greater energy and coping skills.

021 917 676

admin@mindfulnessauckland.co.nz

www.mindfulnessauckland.co.nz

Mt Albert Community Club: an activities-based support group for adults who have experienced mental disorder. Meets on Wednesday and Friday 9 am at the Mt Albert Methodist Church. No need to book, you can just show up.
(09) 845 0940 (Jenny)

North Shore Bipolar Support Group

136 Shakespeare Road, Milford,

Contact Sue Saunders

(09) 486 5284

Raeburn House

Raeburn House is a community development organisation promoting mental health and community wellbeing. They provide groups and workshops, support for newcomers to New Zealand, family support services and all sorts of information.

www.raeburnhouse.org.nz

Raukura Waikato Social Services

Offers many services to the community and welcome all enquiries. If you have a question or a request then please contact them for further information on how they can assist you. They are proud to offer services to the Waikato and have two places to contact, a Hamilton Office and a Huntly Office. The main office is in Hamilton and the friendly Reception staff are willing to talk to you about how they can best assist you.

MAIN / HAMILTON OFFICE

8 Belfast Place, Frankton

PO Box 19123, Hamilton, Phone: 07 848 1047, Fax: 07 848 1053

Email: reception@whangai.co.nz

HUNTLY OFFICE

Garden Place, Main Street

PO Box 120, Huntly, Phone: 07 828 9712, Fax: 07 828 9324

Email: huntly@whangai.co.nz

Recovery Solutions

Residential and community support, respite, day programmes, culture specific programmes. This NGO has services from Gisborne to Northland.

www.recoverysolutions.co.nz/services

Salvation Army Oasis Centre: Offering support for problem gambling.

Street Address: 691A Mt Albert Road, Royal Oak, Auckland

Website: www.salvationarmy.org.nz/oasis

09 639 1159

Shakti Asian Women's Support Group: A support group meeting in Onehunga for Asian women with experience of depression. Ph (09) 636 8512

South Auckland Bipolar Support Group

10 am – 12 pm on the first Thursday of each month.

Nathan Homestead, 70 Hill Rd, Manurewa

Contact Shelley or Justin

(09) 270 9090

Tu Tangata Tonu: A Kari Centre service to support children in families where there is a parent affected by mental disorder. Parent support, age-appropriate information for children, peer-support and activities for children & adolescents, access to family or individual therapy.
Kari Centre, Building 13, Greenlane Clinical Centre
(09) 623 4646 ext 28727
seemaw@adhb.govt.nz

Two Worlds Bipolar Support Group is for people who experience mood polarities. A peer-led group providing the opportunity to meet with other people who understand because they share similar experiences. Room 7, Glenfield Community Centre, Cnr Bently & Glenfield Roads, Glenfield. Starting 31 May 2011, 12.30pm - 2pm, held 2nd and 4th Tuesday of the month. Ph: Rebecca 021 10 28 234 or email: jan.cannings@connectsr.org.nz

Lower North Island

Feilding Community Mental Health

Outpatient mental-health support service – includes key workers, psychiatrists, psychologists.
Clevely Health Centre, 7 Duke Street, Feilding
06 3233631

Hine Ngakau Matua Whangai

Providing a range of free family support, budgeting and counseling options covering Waimarino, Taumarunui and Te Kuiti. Services include: Whanau Social Work Support, Counselling, Family Violence, Social Workers in Schools, Budgeting, Parent Education, Youth Development, and Kaitoko Whanau Support.
153 Hakiaha St, Taumarunui 3920
(07) 895 6013
hmwadmin@xtra.co.nz

Kokiri Trust

The Taumarunui Community Kokiri Trust (TCKT) was established in 1989 to advance the holistic development and wellbeing of whanau, hapu and iwi. This is achieved through the delivery of comprehensive health & social support services to the communities of central and rural Taumarunui and Te Kuiti.
(07) 895 5919
17 Morero Terrace Taumarunui
www.kokiritrust.org.nz/

Manaaki Trust

A Level 4 mental-health organisation providing supported accommodation and other support services to the Taumarunui region.
Ph: 07 895 9079

Palmerston North Community Mental Health

Outpatient mental-health support service – includes key workers, psychiatrists, psychologists.
Ruahine, Community Village, Palmerston North Hospital
Tel 06 3508184
Email: pncmh@midcentral.co.nz

Outpatient Service Horowhenua Community Mental Health

Outpatient mental-health support service – includes key workers, psychiatrists, and psychologists.
Kari House, Horowhenua Hospital,
06 366 0047
Email: myreen.lawrie@midcentral.co.nz

Supporting Families in Mental Illness

Rotorua/Taupo/Turangi/Mangakino
Supporting Families NZ provides information, education, support and training to the families/whanau of people experiencing mental illness

Community House, 1115 Haupapa Street, Rotorua
Phone: (07) 346 3507 or 0800 437 348
sf.rotorua@xtra.co.nz
www.supportingfamiliesnz.org.nz

Tararua Community Mental Health

Outpatient mental-health support service – includes key workers, psychiatrists, psychologists.
Barraud St, Dannevirke
Tel 06-374 7734
Email: myreen.lawrie@midcentral.co.nz

There are so many more support resources in the Lower North Island than this! Please help us collect this information by contacting directory@engagenz.co.nz with details of any support services you know about in the Lower North Island, that's anywhere from Taumarunui to Wellington.

South Island

Anxiety Support Canterbury

Anxiety Support Canterbury's services are free to anyone living in Canterbury. We can be accessed by phone, email, fax or by visiting our office. We provide information, education and support focused meetings, forums, chat groups and workshops.
284 Selwyn Street | Spreydon | Christchurch | PO Box 33 332 | Barrington Mall | Christchurch 8244
Phone: (03) 377 9665 | Fax: (03) 365 5351
<http://www.anxietysupport.org.nz/>

Mind & Body Consultants' Peer Support Service

Run by and for people with experience of unwellness. Get support from someone who has been there. This service is open to people living in Christchurch. www.mindandbody.co.nz

We need more South Island support services to share! Please help us collect this information by contacting directory@engagenz.co.nz with details of any support services you know about in the South Island.

Women's Services

Nationwide

Women's Refuge

A safe place for women experiencing domestic violence and their children. Your local police station can put you in touch with your local Refuge centre. If in danger, dial 111 and ask for the police.
0800 REFUGE | 0800 733 843 | www.womensrefuge.org.nz

Far North

Dress For Success Northland

5 Central Ave, Whangarei
(09) 438 5505 | www.dressforsuccess.org

Maori Women's Welfare League – Tai Tokerau

3 Hunt Street, Whangarei
(09) 438 3847

Upper North Island

Auckland Women's Centre

Drop-in centre, library, support groups, cheap massage, and a great bunch of women and connections. Ph (09) 376 3227 | www.awc.org.nz

Auckland Women's Loan Fund

Women helping Women. This is a charitable trust operated by women, which administers a pool of money to help women become more financially independent. Money is administered as interest free loans, which are repaid within one year. It is then redistributed to someone else. (09) 630 1041

Camellia House Refuge

A women's refuge specializing in women with disabilities.
P O Box 75606, Manurewa, Auckland 2243
(09) 269 7100 or (027) 255 7454

Dress for Success Auckland

Dress for Success Auckland helps women get into or return to the workforce by providing them with clothes for a job interview, grooming tips, career advice/help and once they land a job, continued mentoring. They are not-for-profit organisation and part of a worldwide network.
www.dressforsuccess.org/locations.aspx | E: auckland@dressforsuccess.org | P: +64 9 377 2762 | PO Box 8555 Symonds Street Auckland, New Zealand

Emerging Mothers

A support group for mothers from all walks of life, cultures and ethnicities. Connect with strengths. Find wellbeing. Cope with change. Enhance your relationships. Enjoy gathering and sharing. Develop skills. Enhance your connection to the whole of life. Fortnightly gathering, \$25. Youthline House, 13 Maidstone St, Ponsonby. Agnes 027 6422064. Isabella 027 455 3166.

Hestia Women's Refuge (Rodney District)

PO Box 580, Orewa, Auckland 0946
Phone: 09-425 0452

Inner City Women's Group

Inner City Women's Group has a strong commitment to ensuring family violence support groups are accessible to all women within the community on a donation basis.
09 360 4933 or www.innercitywomensgroup.org.nz

North Shore Women's Centre

NSWC provides a range of services for women; information and referral, counselling, a Community Support Worker, as well as courses & clinics. Clinics include a legal clinic, counselling and holistic health clinics.
5 Mayfield Road, Glenfield. | Phone (09) 444 4618
<http://www.womyn-ctr.co.nz/>

Shakti Asian Women's Centre

Crisis line, support, info & a safe-house.
138 Church St, Onehunga. (09) 636 8512
0800 742 584 (Crisis Line)
sawc@shakti.org.nz

Te Whare Marama O Mangere Women's Refuge

Te Whare Marama refuge provides a confidential safe house for women and children who have experienced domestic violence from any area. Families are welcome for a short break or short term accommodation and support for rehousing.
Programmes provided include: Women's and Children's Counselling Course, Budgeting Course, Parenting Course, Gardening and Cooking Skills.
Phone: (09) 276 7922

E: te-whare@ihug.co.nz

Time Out Services

A respite service offering two accommodation options for women over 18 and adolescents who need some time out.

- » 40 Islington Ave, New Lynn | time.out@paradise.net.nz | 027 432 4442
- » 74 South Lynn Road, Titirangi | westlynnhouse@gmail.com | 021 971 475

Viviana/Western Refuge

Focus: Refuge and outreach services for women who have experienced abuse.

Contact: Poto Williams, 401A Great North Road, Henderson. ph: 836 1987

Lower North Island

Mothers Matter

Group therapy for mothers experiencing postnatal depression.

Phone: 0274 326 117

www.mothersmatter.co.nz/Support/North-Island/Rotorua

This section is missing information – help us fill in the gaps. Email information to directory@engagenz.co.nz

South Island

This section is empty – but there are heaps of services available. Help us fill in the gaps by emailing

directory@engagenz.co.nz

This and other Engage Resources are updated regularly at

www.engagenz.co.nz



The Community Resources Directory is just one of the resources in CMHRT's Community Treasure Chest on the Engage Aotearoa website. Visit www.engagenz.co.nz to explore free coping resources, connect with your community and learn more about the recovery process.

The Online Resources Pack



The Online Resources Pack is a regularly updated list of web-based resources for mental health recovery. Find links to online self-help tools, recovery stories, support networks and sources of information. Visit the Info Packs page in the Community Treasure Chest on the Engage Aotearoa website.

The Coping Kete



The Coping Kete is an online coping skills tool on the Engage Aotearoa website, where a new coping strategy is posted every week for you to experiment with and discuss. Build your own personal Coping Kete. If you find the prospect of connecting with your community daunting, then expanding your coping skills might be a great way to get around your barriers.

www.engagenz.co.nz/copingkete

The Mental-Health News & Events Blog



Keep yourself in the loop on one-off events and announcements in and around the mental-health field and sign on to receive updates from The Mental-Health News & Events Blog direct to your inbox. Browse online at www.engagenz.co.nz.

Share Your Knowledge!

Knowledge is power and sharing knowledge is an empowering act. If you have found a service helpful, but it is not listed here please email our information manager at directory@engagenz.co.nz. Don't forget to include their contact details and a brief description of what service they provide. You can help other people find the things they need. If the Community Resources Directory is helpful to you, pay it forward and share it around. The Community Resources Directory is a free download that anyone can save, print and pass on.



Community Mental-Health Resources Trust

Engage Aotearoa is a CMHRT project to make it easy for Kiwis to find what they need to recover. Resources were created by Engage Resources Ltd and gifted to CMHRT so they can be freely available for all who need them.

Visit www.engagenz.co.nz where recovery resources live!