

The Community Resources Directory



The Community Resources Directory shares contact details for mental-health support services available in the Auckland region. Every section includes a list of nationwide services and a list of services available in the Auckland region. This is in no way an exhaustive list of everything on offer across the Auckland region, but it will give you a good idea of what's on offer and a few places to start. Recovering from a mental-health problem is no simple journey but luckily there are many resources out there to help us on our way.

This resource is currently being updated and some sections remain out of date. This version was updated on 30th of May 2020. Check the Engage website at www.engagenz.co.nz for the latest updates.

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Something Missing?

If you can't find what you are looking for, try checking out one of the other sections – I might have categorised things differently from the way you might do so. Many services do more than one kind of work, so it is worthwhile checking out a number of different sections. You might also find what you are looking for in the Online Resources Pack on the Engage Aotearoa website. I 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. Contact me if you have an update to suggest.

Funding Mental Health Treatment in New Zealand

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

Talk to your doctor

- You're GP is a great first port of call. Ask your local GP about the services available at your DHB's local Community Mental-Health Centre (CMHC). CMHCs usually provide community support (like Key Workers), therapy, and psychiatrist services. You usually need a referral from your GP doctor and they usually reserve access for those with the highest need. If you are facing mild to moderate difficulties, your GP will be able to refer you to other options.
- As of 2009, all primary healthcare organisations (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. 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).

Apply for a Disability Allowance from WINZ

- 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

Employee Assistance Programmes (EAP)

- 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.

ACC Funded Therapy for Sexual Trauma

- 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. You can do this directly through the ACC-registered therapist you approach for support. You can find a list of ACC therapists at www.findsupport.co.nz

Search out low-cost and charity-run options

- Finally, there are lots of low-cost and free support and counselling options in the community outside of DHB services. Explore the directory and see what you can find. Most counsellors and therapists in private practice will be able to help inform you about how to access funding to help pay for therapy and other support.

Acute / Crisis / Urgent Teams

If you are worried about how you or someone you know will get through after hours, you can call your local Crisis or Urgent Team. You may 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 mental-health worker can visit to carry out an urgent mental-health assessment and access to crisis care like respite, follow-up with 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.

You might need to wait before a crisis team can get to you. It helps to have someone with you. If you need someone to talk to, you can find phone counselling options in the [Helplines Section](#) further on the directory. Visit the coping tools tab on the Engage Aotearoa website to find strategies for coping safely through times of crisis.

www.engagenz.co.nz/copingkete

Nationwide

Health Point has a nationwide directory of health services including DHB Crisis Teams here:

www.healthpoint.co.nz/

The Mental Health Foundation keeps a nationwide directory of each of the DHB Crisis Teams here:

www.mentalhealth.org.nz/get-help/in-crisis/

Auckland

Urgent Team for Auckland and Waitemata DHB region

You will need to inform the operator of the region you are in (central, west, or north). Operates 24/7
0800 800 717

Urgent Team for Counties Manukau DHB region

0800 775 222

Child and Adolescent Duty Team for West Auckland

Ask for the 'duty team' during business hours and follow the recorded prompts after hours.
Afterhours, this line redirects to the adult urgent team for Auckland and Waitemata DHB listed above.
(09) 822 8666 | 0800 22 86 66

Community Mental Health Centres (DHB)

Every DHB in NZ has a range of free, specialist Community Mental-Health Centres (CMHC) for different ages and groups. CMHCs provide access to multi-disciplinary teams of psychiatrists, psychologists, occupational therapists, nurses, and social workers. You can find details about your local CMHC in the front of your phone book and online. You usually need a referral from your GP to be referred to a CMHC. Every DHB has a family advisor and consumer advisors who can also provide support in connecting with DHB services, especially if you have a complaint.

Nationwide

Health Point has a nationwide directory of health services including DHB services here:

www.healthpoint.co.nz/

Auckland

Regional

Buchanan Rehabilitation Centre

Buchanan Rehabilitation Centre is a specialist 40-bed mental health, recovery focused, residential rehabilitation service which provides assessment, treatment and intensive rehabilitation combined with a high level of clinical support. This is a service for people aged between 17 and 65 years who live within the ADHB and WDHB areas. Only other mental health services can refer people to Buchanan.

www.healthpoint.co.nz/public/mental-health-specialty/buchanan-rehabilitation-centre-brc-1/

Regional Dual Disability Service

The Regional Dual Disability Mental Health Service provides support for people with intellectual disability who also have significant mental health concerns, serving people across the Auckland and Northland regions. They also provide support and advice for some of the families/whānau, carers and professionals who support this community. Their small team consists of nurses, psychologists and a consultant psychiatrist. Their clinics are located at 6/17 Lambie Drive, Manukau, but they are also able to visit service users and their family, whānau or carers in their homes. Talk to your GP about a referral.

www.healthpoint.co.nz/public/mental-health-specialty/regional-dual-disability-service-counties/

Regional Eating Disorder Service (REDS)

REDS is a regional specialist service provided by an integrated multidisciplinary team including psychiatrists, dietitians, nurses, GPs, psychologists, psychotherapists, social workers, occupational therapists and physiotherapists. REDS is open to referrals only from other mental-health services. If you struggle with an eating disorder, ask your GP for a referral to your local community mental health centre so they can carry out an assessment and refer you on to this specialist service if needed.

www.healthpoint.co.nz/public/mental-health-specialty/regional-eating-disorders-service/

Regional Youth Forensic Service (RYFS)

This regional service provides mental health assessments for young people with a known or suspected mental health disorder who are engaged in offending behaviours and involved with the Justice System. Operated by ADHB they see children and adolescents for the entire Auckland region. Referrals are accepted from Oranga Tamariki, Police, Courts or Youth Advocates though family are welcome to call to ask questions.

www.healthpoint.co.nz/public/mental-health-specialty/regional-youth-forensic-service/

Segar House Intensive Outpatient Programme

An intensive therapeutic day programme for adults who have a wide range of emotional, psychological, and psychiatric disorders and live in the ADHB or WDHB regions. Clients often have a history of physical or emotional/psychological abuse or neglect, or sexual abuse, abandonment, loss, and other trauma experiences. Most have difficulties in their relationships with other people and with their self-esteem. People with alcohol/drug or eating disorders may make use of the programme as part of their treatment once their symptoms are under control. Referrals are only accepted from community mental-health centres and other 'tertiary' mental health providers.

126 Khyber Pass, Grafton, Auckland | Phone (09) 377 2602 | Email segarhouse@adhb.govt.nz

www.healthpoint.co.nz/public/mental-health-specialty/segar-house-outpatient-programme/

Auckland DHB

Cornwall House Adult Community Mental Health Centre

For adults who live in and around the Greenlane area.
Lower Ground Floor, Building 16, Cornwall Complex, Greenlane Clinical Centre
214 Green Lane West, One Tree Hill, Auckland 1051
Phone (09) 623 5780 | 0800 623 578 | Fax (09) 623 5781

Hapai Ora Early Psychosis Intervention Service

For people across the ADHB area aged 30 years and under who have experienced a first episode of psychosis or are at high risk of experiencing psychosis.
95 Great South Rd, Epsom, Auckland
Phone 09 631 0778 | Toll-free 0800 631 0778

Kari Centre Child and Adolescent Mental Health Centre

For children and young people across the ADHB region.
Ground Floor, Building 13, Greenlane Clinical Centre, 214 Greenlane Rd
Phone 09 623 4646

Manaaki House Adult Community Mental Health Centre

For people living in the Eastern suburbs covered by the ADHB.
15 Pleasant View Road, Panmure, Auckland
Phone (09) 570 6519 | 0800 570 651 | Fax (09) 570 6520

Manawanui Oranga Hinengaro Māori Adult Community Mental Health Centre

A kaupapa Maori mental-health service for adults who live within the wider ADHB region.
11 Sutherland Rd, Pt. Chevalier, Auckland | (09) 845 3084 | 0800 845 308

St Lukes Adult Community Mental Health Centre

For people who live in and around the St Lukes area.
615 New North Road, Kingsland, Auckland
Phone (09) 845 0940 | 0800 845 094 | Fax (09) 845 0941

Taylor Centre Adult Community Mental Health Centre

For people living in and around the CBD.
308 Ponsonby Road, Ponsonby, Auckland
Phone (09) 376 1054 | 0800 376 105 | Fax (09) 360 1651

ADHB Family Advisor for Mental Health Services

Information and advice for people whose family member is utilising an Auckland DHB mental health service.
Contact Leigh Murray (09) 307-4949 ext 26520 lmurray@adhb.govt.nz

Counties Manukau DHB

CMDHB mental health services are open to people who live in the South Auckland suburbs and the Franklin District.
CMDHB mental health services accept self-referrals.

Early Psychosis Intervention Team (EPIT)

For people up to 30 years of age who have experienced a first psychotic episode.
7 Springs Road, East Tamaki
Phone (09) 265 4000

Manukau Adult Community Mental Health Centre

For people living in Papatoetoe, Manukau and Wiri
Building 6, 17 Lambie Drive, Manukau
Phone (09) 261 3700

Matariki Adult Community Mental Health Centre

For people living in Otahuhu, Otara and Mangere
492 Great South Road, Otahuhu
Phone (09) 270 9090

Nga Raukohekohe

For people living in Franklin.
Pukekohe Hospital, 1 Tuakau Rd, Pukekohe

Rapua Te Ao Waiora

For people living in Papakura and Manurewa
Awhinitia, 5/19 Great South Rd, Papakura, Auckland
Phone (09) 295 1200

Taunaki Child and Adolescent Mental Health Centre

492 Great South Road, Otahuhu
Phone (09) 270 9090 | FamilyMentalHealth@middlemore.co.nz

Te Puawaitanga Child and Adolescent Mental Health Centre

7 Springs Road, East Tamaki
(09) 265 4000
FamilyMentalHealth@middlemore.co.nz

Te Rawhiti Adult Community Mental Health Centre (CMDHB)

For people living in Pakuranga, Howick, Botany, Maraetai and Clevedon
15 Aberfeldy Road, Highland Park
Phone (09) 538 0700

Waitemata DHB

WDHB services are open to those who live in the Waitakere, North Shore, and Rodney areas.

Early Psychosis Intervention (EPI) Service

The WDHB EPI Service provides specialist support for young people aged 16-24 who have experienced a first episode of psychosis with locations on the North Shore and in West Auckland.
North: Pupuke Building, North Shore Hospital, Takapuna | Ph (09) 489 0555
West: Level 1, Waimarino, 33 Paramount Drive, Henderson | Ph (09) 822 8666

Isa Lei Pacific Island Community Mental Health Services

Waimarino, 33 Paramount Drive, Henderson
Phone: (09) 822 8777

Marinoto West, Child and Adolescent Mental Health Centre

Level 1, Waimarino, 33 Paramount Drive, Henderson
Phone: (09) 822 8666 | 0800 228 666

Marinoto North, Child and Adolescent Mental Health Centre

124a Shakespeare Road, Takapuna, North Shore City 0740
Phone: 0800 489 555

Marinoto North Rodney Team, Child and Adolescent Mental Health Centre

12 Tamariki Ave, Orewa
Phone: 0800 489 555

Mental Health Services for Older Adults

Mental Health Services for Older Adults can connect people over 65 with a community support worker, a specialised therapist, counselling, occupational therapy and more. You will need a GP referral to start engaging with the service.

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.

North Shore Adult Community Mental Health Centre

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

Rodney Adult Community Mental Health Centre

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

West Auckland Adult Community Mental Health Centre

Ground floor, Waimarino, 33 Paramount Drive, Henderson
Phone: (09) 822 8501 | Fax: (09) 822 8509

Whitiki Maurea, Maori Mental Health and Addiction Services

Whitiki Maurea provide a kaupapa Maori mental health service called MOKO and a kaupapa Maori addictions service called Te Ātea Marino.

Moko North: Waimarino Building, LGF, 44 Taharoto Road, Takapuna
Moko West: Waimarino Building, 33 Paramount Drive, Henderson
Phone: 09 822 8555

Community Support Services

This is a list community-based services that provide different kinds of social support, information, activities and resources for people experiencing mental-health problems and related challenges like grief, addictions, substance abuse, unemployment, financial difficulties, and social isolation. Find support-workers, groups, peer support, employment support and more. Some organisations provide multiple services including counselling and therapy. If you are specifically looking for counsellors and therapists, check out the Counsellors and Therapists or the Community Mental Health Centres sections of this directory for more links.

Nationwide

The following directories list services across the country.

- **Alcohol and Drug Foundation Directory**
A national directory of alcohol and drug support services
<https://alcoholdrughelp.org.nz/directory/>
- **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 PAGES**
An online directory of NZ health services, including mental-health services, in each region and town in the country.
www.healthpages.co.nz/
- **Māori Health Provider Directory**
An online directory of Māori health providers across the country. www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory
- **Twelve Steps to Recovery NZ**
A comprehensive list of all the 12-Step support groups in NZ from Alcoholics Anonymous to Workaholics Anonymous.
www.12steps.nz/12-step-programs/

- **Webhealth**

A nationwide directory of health services, including mental-health services.

www.webhealth.co.nz/home/

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 | 0800 65 2 105 | National office: 178 Willis Street, Wellington

Asian Family Services

Asian Family Services (AFS) provides professional, confidential, nationwide face-to-face or telephone support to Asians living in New Zealand.

www.asianfamilyservices.nz/ | 0800 862 342 | admin@pgfnz.org.nz

Alcohol and Drug Foundation

The Alcohol and Drug Foundation provide a range of services across the country in partnership with local providers and national helpline. Their website provides a national directory of alcohol and drug support services and online resources.

<https://alcoholdrughelp.org.nz> | Helpline 0800 787 797 or text 8681

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.

www.bigbuddy.org.nz | Head Office (09) 828 1358

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

Body Positive Inc.

A group founded by and run for people with HIV/AIDS. They 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. Support groups operating nationally.

www.bodypositive.org.nz/ | Free phone 0800 HIV LINE (0800 448 5463) | office@bodypositive.org.nz

Auckland Office: 09 309 3989 | 1/2 Poynton Terrace, Newton, Auckland 1010

Eating Disorders Association of New Zealand (EDANZ)

EDANZ shares information on supports for eating disorders in NZ and other helpful resources.

0800 2 EDANZ or (09) 5222 679 | info@ed.org.nz | <https://www.ed.org.nz/>

Emerge Aotearoa

Emerge Aotearoa is a large NGO that provides a wide range of mental-health recovery and rehabilitation services across New Zealand including mobile community support services, respite options, employment support, day programmes, whanau and family support, multisystemic therapy (MST) alongside support for people with intellectual disabilities, hearing impairment, and addictions issues. Emerge operates one of the only peer-led respite houses in New Zealand called Piri Pono (Silverdale). They have head offices in Auckland (south, west, and central), Northland, Midlands, Wellington and Christchurch. Visit their website for contact details of each.

<https://emergeaotearoa.org.nz/> | info@emergeaotearoa.org.nz

Dress for Success

Dress for Success 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, with branches across from Northland to Canterbury.

<https://dressforsuccess.org/> | Auckland branch: auckland@dressforsuccess.org | 09 377 2762

Family Works

Family Works services support people experiencing challenging or difficult times to help them make positive changes in their lives, including children, young people and families. They are based in 40 centres nationwide and offer a range of services throughout New Zealand including social work support and coordination, counselling and therapy, parenting programmes, children's programmes, family dispute resolution service, mentoring and support for young people, family violence prevention, restorative justice, and connection to community supports, groups and networks. Visit their website to find your local service.

<https://familyworks.org.nz> | National Office: 04 473 5164

GROW

This is a 12-step programme similar to Alcoholics Anonymous but for people who experience mental-health challenges. Grow runs regular free support meetings that bring people who want to change together. Grow operate across New Zealand and you can also find them on MeetUP.com

www.grow.org.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 | 0272650266 | hvnanz@gmail.com |
www.hearingvoices.org.nz/index.php/en/support-groups

Kids Need Dads

Kids Need Dads provide support and information for fathers and their children in Auckland, Bay of Plenty, Wellington and Christchurch regions, and have a range of online resources and network opportunities. Services include a men's refuge centre, weekly support groups, surviving separation groups, and support for supervised visits with children.

www.kidzneeddadz.org.nz/ | Crisis Phone 0800 563 123 | Auckland: 09 525 1690 | ceo@kidzneeddadz.org.nz

Male Survivors New Zealand

An organisation that provides support for male survivors of sexual abuse through a national helpline, online chat and email support, and a network of service centres and support groups in Auckland, Waikato, Bay of Plenty, Wellington, Nelson, and Dunedin. Find your local office on their website.

www.safetotalk.nz | Helpline: Call 0800 044 334 | Text support: 4334 | Email support: support@safetotalk.nz

Newcomers Network

Newcomers Network operates groups 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/

Pathways

A large NGO provider of mental-health and addictions services across the country with community support, day programmes, residential programmes, respite options, employment support and peer support workers. Contact details for each of their offices across the country are available on their website.

www.pathways.co.nz/

Oranga Tamariki

Oranga Tamariki provide a range of services to support families to keep children and youth safe from violence and abuse. If you are concerned about how you are managing with your children, they operate a 24/7 phone-line you can call if you would like to talk to a social worker about your concerns and what kind of help is available to you. Anyone can refer themselves to Oranga Tamariki to seek support.

www.orangatamariki.govt.nz/ | 0508 326 459

Overeaters Anonymous

A network of 12-step support groups, for people who struggle with over-eating, anorexia, bulimia or obesity, with chapters across the country.

Auckland: www.aucklandoa.com | (09) 376 3068 | aucklandoa@gmail.com

Hamilton: (07) 839 1599 | pahamigsecretary@gmail.com

Wellington: (04) 384 8821 | overeaters.anonymous.wellington@gmail.com

Canterbury: www.oachristchurch.org.nz | (03) 365 3812 | oa.canterbury@yahoo.co.nz

Nationwide: www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/overeaters-anonymous-1/

NZ Aids Foundation Counselling and Support Service

The NZAF provides free counselling and confidential testing for HIV and support around this process with offices in Auckland, Wellington and Christchurch and a range of online resources.

www.nzaf.org.nz/ | Head office: 31 Hargreaves St, College Hill, Auckland | 09 303 3124 | contact@nzaf.org.nz

Auckland Burnett Centre: 35 Hargreaves Street, College Hill, Auckland | (09) 309 5560 | contact.burnett@nzaf.org.nz

Salvation Army Oasis Services

The Salvation Army Oasis Services offer support for problem gambling across New Zealand. You can book an appointment or make an inquiry with Oasis via The Salvation Army's national free hotline and find your local service on their website below.

<https://oasis.salvationarmy.org.nz/> | 0800 53 00 00

Auckland office: 18 Allright Place, Mt Wellington | Phone: (09) 638 0801 | auckland.oasis@salvationarmy.org.nz

Salvation Army Bridge Services

The Salvation Army Bridge Services provide free alcohol and addictions support across New Zealand, from Kaitaia all the way to Bluff. Visit their website to find details on where to find your local community or residential Bridge service.

www.salvationarmy.org.nz/get-help/alcohol-and-drug-support/our-centres

Senior Line

Senior Line is a dedicated national phone service for older people to get information about accessing help and financial support at home, community health services or rest homes. 8am – 4pm. Monday – Friday.

www.seniorline.org.nz/ | 09 375 4395 | 0800 725 463

Shakti New Zealand

Shakti is a national not-for-profit community organisation specialised in the area of women's development, empowerment and domestic/ family violence intervention, prevention and awareness. They are a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin and provide a 24/7 multi-lingual crisis and help line for migrant and refugee women.

<https://shaktiinternational.org/shakti-new-zealand/> | Crisis Line 0800SHAKTI (0800742584) | crisisline@shakti.org.nz

Skylight

Skylight offers support groups, workshops, and counselling to those facing tough times of change, loss, trauma and grief, whatever the cause, and whatever their age, with services in Auckland, Thames, New Plymouth, Kapiti, Porirua, Lower Hutt, Wellington, and Christchurch and a range of online options. Some services are free or low cost and others are charged at private rates.

0800 299 100 | www.skylight.org.nz

Supporting Families

Support for your family and friends to cope with the experience of being a supporter to someone who is going through mental-health problems. With offices across the north and south islands, they offer one-on-one advice, regional help-lines, family support groups, and groups for children who have parents and siblings with mental-health challenges.

<https://supportingfamilies.org.nz> | Northern: 0800732825 | Central North: 0800555434 | Southern: 0800 876 682

Vaka Tautua

Vaka Tautua provide mental health, disability, and addictions support to Pasifika communities across Auckland, Waikato, Hawkes Bay and Canterbury, including access to Pasifika peer support workers.

www.vakatautua.co.nz | 0800 825 282

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/>

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 for the police.

www.womensrefuge.org.nz | 24/7 Crisis Line: 0800 REFUGE / 0800 733 843

National Office: Phone: (04) 802 5078 | Fax: (04) 802 5079 | Email: info@refuge.org.nz

Auckland

Altered High

Counselling, groups and family work for young people aged 13-19 who struggle with addictions and substance abuse. They operate a mobile service all over the *wider Auckland region* and can see you in a place that suits you, for example at school, in community rooms or at home.

<http://alteredhigh.com/> | (09) 845 1893 | 409 New North Road, Kingsland | alteredhigh@waitematadhb.govt.nz

Arahura Charitable Trust

Arahura Charitable Trust currently provide a Level 3 residential support service in Mt Roskill and a peer-led community support centre and day programme called Crossroads Clubhouse in Grey Lynn. Crossroads Clubhouse provides adults who have had their lives disrupted by mental health problems the chance to get back on track through opportunities to connect with like-minded people, use their valuable skills in meaningful work, learn new skills, build lasting relationships and, perhaps most importantly, the opportunity to be wanted and needed.

www.arahura.org.nz/

Main office (09) 360 0745 | admin@arahura.org.nz

Clubhouse: (09) 376 4267 | admin@crossroadsclubhouse.org.nz

Auckland Women's Centre

Drop-in centre, library, support groups, cheap massage, and low cost counselling for women.

www.awc.org.nz | Ph (09) 376 3227 | 4 Warnock Street, Grey Lynn

Community Alcohol and Drug Service (CADS) Auckland

CADS provides individual counselling services and runs a number of free educational and therapeutic groups for people who may have issues with alcohol and drugs or have family and friends who are affected. They deliver services across the wider Auckland region from Wellsford to Mercer.

www.cads.org.nz/ | 09 845 1818

DRIVE Consumer Direction Counties Manukau

DRIVE Consumer Direction is a peer support network for people who experience mental health or addictions challenges within the CMDHB region. They provide a range of different recovery focused activities and support groups that meet throughout the year, including the Counties Manukau Bipolar Support Group, regular Recovery College events, and more. DRIVE is part of Ember Korowai Trust and stands for Development, Recovery, Information, Voice and Education.

www.drivedirection.org/drive/

www.facebook.com/DRIVEConsumerDirection

www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/counties-manukau-bipolar-support-group/

Ember Korowai Trust

Ember is a large NGO service that aims to support people who experience mental health difficulties, addictions, and/or intellectual disabilities across the Auckland region. They offer three mobile community support teams, peer support, respite houses, residential support, intensive outreach services, youth services, employment support, and a programme of regular personal development groups called Personal Focus.

North Auckland Office: 49B Apollo Drive, Rosedale 0632, Auckland | 09 443 3700

South Auckland Office: 51 Huia Road, Otahuhu, Auckland | 09 523 2790

<https://ember.org.nz/> | info@ember.org.nz

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. They provide a range of services for Older Adults, Community Support, Accommodation, Residential Services, Respite, Family Whanāu Groups, Dietician Services, and Community Gardens. Equip provide varying amounts of support, and in most cases, the service can come to you.

www.equip.net.nz/ | 09 477 0338

Essentially Men

A support service for men and boys operating in Auckland.

<http://essentiallymen.net> | 09 376 2386 | info@essentiallymen.net

Family Action

Family Action specialises in providing free and confidential support in West Auckland for survivors of sexual harm and their family/whanau. Their services include counselling, women's refuge houses, a crisis service for support after a sexual assault, and a youth programme called ChangeWorks.

www.familyaction.org.nz/ 13 Edsel Street, Henderson | 09 836 1987 / 0800 326 327 | office@familyaction.org.nz

Friendship House

A community organisation providing family support services, advocacy, individual, group, and family counselling options, and a range of other programmes and activities to promote community health and wellbeing.

www.friendshiphouse.org.nz | 092622322 | 20 Putney Way, Manukau | info@friendshiphouse.org.nz

Fonua Ola

Fonua Ola provides social services across the Auckland region, mainly to the Pacific community, with cultural support workers, cultural youth workers, a family-centred counselling service, parenting programmes and budgeting support.

www.fonuaola.org.nz | (09) 270 2089 | Head Office: 32 Station Road, Otahuhu | info@fonuaola.org.nz

GROW – Auckland

"GROW is a volunteer association of people who know they need a stabilising influence to correct a mental, social or spiritual condition in their life and who earnestly desire to change and are willing to help one another grow to personal maturity." Auckland groups operate in Papatoetoe, St Lukes, Highland Park, North Shore and Onehunga.

Auckland Office: 97 St Lukes Road, Sandringham | (09) 846 6869 | Auckland@grow.org.nz

www.grow.org.nz

Hearts and Minds

Hearts and Minds (formerly 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 in the North Shore and Rodney areas, including a directory of local support services.

www.heartsandminds.org.nz/ | 021 706 393 | learning@heartsandminds.org.nz

Homebuilders Family Centre

The Homebuilders Family Centre provides advocacy, parenting courses and counselling for youth and adults. You can talk about relationship issues, communication difficulties and parenting issues.

www.homebuildersfs.org | 5 Hexham St, Warkworth | (09) 425 7048 | homebuildersfs@gmail.com

Inner City Women's Group

The ICWG offer specialised support and education programmes for women, available in different locations across Auckland including Reclaiming Myself: Assertiveness, Communication And Life Skills, Breaking the Cycle:

Freedom From Abuse And Violence, Irate: Women And Anger, and Pave: Women's Stopping Violence Programme (Court and Corrections only).

www.innercitywomensgroup.org.nz | 09 360 4933 | tammy@icwg.org.nz

Iosis Merivale Whanau Development Centre

Iosis supports parents and family members to change their family life for good through providing social work, counselling, foster care, social workers in schools, parent support and financial mentoring in the South Auckland region. Their free counselling services include one-on-one, couples, children, teens, adults, and family therapy. Referrals can be made by anyone – self, family, doctors, lawyers, social workers, Oranga Tamariki, RTLBs.

www.iosis.org.nz | 112c Russell Road, Manurewa | (09) 255 5212 | enquiries@iosis.org.nz

Kahui tu Kaha

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." Services include peer support and consumer advocacy, emergency housing, respite services, residential support, and rainbow services.

<http://kahuitukaha.co.nz/> | Central Office: 300 Great South Road (Level 1), Greenlane | 09 531 4040

Mahitahi Trust

Mahitahi Trust is a charitable trust that provides Kaupapa Maori services and programmes of support to people who experience mental health problems across the ADHB and CMDHB areas. They only accept referrals from ADHB and CMDHB mental-health services.

www.mahitahi.co.nz | 15a Ronwood Ave, Manukau, Auckland | 09 262 4533

Man Alive

A service whose goal is to promote actively positive manhood and strong relationships through a range of integrated services. 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 Northland.

<http://manalive.org.nz> | 11 Edmonton Rd, PO Box 21 963, Henderson | Ph (09) 835 0509 | Email: info@manalive.org.nz

Mind and Body Consultants Peer Support Services

Auckland Central, West and North Peer Support Service run by and for people with experience of unwellness. Get support from someone who has been there. Also with an office in Christchurch.

www.mindandbody.co.nz | Ph 09 630 5909 ext 9821 | hayley@mindandbody.co.nz | gudrun@mindandbody.co.nz

Mt Albert Community Club

An activities-based support group for adults who have experienced mental health challenges. Meets on Monday, Wednesday and Friday 8:30-3:15pm at the Mt Albert Methodist Church, 831 New North Rd, Mt Albert, Auckland. The entrance is halfway down the church on Alexis Ave. No need to book, you can just show up.

<https://mtalbertcommunityclub.com/> | 027 591 6978 | mtalbertclub@gmail.com

North Harbour Living Without Violence (NHLWV)

A community organisation based in Takapuna whose 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.

www.livingwithoutviolence.org.nz/ | Phone: (09) 489 3770 | nhlww@xtra.co.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.

www.nswomenscentre.co.nz/ | 5 Mayfield Road, Glenfield. | Phone (09) 444 4618

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.

<http://www.peace.net.nz> | (0-9)-373-2379 | 128 Khyber Pass, Grafton, Auckland | admin@peacefoundation.org.nz

Pohutukawa: Auckland Sexual Assault Service for Adults

A specialist medical service for adults who have been sexually assaulted or abused, serving the entire Auckland region - Rodney to Franklin. They provide infection and pregnancy prevention, and referral to support and counseling services. Everything will be your choice. They accept self-referrals and referrals from GPs, counsellors, police and other agencies. There is a separate specialty service for children and young people aged 0-19 years called Te Puaruru hau.

Building 7, Floor 3, (Entry via Building 4), Greenlane Clinical Centre | (09) 375 4352

www.healthpoint.co.nz/public/sexual-abuse-medicine/pohutukawa-auckland-sexual-assault-service/

Rainbow House

Therapy for children, adolescents and families struggling with the social, emotional and behavioural difficulties that can accompany Autism and ADHD.

www.rainbowhouse.net.nz/ | 38 Green Lane East, Greenlane | (09) 520 4030 | TheRainbowHouse@gmail.com

Shine

Founded in 1990 Shine provides support for women and children who are affected by domestic violence and supports men who hurt their families to change their behaviour. Services include refuge houses, programmes to support children, advocacy and safety planning support, and a national helpline operating from 9am – 11pm 7 days a week.

www.2shine.org.nz | National Helpline: call free 0508 744 633

Auckland Office: Ground Floor, 409 New North Rd, Kingsland | Phone: 09 815 4601 | enquiries@2shine.org.nz

Springboard Community Works

Springboard works with at risk families and youth. 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.

www.springboard.org.nz | 09 425 4623 | 58 Hamatana Rd, Snells Beach | mail@springboard.org.nz

Te Kotuku Ki Te Rangi

Te Kotuku Ki Te Rangi is a Charitable Trust established in 2001 to provide support and care for Maori and Non-Maori who experience mental health disabilities. They provide kaupapa Maori community support services, a residential rehabilitation service, and respite care for adults. Accepts self-referrals and referrals from WDHB healthcare providers.

www.tekotuku.co.nz | 2/40 Copsey Business Park, Copsey Place, Avondale | 0800 731 188 | reception@tekotuku.co.nz

Te Puaruruhau: Auckland Child Protection Health Clinic

Te Puaruruhau is the Auckland District Health Board health service for children and young people who have experienced abuse or neglect 0 – 19 years (daytime service). After hours, the service will see children and young people with concerns regarding sexual abuse up to, and including, the age of 17 years.

99 Grafton Road, Auckland | (09) 307 2860

www.healthpoint.co.nz/social-services/social/starship-paediatric-te-puaruruhau-child-protection-1/

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.

www.thrive.org.nz | 09 551 4367 | 482 Swanson Road, Ranui | admin@thrive.org.nz

Toi Ora Live Art Trust

A live arts trust for people who have experienced mental health problems and/or other disabilities. 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, painting, computers...etc and even have their own gallery space for exhibitions and events.

www.toiora.org.nz | 6 Putiki Street, Grey Lynn | (09) 3604171 | info@toiora.org.nz | www.facebook.com/toiora

Vision West

A community trust providing social services like emergency housing and food parcels, counselling services, health clinics, budgeting support and more.

www.visionwest.org.nz/ | Main office: 97 Glendale Road, Glen Eden | 09 818 0700 | office@visionwest.org.nz

Walsh Trust

A West Auckland provider of well-being and community support services including support workers, peer support, residential programmes and respite houses, employment support, and a range of programmes to support your physical health and personal development.

<https://www.walsh.org.nz> | 09 837 5240 | 0800 1WALSH | reception@walsh.org.nz

Whanau Marama Parenting

A community-based organisation who is fully committed to, and passionate about reducing the statistics of child abuse and family violence on the Auckland's North Shore, through the delivery of parenting courses for parents of all cultures.

www.whanaumarama-parenting.co.nz | 022 341 6212 | Glenfield, Auckland

Whare Tiaki Hauora

A kaupapa Maori service in South Auckland providing housing support for who experience mental health problems, adult crisis respite options, and support workers to help you access the community resources you need.

www.wharetiakihauora.org.nz/ | 0800 024 321 | 14 Rehua Place, Favona, Auckland

Women's Centre Waitakere

The women's centre provides a safe community space, group programmes, and low-cost counselling options for women in West Auckland.

www.heartofthewest.org | 09 8386381 | 111 Mcleod Road, Te Atatu South | info@womenscentre.org.nz

Youth Health Hub

The Youth Health Hub is a FREE health service to young people aged 10-24 years living in Waitakere City, North Shore and Rodney. They offer individual counselling services, youth workers, group programmes and youth health clinics.

09 836 2329 / 0800 562 023 | youthhub@healthwest.co.nz

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

Counsellors and Therapists in Private Practice

Finding a therapist can be complicated. You might be wondering about what type of therapist to go to, what kind of therapy approach to try, and how to find a therapist in your area.

What type of therapist to go to?

Psychologists, counsellors and psychotherapists deliver many of the same talking therapies and differ mainly in their level of qualifications and training backgrounds.

- Counsellors hold Bachelor's or Master's degrees, and are trained to facilitate the safe expression of current problems and explore ways of understanding and responding to them.
- Psychotherapists hold Master's degrees, make sense of mental-health problems through a psychodynamic, relational lens and adopt insight-based approaches that focus on understanding how you operate in the world today in relation to your early experiences.
- Psychologists who work as therapists tend to be Clinical Psychologists or Counselling Psychologists. Clinical Psychologists hold Master's or Doctorate degrees, define themselves as scientist-practitioners, and are specifically trained to assess and treat clinical mental-health problems.

Make sure you check your therapist is a member of the appropriate professional body.

- Counsellors should be registered with the New Zealand Association of Counsellors (NZAC).
- Psychologists should be registered with the New Zealand Psychologists Board (NZPB).
- Psychotherapists should be registered with the Psychotherapists Board of Aotearoa NZ (PBANZ).

Some registered social workers, occupational therapists, and nurses hold additional qualifications that allow them to specialise in mental health and offer specific therapy modalities as well.

What kind of therapy to try?

Many therapies have been shown to be effective for a range of different problems and some are better suited to specific issues. Look for someone who has experience with your area of difficulty, is trained in a therapy that has been shown to help with this kind of difficulty, and offers a therapy that you would like to try.

Common therapies available in New Zealand include Cognitive-Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT, pronounced like the word 'act'), Eye Movement Desensitisation and Reprocessing Therapy (EMDR), Narrative Therapy, Cognitive Analytic Therapy (CAT), Family Systems Therapy, and more.

Research suggests 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. 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.

Where to look?

If you experience severe mental-health difficulties you may be able to access talking therapy alongside multi-disciplinary support through your local District Health Board's community mental health centre for adults, for children and adolescents, for infants, for mothers, or for older people.

You can also access talking therapy within the community. This will usually involve paying a fee but some counselling and therapy services have funding to provide their services free or at low-cost. You might be able to get funding to cover at least part of the cost (see; Funding Your Treatment). There are also several community organisations that provide access to counselling free of charge for people from different groups (see the section on Community Support Services for more information).

Explore the options below to find counsellors and therapists who work in private practice.

Nationwide

ACC Registered Trauma Therapists

There is an extensive list of psychologists, therapists and counsellors across New Zealand on the ACC website for people who have experienced sexual trauma and assault.

www.findsupport.co.nz

Find a Clinical Psychologist

The NZ College of Clinical Psychologists provides a directory that allows you to search for a clinical psychologist by region, speciality, and therapy approach. This directory lists only college members who elect to be included.

<https://nzccp.co.nz/for-the-public/find-a-clinical-psychologist/>

Find a Psychologist at the NZ Psychological Society

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/public/find-psychologist

Positive Mind Works (Online Psychologists)

Online therapy with registered psychologists offering CBT or ACT via secure webcam and instant messenger. Enquire for therapists who are experienced with adolescents.

<http://positivemindworks.co> | 0800 327 477

Talking Works Directory

Talking Works is a website where psychologists, psychotherapists and counsellors across New Zealand can list their services.

www.talkingworks.co.nz

Auckland

Anglican Trust for Women and Children

ATWC's Family Services include Therapy Services for women and children, and Granger Grove, a residential care parenting programme for mothers and their children based at their Otahuhu headquarters.

www.atwc.org.nz | St Mary's Centre, 10 Beatty St, Otahuhu, Auckland | (09) 276 3729 extn 208 | info@atwc.org.nz

Anxiety New Zealand Trust (formerly The Phobic Trust)

Private therapy and workshops with registered therapists who specialise in working with anxiety disorders.

www.anxiety.org.nz | 77 Morningside Drive, St. Lukes, Auckland | (09) 846 9776 | Anxiety Helpline: 0800 269 4389

Auckland Psychology

A group of psychologists offering private psychological assessment and therapy services across the wider Auckland area. They have a good list of questions to ask prospective therapists.

www.aucklandpsychology.co.nz

Auckland Therapy

A collective of registered counsellors and psychotherapists providing therapy for everyday challenges and serious mental health problems from all across Auckland.

www.aucklandtherapy.co.nz

Auckland University Psychology Clinic

Access to 12-weeks of cheap therapy with a trainee clinical psychologist under supervision of a registered clinical psychologist. Currently, they can see only a small number of clients each semester. They negotiate fees with clients. The fees are reasonable and much less than people would pay to see a private practising clinical psychologist.

www.clinics.auckland.ac.nz/uoa/home/about/ourclinics/services-1/psychology-2/ourservices-3

Change It: Psychology Auckland

Dr Mary Grogan is a clinical psychologist who offers private therapy for adults experiencing anxiety, depression, stress and eating issues as well as enhancing wellbeing.

www.changeit.co.nz | (09) 361 2303 | 021 978 352 | 53 Fife Street, Westmere, Auckland

Clayburn House (Glen Eden)

Clayburn House has a team of psychotherapists and counsellors who are experienced with young people. Visit their website to choose a therapist and request a booking with the therapist of your choice.

www.clayburnhouse.co.nz/ | Phone: (09) 818 7324 | Location: 10a Clayburn Road, Glen Eden

Counselling Services Centre

CSC provides support for people affected by trauma through a professional and culturally appropriate crisis response service, social work support, and ACC accredited and other counselling services within a safe, supportive and respectful environment.

<http://cscnz.org.nz/> | 22 Alexander Ave, Papatoetoe, Manukau City | Phone 09 277 9324 | admin@cscnz.org.nz

Fresh Minds

A private practice service offering psychologists, counsellors and nurse specialists in Ellerslie, Manukau and Rosedale in partnership with Pro-Care Health Services.

www.freshminds.co.nz/

HELP Auckland

Counselling and therapy for adults and youth who have been affected by sexual violence and abuse, including individual and family therapy options. Fees are set on a sliding scale.

www.helpauckland.org.nz/therapy | 0800 623 1700 (24/7 help line) | office: (09) 623 1296 | info@helpauckland.org.nz

Home and 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. They also have some fully funded options for specific groups.

www.homeandfamily.org.nz | 344 Mount Eden Road, Mount Eden | (09) 630 8961 | info@homeandfamily.org.nz

Lister Centre for Psychotherapy and Counselling

The Lister Centre has been established for over 25 years. They offer counselling, psychotherapy, psychoanalysis and clinical supervision.

www.listercentre.co.nz | 233 Mount Eden Road, Mt Eden | 09 623 1916 | lister.centre@xtra.co.nz

New Zealand Society of Clinical and Applied Hypnotherapy

Find a registered NZ Hypnotherapist near you.

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

(07) 9280288

Te Aho Tapu

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

www.teahotapu.com | Massey Homestead, 351 Massey Road, Mangere | Phone: 09 275 5610 | info@teahotapu.com

(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. Counselling available in Auckland in Birkenhead, Henderson, Remuera, Pakuranga, Manukau, and Orewa. Skype sessions can also be arranged.

www.griefcentre.org.nz | (09) 418 1457 (24-hours) | info@griefcentre.org.nz

(The) Vagus Centre

The Vagus Centre provides 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

Totally Psyched

Private psychological and psychiatric services for children, youth and young adults in Takapuna including family therapy.

<https://www.psyched.org.nz/> | 51 Hurstmere Road, Takapuna | referrals@psyched.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.

www.youthline.co.nz | 0800 376 633 (Helpline) | Free text: 234 | (09) 376 6645 (office) | talk@youthline.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.

Note: The information in this section may be out of date. I am currently underway with updating the resources listed in the Community Resources Directory and I haven't gotten this far yet.

Nationwide

Creative Writing Otago Online Courses

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

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

The Big Idea

A website for and about the creative arts and the creative community in NZ. Read blogs, find job and volunteer opportunities, connect with other creative people and find out what is happening near you.

www.thebigidea.co.nz

Auckland

Acoustic Sessions

A music circle – bring your instrument and join in.

Every Monday, 7:30, at The Thirsty Dog, 469 Karangahape Rd.

www.thirstydog.com

Studio One Toi Tu

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.

www.studioone.org.nz/ | (09) 376 3221 | 1 Ponsonby Road, Newton

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

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.

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

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

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

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.

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

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

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

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

Cultural, Refugee and 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. DHBs and other community support services also provide cultural services.

Nationwide

Korean Positive Ageing Charitable Trust (KPACT)

Provides a social media group to promote social participation and networking with Korean older people in order to reduce social isolation, loneliness and challenging life in a new country.

www.facebook.com/Korean-Positive-Ageing-Charitable-Trust-283860485051694/

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

Maori and Pacific Alcohol and Drug Hotlines

See Help Lines for culture specific phone line services

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.

www.nzcyt.org.nz | (09) 479 9736 or 021 258 5418 | mario@nzcyt.org.nz

Shakti New Zealand

Shakti is a national not-for-profit community organisation specialised in the area of women's development, empowerment and domestic/ family violence intervention, prevention and awareness. They are a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin.

<https://shaktiinternational.org/shakati-new-zealand/> | Phone 0800 742 584

Vaka Tautua

Vaka Tautua provide mental health, disability, and addictions support to Pasifika communities across Auckland, Waikato, Hawkes Bay and Canterbury, including access to Pasifika peer support workers.

www.vakatautua.co.nz | 0800 825 282

Auckland

Auckland DHB Manawanui Oranga Hinengaro

See listing in the Community Mental-Health Centres (DHB) section of the directory.

Asian Family Services

Asian Family Services (AFS) provides professional, confidential, nationwide face-to-face or telephone support to Asians living in New Zealand.

www.asianfamilyservices.nz/ | 0800 862 342 | admin@pgfnz.org.nz

Belong Aotearoa

A specialist settlement agency for newcomers, migrants, former refugees and ethnic communities offering free or low cost social enterprise programmes and services in several locations across Auckland.

www.belong.org.nz/ | 09 625 2440 | Level 2, 8 Virginia Ave East, Eden Terrace, Auckland

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

Fonua Ola

Fonua Ola provides social services across the Auckland region, mainly to the Pacific community, with cultural support workers, cultural youth workers, a family-centred counselling service, parenting programmes and budgeting support. www.fonuaola.org.nz | (09) 270 2089 | Head Office: 32 Station Road, Otahuhu | info@fonuaola.org.nz

He Kamaka Waiora Maori

Available to all Maori patients and their whanau using ADHB inpatient and community services. Their aim is to ensure the best cultural and clinical care for you. They provide kaumatua services within ADHB's acute inpatient units and whanau accommodation called Te Whare Awhina. www.healthpoint.co.nz/public/other/auckland-dhb-maori-health | (09) 3074949 x 7200 | hkw@adhb.govt.nz

Mahitahi Trust

Mahitahi Trust is a charitable trust that provides Kaipapa Maori services and programmes of support to people who experience mental health problems across the ADHB and CMDHB areas. They only accept referrals from ADHB and CMDHB mental-health services. www.mahitahi.co.nz | 15a Ronwood Ave, Manukau, Auckland | 09 262 4533

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. www.nzcyt.org.nz | (09) 479 9736 or 021 258 5418 | mario@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. www.africanwelfare.org.nz | (09) 838 1530 | 35 Rainside Avenue Henderson | info@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 several public health services in a wide range of locations including mental-health support in Auckland. Check out their website for locations and contact details. www.raukura.org.nz | Tamaki Regional Office: 47 Druces Road, Wiri, Manukau | 09 263 8040

Te Kotuku Ki Te Rangi

Te Kotuku Ki Te Rangi is a Charitable Trust established in 2001 to provide support and care for Maori and Non-Maori who experience mental health disabilities. They provide kaupapa Maori community support services, a residential rehabilitation service, and respite care for adults. Accepts self-referrals and referrals from WDHB healthcare providers. www.tekotuku.co.nz | 2/40 Copey Business Park, Copey Place, Avondale | 0800 731 188 | reception@tekotuku.co.nz

Te Whare Awhina

An ADHB kaupapa Maori service from He Kamaka Waiora and attached to Te Whetu Tawera inpatient unit providing accommodation to whanau who need to be close to support their family members. (09) 3074949 x25830 | hkw@adhb.govt.nz | Building 30, Auckland City Hospital, Grafton Road, Auckland

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. www.asiannetwork.org.nz | 09 815 2338 | 101 Church Street, Onehunga

The Vagus Centre

Counselling and support services for Chinese people.
0800 56 75 666

www.cmh.org.nz

Whare Tiaki Hauora

A kaupapa Maori service in South Auckland providing housing support for who experience mental health problems, adult crisis respite options, and support workers to help you access the community resources you need.

www.wharetiakihauora.org.nz/ | 0800 024 321 | 14 Rehua Place, Favona, Auckland

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.

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Nationwide

ADHD.org.nz

Info and resources about Attention Deficit Hyperactivity Disorder (ADHD) in New Zealand.

www.adhd.org.nz

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. The 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.

IDEA 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

Taikura Trust

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/>

Auckland

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/>

Help Lines

This section lists a range of different helplines available across New Zealand, plus the odd helpline available locally in Auckland.

Nationwide

1737

Phone counsellors 24/7 by call or text.

Call free to 1737 | <https://1737.org.nz/>

AIDS Hotline

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

0800 802 437

Alcohol and Drug Helpline

0800 787 797 | Free txt 8681 | Youth Line: 0800 787 984
Maori Line: 0800 787 798 | Pasifika Line: 0800 787 799
<https://alcoholdrughelp.org.nz>

Oranga Tamariki Helpline

0508 FAMILY | 0508 326 459

Depression Helpline

0800 111 757 <http://www.depression.org.nz>

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

0800 611 116

LifeLine

24-hour phone counselling and email-counselling services.
0800 LIFE LINE or 0800 543 345 | www.lifeline.org.nz/

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)

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.
Call 0800 773 462 | Text 021 289 8727 | www.pregnancycounselling.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.
0800 726 666 www.samaritans.org.nz/

Tautoko

0508 TAUTOKO is a suicide prevention helpline where those who may be considering suicide, or people affected by suicide, can call for help and support. A Lifeline service.
0508 TAUTOKO / 0508 828 865

Anxiety NZ Trust Helpline

24-Hour Anxiety Help-Line
0800 269 4389

Vagus Line

A helpline for Chinese people who experience mental-health difficulties.
0800 56 76 666

What's Up?

0800 What's Up is a free, national phone counselling service for five to 18 year olds operating 7 days from 12am-12pm. 0800 WHATSUP or 0800 942 8787 | www.facebook.com/pages/0800-Whats-Up/176490055776217

Youthline

0800 37 66 33 | Free text: 234 | talk@youthline.co.nz | www.youthline.co.nz

Auckland

Warmline

A peer support helpline for people who use Auckland DHB 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 927 654 or 0508 *WARMLINE*

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.

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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

Auckland

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

Legal and Advocacy Resources

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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

Auckland

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

Life Skills, Training, and Employment Supports

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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.

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

- East and Central Auckland Ph: (09) 828 1358 ext 2
- West and South Auckland Ph: (09) 828 1358 ext 3: 1806 Great North Rd, Avondale, Auckland
- North Shore: Rodney Ph (09) 488 7181 99B Hurstmere Rd; Takapuna, Auckland
- 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

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

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>

Department of Conservation: Volunteer for DOC – get outdoors, meet people, and contribute to saving the planet.

Phone (09) 376 7030

www.conservationvolunteers.co.nz

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/>

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 and offers services all across New Zealand.

<https://seniornet.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

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>

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

Track-Time

Learn driving skills on the race-track; "driving skills for life":

www.tracktime.co.nz

Auckland

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

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@adultriteracy.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

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

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

Youthline

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

www.youthline.co.nz

Physical Wellbeing

Note: The information in this section may be out of date. I am currently underway with updating the resources listed in the Community Resources Directory and I haven't gotten this far yet.

Nationwide

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

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/>

Procure Find a Doctor by Location:

A list of Procure GPs. Procure 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.procure.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

Auckland

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.

<http://www.harbourhealth.org.nz/> | (09) 415 1091

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

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

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”.

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

Psychiatrists in Private Practice

Nationwide

Royal Australian and New Zealand College of Psychiatry Directory

www.yourhealthinmind.org/find-a-psychiatrist

Auckland

Fillan Healthcare Psychiatry Services

A private psychiatry services provided by St Fillan's. Based in St Heliers with satellite clinics in Avondale and Takapuna.

<https://fillanhealthcare.co.nz/> | Eastmed,188 St Heliers Bay Road | 0508 FILLAN (345526)

Healing Minds

Private psychiatric practice of Dr Rui Mendel who provides psychotherapy, medication options, and Transcranial Magnetic Stimulation.

<https://www.healingminds.co.nz/> 129A Shakespeare Rd, Milford | 027 280 9866 | healingmindsnz@gmail.com

Mind Psychiatrist

This is 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/>

Totally Psyched – see listing in [Counsellors and Therapists in Private Practice](#)
Child and adolescent psychiatry.

Rainbow Community Resources

This is a section of organisations that aim to support people who identify as LGBTQI+ or are struggling with their sexual orientation or gender identity in anyway. Many of the large community services now provide services for the Rainbow Community too.

Nationwide

Agender New Zealand

Agender New Zealand Incorporated is a Non-Profit Organization, which has been supporting Transgender people and their families throughout New Zealand since 1996. Agender NZ is a support and lobby organization for Transgender people including their families, friends and co-workers. Regional branches across the country organise local support groups and activities.

www.agender.org.nz/ | admin@agender.org.nz | <https://www.facebook.com/groups/158438157582670/>

I'm Local

This is a national hub for queer and trans youth in Aotearoa New Zealand. Run by youth, for youth, that aims to support queer and trans youth, and provide a place to connect with our nationwide. Lots of links to things that are happening in your local area across the country.

www.imlocal.co.nz/ | Contact through their website

Gender Minorities Aotearoa

A website by and for transgender, takatāpui, and intersex people in NZ. Find info, resources, and links to community supports and healthcare options.

<https://genderminorities.com>

OUTLineNZ

Out Line NZ provide confidential and gay-affirming LGBTQI+ nationwide telephone support, and face to face counselling and peer support from their office in Auckland. Whatever is on your mind, from coming out, to heading out, friends to lovers, mothers to brothers....sometimes you just need to talk. Out Line volunteers don't judge or tell you what to do. They will provide support and appropriate information in a safe and friendly atmosphere.

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

<https://outline.org.nz/> | Phone: 0800 OUTLINE (0800 688 5463) | 31-35 Hargreaves St, Freemans Bay

Rainbow Youth NZ

Rainbow Youth NZ provide drop in centres (Auckland and Tauranga), peer support groups all across the country, an online chat service, and lots of online resources for young LGBTQI+ people in Aotearoa.

<https://ry.org.nz/what-we-do>

Auckland

Auckland Sexual Health Service

Auckland Regional Sexual Health provide a range of sexual health services for adults across Auckland and they also welcome all transgender and gender diverse people who want to access gender affirming healthcare. They will work with you to establish your transition related health goals and provide support around an individualised health plan that may include accessing other specialist services such as: fertility, voice therapy, endocrinology, gynaecology, urology, mental health, general and plastic surgical services as needed. Clinics located in Greenlane, New Lynn, North Shore, and South Auckland. Ask your GP or mental-health team for a referral.

www.ashs.org.nz | 0800 SEX HEALTH (0800 739 432) to speak to a nurse

AA Aquarius

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.
<https://aa.org.nz/meetings/auckland-aquarius-lgbt/>

Centre for Youth Health

A team of doctors and other professionals who provide medical support to young people and their families and provides support for young people and whaanau/families around gender exploration and transition related healthcare across the whole Auckland Region. In Auckland and Waitemata District Health Boards they see young people under the age of 20 years and at their Counties Manukau base they see young people under 25 years.
(09) 261 2272 | cfyh@middlemore.co.nz .
www.healthpoint.co.nz/public/paediatrics/kidz-first-centre-for-youth-health/

Kahui tu Kaha Rainbow Peer Support

See listing in the [Community Supports Section](#)

Rainbow Youth Auckland

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 | 09 3764155 | www.facebook.com/rainbowyouth
www.twitter.com/rainbowyouth

Respite Services

Respite services are provided by a range of different community organisations across the country and the Auckland region. These organisations are listed in the Community Support Services section of this resource. They offer a home-like environment away from home for some time out at times of high distress to help people prevent the need for hospital admissions. [This section updated 30 May 2020]

National

Emerge Aotearoa Respite Services

Emerge offers a number of different respite services across the country. Contact your local Emerge office for details.
<https://emergeaotearoa.org.nz/our-services/respite-care/>

Pathways Respite Options

Pathways is another national organisation that provides respite services in different regions. Contact your local office for details.
www.pathways.co.nz/wellbeing-respite/

Auckland

Awhi Rito

A maternal mental-health respite house in Manurewa provided by Kahui Tu Kaha
<http://kahuitukaha.co.nz/>

Beth Shean

A respite facility in Mt Albert within the ADHB region provided by Beth Shean Trust.
<https://bethsheantrust.org.nz/>

Koromiko House

A respite house on the North Shore provided by Equip
www.equip.net.nz/

Reframe

A youth respite service with several beds and a day-programme option for young people living in the ADHB region, provided by Kahui tu Kaha.

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

Piri Pono

A peer-led acute alternative to inpatient admission in Silverdale provided by Ember for people living within the WDHB region.

<https://ember.org.nz/> | info@ember.org.nz

Te Kotuku Ki Te Rangi

A tikanga Maori respite service in Avondale provided by Te Kotuku ki te Rangi

www.tekotuku.co.nz

The Bach

A youth respite service in West Auckland, primarily for young people using the WDHB early psychosis intervention service but available when needed to other young people in crisis also.

www.healthpoint.co.nz/public/mental-health-specialty/waitemata-dhb-early-psychosis-intervention/

Time Out

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

www.timeoutrespite.co.nz/

Tumanako & Te Aroha

Two adult respite care options provided by Kahui tu Kaha in Manurewa

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

Walsh Trust Respite Options

Walsh Trust provide a respite house for adults in West Auckland and on the North Shore for older people who require short term support with their mental health called Te Whare Rata.

www.walsh.org.nz

Service User Initiatives

This section lists services, groups, and networks that are led by people who have lived experience of mental-health problems or using mental-health services. Many people find the mutual support, connection and sharing of ideas that happens within peer relationships to be a big help in their recovery. For many people, contact with others who have been there provides a big source of hope and helps reduce the stigma that can be attached to these experiences. Some community services also provide peer support options and are listed in the community support section of the directory.

Nationwide

Aotearoa Therapists with Lived Experience Network

ATLEN aims to empower therapists with lived experience and enable them to connect with other like minds for peer support.

<https://theatlen.wordpress.com/> | www.facebook.com/TheATLEN/

Balance Aotearoa

Balance NZ was founded in 1996 by consumers to help members who have experienced mood disorders (bipolar disorder and depression) to cope positively with their condition. They provide a number of different online peer support groups for people who experience mood disorders.

www.balance.org.nz/support/online-support-groups

Changing Minds

Changing Minds is a small, peer-led charitable trust that works to provide information, education, and systemic advocacy for people who experience mental distress or addiction issues in Auckland. They also have an active online community and provide a range of online peer support groups called Whakatau Mai: The Wellbeing Sessions.
www.changingminds.org.nz | 762 Mt Eden Road, Mt Eden | 09 623 1762 | operations@changingminds.org.nz
www.wellbeingsessions.nz/

Engage Aotearoa

Engage Aotearoa is a service-user led initiative that works to make it easier for people to find what they need for their recovery journey by creating resources that unite service-user perspectives with evidence from the field of psychology.
www.engagenz.co.nz

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.
www.publictrust.co.nz/grants/how-do-i-find-one/grants/frozen-funds-charitable-trust

GROW

This is a 12-step programme similar to Alcoholics Anonymous but for people who experience mental-health challenges. Grow runs regular free support meetings that bring people who want to change together. Grow operate across New Zealand and you can also find them on MeetUP.com
www.grow.org.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. Support groups all around the country.
www.hearingvoices.org.nz/ | 0272650266 | hvnanz@gmail.com
www.hearingvoices.org.nz/index.php/en/support-groups

Like Minds, Like Mine

A national project to reduce mental health stigma and discrimination in NZ led by people with lived experience with initiatives happening all over the country. The Like Minds webpage is full of information, stories and perspectives.
www.likeminds.org.nz

The Mental Health Foundation of New Zealand

The Mental Health Foundation of NZ is a service-user led charitable organisation that shares mental health information and resources including the Five Ways to Wellbeing and, in Auckland, a resource room and library.
www.mentalhealth.org.nz | 23 Edwin St, Mt Eden | (09) 300 7010 (main office) | (09) 300 7030 (resource centre) | resource@mentalhealth.org.nz

NZ Mental Health Consumer / Whaiora Info Sharing

An open Facebook group for people who experience mental-health challenges of all kinds to connect and share information with each other online.
www.facebook.com/groups/1532333990405997/

Peer Zone

Peer-led wellbeing workshops and training to deliver them yourself.
www.peerzone.info/ | (04) 385 4277 | info@peerzone.info

Service-User Radio

Radio Live: *The Nutters Club* with Mike King. Sunday Nights 8 - 10pm. <https://thenuttersclub.co.nz/>

Planet FM: *Take It From Us* with Sheldon Brown. Tuesdays at 12 <https://www.planetaudio.org.nz/take-it-from-us>

The Mind Tribe

The Mind Tribe is led 100% by people with lived experience of difficulties with mental health and wellness. They work to help Kiwis maintain their personal and collective mental health and wellbeing through free and engaging peer-to-peer advocacy and support, with a special focus on providing information and support around medication withdrawal. They run a support group in Auckland and share lots of useful resources online.
www.themindtribe.org/ | Contact 021 0248 2250 | danny@themindtribe.org | www.facebook.com/themindtribe/

Auckland

DRIVE Consumer Direction Counties Manukau

DRIVE Consumer Direction is a peer support network for people who experience mental health or addictions challenges within the CMDHB region. They provide a range of different recovery focused activities and support groups that meet throughout the year, including the Counties Manukau Bipolar Support Group, regular Recovery College events, and more. DRIVE is part of Ember Korowai Trust and stands for Development, Recovery, Information, Voice and Education.

www.drivedirection.org/drive/

www.facebook.com/DRIVEConsumerDirection

www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/counties-manukau-bipolar-support-group/

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.

www.crossroadsclubhouse.org.nz/ | 393 Great North Road, Grey Lynn | (09) 376 4267

Mind and Body Consultants

A peer-led service providing peer support, advocacy, and community mental health promotion.

www.mindandbody.co.nz | (09) 630 5909 | 395A Manukau Road, Epsom | admin@mindandbody.co.nz

Peer Support Services

Ember, Emerge, Kahui tu Kaha, Pathways, and Walsh Trust provide peer support services in Auckland.

They are listed in the Community Support Services section of the directory.

Piri Pono Peer-Led Respite

- see listing in the Respite Services section.

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 Waitakere, North Shore, and Rodney.

www.heartsandminds.org.nz/ | 09 441 8989 | info@heartsandminds.org.nz

Shared Vision Rodney: <http://sharedvisionrodney.org.nz/> | 0275 433 418 | support@sharedvisionrodney.org.nz

Supporting Families

Supporting Families is run by people who have lived experience supporting family members with mental-health problems. See listing in the Community Support Services section.

Te Ata

A peer support service in West Auckland providing a programme of group activities to meet the needs of members.

www.teata.org.nz | Office: 09-8370671 Member's line: 09-8370670 | 52 Keeling Road, Henderson | te-ata@xtra.co.nz

Toi Ora Live Arts Trust

A community arts centre for people who experience mental-health problems, co-designed and delivered by people with lived experience. See their listing in the Community Support Services section.

The Community Resources Directory is just one of the resources on the Engage Aotearoa website.

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 on the Engage Aotearoa website.

The Coping Kete

The Coping Kete is an online coping skills tool on the Engage Aotearoa website that helps you build your own personal Coping Kete. Find over 150 different coping strategies to experiment with and add to your own coping tool kit.

Engage Aotearoa is a voluntary initiative to make it easy for Kiwis to find what they need to recover.
Visit www.engagenz.co.nz where recovery resources live!
