



Cultural Support

Cultural Support

Manurewa Marae Rongoa Services

09 6400 824

Mon-Fri, 9am to 2.30pm.

Mirimiri, matakite and rongoa Maaori

Mahitahi Trust

09 262 4533 Manukau

Mon to Fri, 8.30am-5.00pm.

Wellness support through Tikanga based Kaupapa Maaori services, including Te Reo and Te Ao Maaori.

Wellbeing for Maaori

depression.org.nz/maori/

Aunty Dee auntydee.co.nz

Online Pasifika support for when problems are getting you down.

Wellbeing for Pasifika

depression.org.nz/pasifika/

Cultural Support

Ola Lelei

0800 652 535

Mon-Fri, 8.30am-8.30pm

Free, confidential helpline to provide support and connect Pasifika families to community resources.

Asian Family Services

0800 862 342

Mon-Fri, 9am-8pm

Free, confidential support and counselling for people and their families in Chinese, Korean, Indian, Vietnamese and Thai. Also offers gambling support.

Muslim Liaison & Training,

Kahui Tu Kaha

0800 559 592

Mon-Fri, 8.30am-5pm

Individual mental health support.



Youth Support

Youthline

0800 376 633 Open 24hrs/7 days

Or **text 234** 8am to midnight.

Trained youth counsellors.

thelowdown.co.nz

Young people's stories, information on life's challenges and advice on dealing with them.

SPARX sparx.org.nz

An interactive game for youth which teaches how to cope with negative thoughts and feelings.

RainbowYOUTH

ry.org.nz/

Support, information and resources for LGBTQIA+ youth and their families.

commonground.org.nz

Information and support for families to help a young person who is struggling.

Wellness Support service

Contact your family doctor for these free wellbeing services:

- 30 min appointment with your doctor/ nurse
- Medication
- Access to free counselling

Health Connections

022 4288 396 Papatoetoe

Mon-Fri, 9am-5pm

Free health services for youth (10-25yrs).

Green Prescription

sportauckland.org.nz

Need help to get active? You can self-refer to Green Prescription for support.

Support for your Wellbeing

Many people have times of feeling overwhelmed, stressed, angry or down.

We can help ourselves by*:

- Connecting
- Giving
- Taking notice
- Keeping learning
- Being active

We can also ask for support from services which understand and know how to help.

These services are **free** and you can contact them directly (no referral needed).



**Ways to Wellbeing*,
Mental Health Foundation.

Talk to a Counsellor

1737 Need to Talk?

Call or text 1737 at any time, to talk to a trained counsellor about any concern. Available 24/7.

Papakura Support and Counselling Centre

09 299 9466 Papakura

Mon-Fri, 9am-3pm

Family funded sessions are free for parents of children (0-18 yrs) and young people (8-18yrs).

freshminds.co.nz

Four one-hour online sessions which teaches how to cope with emotions. Talk to your GP or Community Mental Health team to see if you can get free access.

OUTLine NZ

0800 688 5463

Every evening, 6pm-9pm

Support to discuss sexuality and gender identity.

NB: You may be able to access free or subsidised counselling at other services through WINZ or ACC.



Talk to Peer Support*

Peer TALK

0800 234 432

Mon-Fri, 5pm-midnight

After hours Peer Support.

1737 Peer Support

Daily, 2pm-10pm

Phone 1737 and choose the Peer Support option.

Mahi Marumaru

09 263 5923 Manukau

Mon-Fri, 9am-5pm

Mobile Peer Support for anyone who has challenges with alcohol and drugs.

Emerge Aotearoa: Whariki

09 279 8233 Papatoetoe

Mon-Fri, 8.30am-5pm

Mobile individual Peer Support and group activities for people who experience mental health or alcohol and drug challenges and their families/ whaanau.

*Someone with their own experiences of recovery from mental health and/or addiction and has been trained to support others.



Online Help

justathought.co.nz

Online learning that is proven to improve mental wellbeing.

depression.org.nz

Information about depression and anxiety and how to help yourself or others.

choicenotchance.org.nz

For help with your or a family member's gambling.

mentalhealth.org.nz

Information about supporting someone in distress, looking after your own mental health and working toward recovery.



Help to Find Support

DRIVE Consumer Direction

09 263 6508 Manukau

Mon-Fri, 8.30am-4.30pm

facebook.com/DRIVEConsumerDirection/

The Drive coordinators have their own experience of mental distress and/or addiction and can help you to find support that works for you.

Yellow Brick Rd (Supporting Families NZ)

0800 732 825

Mon-Fri, 8.30am-5.00pm

yellowbrickroad.org.nz

Support, information and advice for families supporting a whaanau member experiencing mental health challenges.

To find other services contact your local

Citizen Advice Bureau or search the

Family Services Directory

familyservices.govt.nz/directory/



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