

Waikato District Health Board Social Services Register



Compiled by the Waikato DHB Suicide Prevention and Postvention coordinator

This is not a complete document of services in the region.

You are welcome to send through any additional services that support wellbeing and/or any updates to suicideprevention@waikatodhb.health.nz

Updated September 2020

**Your general practitioner (GP) will be able to assist you but if you require help urgently,
please contact any of the following at any time of the day or night:**

The Crisis Assessment and Home Treatment team - phone 0800 50 50 50

1737 Need to Talk

Lifeline – phone 0800 543 354

Te Au is the National Māori Suicide Prevention Centre. Te Au is part of Te Rau Ora and leads work in Māori suicide prevention and promoting wellbeing for all. Information about how to contact Te Au and the services offered by Te Rau Ora are listed below:

<p>Te Rau Ora</p> <p>Phone: 07-282 0281</p> <p>Address: 233 Anglesea Street, Hamilton</p> <p>Email: communications@terauora.com</p> <p>Websites:</p> <p>https://terauora.com/</p> <p>https://teaumaori.com/</p> <p>https://teaumaori.com/research/maori-suicide-prevention-initiatives/whanau-initiatives/</p>	<p>Te Rau Ora (Formerly Te Rau Matatini) focus is to strengthen Māori health and build Māori wellbeing</p> <ul style="list-style-type: none">• Suicide Prevention/Postvention• Rangatahi suicide prevention• National Rangatahi Council, Tukotahi• Māori Research, Evaluation and publications• Māori health education scholarships Level 4 -10• Leadership programmes• Wananga Māori• Māori Health Advocacy• Mental health and Addictions• Whānau Peer support• Lived experience (Nga kete Pounamu) <p>And specifically within the Waikato:</p> <ul style="list-style-type: none">• Supporting Iwi to prevent suicide• A.U.E – Rangatahi special events• Cultural Training• Ihi Ora• Manaaki tangata• Tiakina Te Ahuru mowai• Wiaruatanga• Whakamaumahara• Maturanga Māori – working with kura <p>Tiaki whānau tiaki Ora – 1000 whānau homes</p> <p>Tiaki Whanau Tiaki Ora is a suicide prevention programme developed by Te Rau Ora that aims to build healthy whānau by increasing their awareness of risk factors to suicide and the strategies that will strengthen whānau resilience and wellbeing.</p> <p>We know suicide is not an easy topic to approach or discuss, however, we have developed tools and resources to help us do so safely.</p> <p>This wānanga is an orientation to the Tiaki Whānau Tiaki Ora programme and provides an opportunity and space for attendees to share and discuss this kaupapa and consider how we as whānau can support one another. We are strong believers that solutions lie within whānau and when given the tools and resources they can flourish. It is our intention to sign on Whānau Champions (from those who attend), to share specially tailored suicide prevention toolkits with their whānau.</p>
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LeVa is a Pasifika NGO that supports Pasifika families and communities to unleash their full potential. This is done by carefully designing and developing evidence-based resources, tools, information, knowledge and support services for the best possible health and wellbeing outcomes. All their work acknowledges traditional values and applies them in a safe and contemporary way.

LeVa
Phone: 09 261 3490
Email: admin@leva.co.nz
Websites: www.leva.co.nz

LifeKeepers

LifeKeepers is Aotearoa New Zealand's national suicide prevention training programme. It aims to equip every day New Zealanders aged 18 years and over with knowledge and skills to identify and support individuals at risk of suicide in their communities. LifeKeepers is funded for the Ministry of Health and is FREE for community members and frontline workers who may come into contact with those at risk of suicide, and would not otherwise have access to suicide prevention training.

LifeKeepers builds knowledge around suicide in a New Zealand context, and covers:

- How to talk about suicide in a responsible way;
- An overview of the risk and protective factors for suicide in New Zealand;
- How to identify warning signs that an individual may be at risk of suicide;
- How to intervene safely with individuals at risk of suicide;
- Local, regional, and national support services and how to connect people with support;

To meet the different needs of New Zealand communities, LifeKeepers is offered in different modalities:

- LifeKeepers: face-to-face full day workshop for a general audience.
- Mana Akiaki - LifeKeepers for Māori: face-to-face full day workshop designed for Māori whānau and communities.
- LifeKeepers elearning: self-directed online modules which can be completed at a person's own pace, and takes approximately 2 hours to complete.

For more information and to register, go to www.lifekeepers.nz

FLO Talanoa

FLO Talanoa is a Pasifika suicide prevention education programme for Pasifika communities that is evidence-informed, culturally safe and designed to be led by the community for the community; It is a call to action and aligned with the Pasifika values of love, respect and reciprocity.

After a FLO Talanoa workshop, participants will:

- be better informed of the risk factors, protective factors and warning signs for suicide.
- have gained an understanding of how Pasifika cultural beliefs and practices influence our well-being.

- know what to do and say if concerned about someone's safety.
- know how to access help if required.
- have gained the confidence to talk about suicide in a safe way.

The FLO Talanoa workshop is recommended for people 18 years and over. In addition, it is not a treatment or support group and some content may cause distress for vulnerable people.

You can find out more and register for upcoming FLO Talanoa workshops in Auckland by going to <https://www.leva.co.nz/training-education/flo-talanoa>, or If you'd like a FLO Talanoa workshop delivered in your community email flo@leva.co.nz to discuss options

The Mental Wealth Project

The Mental Wealth Project is a mental health literacy programme that aims to equip young people and their communities with knowledge and skills to understand and address mental distress and maintain and nurture good mental wellbeing.

The workshop supports young people to achieve 3 key objectives:

- improve understanding of mental wellbeing and mental distress
- recognise and respond to mental distress
- gain strategies for positive mental wellbeing

Learning how to look after your mental health creates what we call "Mental Wealth"; this makes you more resilient and increases your overall wellbeing. It also means you are more equipped to support your friends and whānau.

The Mental Wealth project is recommended for people 13 years and over. If you want to know more about the Mental Wealth programme go to <https://www.leva.co.nz/about/request-for-support> to request more information.

Mana Restore

The Mana Restore website provides info and resources about mental health and wellbeing for gamers and their whānau. Mana restore has tips about managing screen time, sleeping well, dealing with online bullying and a range of other topics to help you to be the best gamer you can be, by helping you to be the healthiest gamer you can be!

Mana restore is available here: <https://www.mentalwealth.nz/manarestore/>

Aunty Dee

Aunty Dee is a free online tool for anyone who needs help working through a problem or problems.

Aunty Dee uses a systematic approach to decision making that is based on Structured Problem Solving; a strategy based on the principles of Cognitive Behavioural Therapy (CBT) that has been shown to reduce depression symptoms in both adults and young people. This strategy helps users work through their problems by supporting them to list their problems, generate ideas, and find solutions.

It's important to understand that Aunty Dee doesn't generate content or provide answers; it guides users to think about and explore their problems in structured way. In doing so, it helps users move proactively towards solutions to their problems, whilst supporting them to develop skills that will help them solve future problems too.

The tool is available 24/7 at <https://www.auntydee.co.nz/>

LeVa and Te Rau Ora work together through the Waka Hourua National Suicide Prevention Programme which aims to:

- **build the capacity and capability of Māori whānau, hapū, iwi, Pasifika families and communities, to prevent suicide and to respond safely and effectively when and if suicide occurs**
- **ensure that culturally relevant education and training are available to Māori whānau, hapū, iwi, Pacific families and communities that focus on building resilience and leadership**
- **build the evidence base of what works for Māori whānau, hapū, iwi, Pasifika families and communities to prevent suicide, through research carried out by, with and for these groups, and**
- **build the leadership for suicide prevention.**

There are a number of local contacts for the Waikato DHB Mental Health and Addictions Service. We list these below but, if you are unsure which phone number to call, any of the numbers in this section will get you through to a Waikato DHB Mental Health and Addiction service.

<i>Name of service</i>	<i>Contact details</i>	<i>Opening hours/availability</i>	<i>Description</i>
<i>Crisis Assessment and Home Treatment Service (CAHT)</i>	<p>Phone: 0800 50 50 50 (anytime day or night, any day of the week). This is the preferred method of contact in the first instance for acute/urgent mental health advice.</p> <p>Please note - if an immediate emergency response is required due to actual or imminent risk, initial contact should be by phoning 111.</p>	<p>During normal working hours of Monday to Friday 8am to 4pm, CAHT will on-refer enquiries or requests for assessment to the appropriate geographical area, for example, Thames/Coromandel district enquiries to rural north mental health service, Te Awamutu/Tokoroa/Te Kuiti/Taumarunui district enquiries to rural south mental health service. During all other times CAHT will take all enquiries and requests.</p> <p>For individuals who present in person. A self-referral can be completed at any community mental health service office.</p>	<p>The Crisis Assessment & Home Treatment Service (CAHT), Waikato DHB, is a community based service providing crisis mental health assessment for individuals who require an urgent response and are likely to require the support of community or inpatient mental health services. CAHT is based in Hamilton, so during normal working hours, CAHT will on-refer enquiries or requests for assessment to the appropriate area, for example, rural north area, rural south area. The services is for any person seeking crisis mental health advice or assessment for themselves or another person</p>
<i>Ngaa Ringa Awhina</i>	<p>Phone: (07) 839 5146/0800 99 99 03 and request to speak with a member of the Te Aka Hono Tahi team</p> <p>Address: Arohaina 195 Collingwood Street, Hamilton Lake, Hamilton 3204</p> <p>Email for a referral form to be sent; Email: referrals@ngaaringaawhina.org.nz</p>		<p>Ngaa Ringa Awhina is a kaupapa Maori iwi mandated service with a particular expertise in Needs Assessment and Service Co-ordination. As the Single Point of Entry into secondary level child and adolescent mental health services in the Hamilton central area, Ngaa Ringa Awhina triage and undertake mental health screens on behalf of ICAMHS (Waikato District Health Board) and Hauora Waikato.</p> <p>Referral</p> <p>Anyone can make a referral. Contact the team on 07 839 5146.</p> <p>Ngaa Ringa Awhina staff are available to provide consultation regarding potential referrals.</p> <p>Service is offered in the following Waikato regions for the following services:</p> <ul style="list-style-type: none"> • Child and Adolescents: Up to 18 years of age in Hamilton City Boundary, north to Meremere, east to Te Aroha, south to Ohaupo and west to Raglan • Pakeke/Adult Services: 18-65 years with coverage area is Hamilton City boundary inclusive of surrounds within a 30 minute drive timeframe

<i>Waikato District Health Board Infant, Child and Adolescent Mental Health Services(ICAMHS)</i>	Phone: 839 8886. Address: 206 Collingwood St, Hamilton Lake, Hamilton West 3204 In 2020 moving to: Address: Waiora Building, 85 Alexandra St, Hamilton	8.30am to 5.00pm Monday to Friday	For young people living in the Hamilton, Waikato District, Matamata-Piako District and part of Waipa District including Cambridge and surrounds.
<i>Waikato District Health Board Mental Health Service for Older People (MHSOP)</i>	Phone: 07 839 8603, Address: Older Persons and Rehabilitation Building, Gate 3, Pembroke Street (west side), Hamilton	8.00am to 4.00pm Monday to Friday Out of hours, please contact CAHT on 0800 50 50 50	This is a mental health service for people 65 years and over living throughout the Waikato DHB area. Most referrals will be initially assessed in their place of residence by a community mental health nurse or doctor (consultant or registrar). The team also includes social workers, psychologists, and occupational therapists.
<i>Manaaki Centre, Waikato District Health Board</i>	Phone: 07 868 8249 Address: Manaaki Centre, Thames Hospital, Mary Street, Thames.	8.30am to 5.00pm Monday to Friday	The single entry point for the north sector (Thames, Coromandel and Hauraki Districts) of the Waikato region triage and appropriate onward referral to the support of the client's choice. (providers include the Child and Adolescent Mental Health Service, Te Korowai, Youth Horizons, Whai Marama Connex.) Also offers Infant, Child and Adolescent mental health (ICAMHS), Addiction services (AOD-alcohol and drug team) and adult community mental health.
<i>Waikato District Health Board Mental Health and Addictions Services</i>	Phone: 07-834 6902 Address: 193 London Street, Hamilton	8.30am to 5.00pm Monday to Friday	For adults living in the Hamilton, Waikato District, Matamata-Piako District and part of Waipa District including Cambridge and surrounds.
<i>Rural South Community Mental Health & Addiction services, Waikato District Health Board</i>	Phone: 0800 154 973 or 07 871 3671 Address: 298 Alexandra St, Te Awamutu	8.00am to 4.30pm Monday to Friday	This is the single point of entry for all three services including adult community mental health, Community Alcohol & drugs (CAD's) and the southern cluster (ICAMHs) and crisis response during office hours. The service covers half of the Waipa district including Te Awamutu, Ruapehu District. The service works in partnership with local NGO providers and clients are able to choose which service will best meet their needs including cultural response and engagement.
<i>Perinatal Mental Health Service, Waikato District Health Board</i>	Phone: (07) 858 0924 Address: 222 Pembroke Street, Hamilton Moving in 2020 to: Address: Waiora Building, 85 Alexandra St, Hamilton	8.30am to 4.30pm Monday to Friday	The Perinatal Mental Health Service provides assessment and treatment of mood disorders in pregnancy and postpartum up to 12 months. In addition the service will see women experiencing significant distress related to grief, loss and birth trauma. If urgent/crisis service required, please contact 0800 50 50 50 CAHT

The following provides a list of services available within the Waikato region that can help with a range of social issues. It is grouped by district and there are lists of Waikato-wide services, internet-based supports and nationwide 24 hour help lines on the last pages.

Hamilton City			
Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 838 2266 Address: Celebrating Age Centre, 30 Victoria St, Hamilton Email: enquiries@ageconcern.gen.nz	8.30am to 4.00 pm	<p>Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes, Steady As You Go strength and balancing classes, as well as coordinating Total Mobility Scheme assessments. We run Connection Central, a free Friday morning meeting with a different guest speaker each week, education and food enabling fellowship.</p> <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional ○ Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.
Brain Injury Waikato Inc	Phone: 07 839 1191 Address: 11 Somerset Street, Frankton Website: https://braininjurywaikato.org.nz/	9.00am to 5.00pm Monday to Friday	<p>Brain Injury Waikato is a charitable organisation that provides advocacy, support and information to people who have sustained a brain injury, their families/whanau and carers throughout Waikato. Regular events are organised including education sessions and resources are available. Also offer choir, yoga and other activities.</p>
Care NZ	Phone: 0800 499 469 Email: waikato@carenz.co.nz Head office address: 298 Tristram Street, Hamilton	Monday and Friday 8.30am to 5.00pm Tuesday to Thursday 8.30am to 8.00pm	<p>CareNZ supports anyone concerned about their own or someone else's use of alcohol or other drugs. Also provide a rural service in Matamata, Putaruru and Tokoroa (please see relevant sections below)</p>
Centre401	Phone: 07 838 0199 Address: 306 Tristram St, Hamilton Website: http://centre401.co.nz/about.html	9 to 4 Mon-Thu 9 to 3 Fridays	<p>Anyone who is 18 and over who are past or present users of the mental health services can access the following services offered:</p> <ul style="list-style-type: none"> - Mental Health Peer Support - Advocacy - Recovery Focus - Workshops and events - One-to-one support - Employment Service

Citizens Advice Bureau	<p>Phone: (07) 839 0395 / (07) 839 0808</p> <p>Address: 55 Victoria Street, Hamilton</p> <p>Email: hamilton@cab.org.nz</p> <p>Or manager.hamilton@cab.org.nz</p> <p>Website: http://www.cab.org.nz</p>	8.45am to 5.00pm Monday to Friday	Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each branch.
Community Law Waikato	<p>Phone: 0800 529 482</p> <p>Address: 2nd floor, 109 Anglesea St, Hamilton</p> <p>Email: reception@clwaikato.org.nz</p> <p>Website: clwaikato.org.nz</p>	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	Community Law provides free legal advice, assistance, representation, information and advocacy services. Also offers educational workshops on a range of topics. Appointments can also be made on our website or by calling 0800 529 482.
Dementia Waikato	<p>Phone: 07 929 4042</p> <p>Email: info@dementiawaikato.org.nz</p> <p>Address: 8 Keddell Street, Frankton, Hamilton</p> <p>Website: dementiawaikato.org.nz</p>	8am to 4.30pm Monday to Friday	Dementia Waikato provides information, education, ongoing support, advice and personal advocacy for people experiencing dementia, their families/whanau and those who are close to them. A diagnosis of dementia brings up many issues for a person and their supporters. Dementia Waikato helps people to negotiate their way forward in ways that suit their unique experience and circumstances.
Diversity Counselling New Zealand	<p>Phone: 021- 0262 5587</p> <p>Address: 55 London St, Hamilton</p> <p>Website: https://dcnz.net/home/</p> <p>Email: contact@dcnz.net</p>	By appointment (flexible times)	Providing culturally responsive counselling, psychology services for migrants and former refugees and counselling workshops (PD seminars, well -being and therapeutic programmes)
Evolve Peer Support Trust	<p>Phone: 0221055659/07 444 5053</p> <p>Address: 211 Peachgrove Rd. Claudelands, Hamilton</p> <p>Email: andre@evolvepeertrust.com</p>	<p>Monday-Friday 8:30 am - 4:30 pm</p> <p>Support groups:</p> <p>Tuesdays weekly 5:00 - 6:00pm</p> <p>Wednesday: 12:30 pm - 1:00 pm</p> <p>Saturdays 1:00 -2:00pm</p> <p>3.00pm - 4.00 pm</p>	<p>Evolve is a Charitable Trust that specialises in assisting people who live with Depression and/or Anxiety. We are a strength-based, recovery-focused and mindfulness-based organisation that have a focus on disempowering anxiety and depression in a safe environment where people can connect to improve their quality of life and mental wellbeing. And we provide a place where people are supported to explore their own personal strength and power to recovery.</p> <p>Everyone who either volunteers or works here has their own journey with Depression and/or Anxiety so we live what we teach in our own lives.</p> <p>Evolve has a focus on you as a person. In addition, we structure our services to fit around your circumstances.</p> <p>We have three services.</p> <ol style="list-style-type: none"> 1. We run a three-month programme called "The Journey" that is a Ministry of Social Development funded program (free to you). This program is for 4 hours a week (Tuesday and Thursdays 10:00 am - 12:00 pm) in a classroom group setting of no more than 12 people at a time. There is a big practical part of the programme where what we practice is key to change, but this is done in a safe and helpful way. We teach topics in the sessions and this is individualised by weekly coaching one on one sessions. This free service is for individual in receipt of a benefit and requires a referral from Work and income. 2. We offer weekly support groups and these are structured with topical headings for casual voluntary participation to learn tools and through social connection with like-minded people, we learn more about ourselves to learn how to reduce the footprint of mental discomfort and to increase mental wellness. There is no requirement to attend weekly so you attend whenever you want.

			<p>Be.Here.Now</p> <p>This is a mindfulness programme that provides effective ways to deal with stress or anxiety in life and enables you to find your "breathing spaces" through the day. This is also a Ministry of Social Development service provided in a 4-hour workshop tailored for individuals or groups. We cover the following:</p> <p>How we are actually designed to deal with stress.</p> <p>How to slow down the mind chatter.</p> <p>You learn practical tools and techniques that help you find your breathing space.</p> <p>You will gain a greater sense of self-understanding and personal insights to help you along your journey.</p>
Family Works Northern - Waikato	<p>Phone: 07-858 4413</p> <p>Email: admin.waikato@fwn.org.nz</p> <p>Address: Te Ara Hou, 100 Morrinsville Rd, Hillcrest, Hamilton 3216</p> <p>Website: http://www.familyworksnorthern.org.nz/</p>	8.30am to 5.00pm Monday to Friday.	Social Work and Counselling services for anyone with a child under the age of 18 in their care, Parenting Programmes, and Domestic Violence Programmes for women and children.
Good News Community Centre	<p>Phone: 07 850 5020</p> <p>Address: Corner of Breckons & Dominion Rd, Hamilton</p> <p>Email: info@goodnewscommunitycentre.com</p>	10am to 12.30 Monday and Friday	<p>Venue hire, activities such as flax weaving classes, whakapapa/genealogy classes, te reo classes (various levels), Golder Agers (65+) meetings involving guest speakers, trips etc.</p> <p>Exercise classes, whānau afternoons and lots more</p>
Hauora Waikato	<p>Phone: 0800 839 9916 or 07 839 9916</p> <p>Address: 195 Collingwood Street, Hamilton</p>	0800 50 50 50 24/7	<p>Hauora Waikato is a Kaupapa Maaori mental health service which provides a comprehensive range of specialist services. These being: Te Aka Kura (Child and Adolescent Mental Health Service), Te Aka Toro (First Episode Psychosis – Early Intervention Service), Te Aka Toi (Adult Community Mental Health Service), Ngaa Kupenga Aroha (Maternal Service – Mothers, Babies and Whanau) and Tamahere Hospital (Sub-acute rehabilitation inpatient service). Each service is made up of a multi-disciplinary clinical team that provides a full range of assessment and treatment services within a Kaupapa Maaori framework.</p> <p>The service upholds a strong focus in providing support to whanau (service users) and their wider whanau, family, supports, founded within strong cultural values and clinical practice that translate into the care provided.</p> <p>Referral – how to access Hauora Waikato services:</p> <p>Ngaa Ringa Awhina (Service Co-ordination service) receive ALL referrals on behalf of Hauora Waikato. Referrals can be made in person, phone call or via email. Referrals are assessed upon receipt as to urgency and assessment offered. Following assessment whanau (service users) are referred on to the most appropriate service to meet their needs. Ngaa Ringa Awhina can be contacted on 0800 999 903.</p>
Health & Disability Advocacy Services	<p>Phone: 0800 555 050</p> <p>Email: advocacy@advocacy.org.nz</p> <p>Website: https://www.advocacy.org.nz/</p>	8.30am to 5.00pm Monday to Friday	The Nationwide Health and Disability Advocacy Service is a free service that operates independently from all health and disability service providers and agencies. If you want to know more about your rights when using health or disability services, get questions answered, or talk through your options for making a complaint, we can help.
K'aute Pasifika Trust	<p>Phone: (07) 834 1482</p> <p>Email: enquiries@kautepasifika.org.nz</p>	9.00am to 5.00pm, Monday to Friday	K'aute Pasifika providing health, education and social services to Pasifika, Māori or other ethnic communities in the Waikato and midland region.

	<p>Website: http://www.kautepasifika.org.nz Address: 960 Victoria Street, Level 1 Citisite House, Hamilton</p>		<p>Providing all the care and support in a Pasifika nature and also K'aute Pasifika Trust operates from a strong foundation of spiritual and cultural values and provides a comprehensive range of services to pacific peoples and other disadvantaged groups. Child and adolescent mental health and addiction support Well child & B4 school checks Chronic disease management Pacific homebased Support Services Sexual Health promotion and education Breast screening & cervical smears Sore throat management Whānau ora Social services Pan-Pacific playgroup Elderly day programme Smoking cessation Power up education sessions Family violence education Family wellbeing, budgeting, interpreting, WINZ support, Housing Integrated safety response</p>
Kershaw Training Enterprises	<p>Phone: 07-957-2850 or 0800-123-583 Address: 217 Commerce Street, Frankton, Hamilton Website: https://kershawtraining.co.nz/</p>	Mon - Thurs 9am -2pm	<p>Intensive Literacy and Numeracy For anyone 16 years and older YG Building and Construction For anyone 16 to 19 years of age National Cert in Level 1 and Level 2 Both these courses are free.</p>
Kirikiroa Family Services Trust	<p>Phone: 07-848 0008 / 0800 211 211 Email: admin@family-start.org.nz Address: 79 Norton Road, Dinsdale, Hamilton 3204. Website: https://www.family-start.org.nz/</p>	<p>8.00am to 6.30pm Monday to Friday Staff work 4 day weeks</p>	<p>Family Start programme – support for whānau and their baby. Te Waka Tamariki – a collaborative approach working with whānau, professionals and the tamaiti / rangatahi. Poipoi Te Mokopuna – tamaiti centred, te Ao Māori focus, pre-school play/learning. Kāinga Rua – residential service to support whānau who are rawakore and kāinga kore (homeless, with a baby).</p>
Male Support Services	<p>Phone: (07) 858 4112 / (0800) 677 289 / 027 441 4749 Email: admin@waikatosurvivors.org.nz Website: www.waikatosurvivors.org.nz Address: 113c Ruakura Lane, Ruakura, Hamilton</p>	<p>8.00am to 5.00pm. Monday to Friday</p>	<p>We provide support for males of any age who are victims of physical, emotional, mental or sexual abuse. We are ACC accredited and Oranga Tamariki/MSD level 2 accredited</p>
MATES Café	<p>Phone: 0800 RELATE (735283) Email: info@mates.org.nz</p>		<p>MATES Cafe is a network of trained everyday people of all ages, cultures and ethnicity (including teens, elders, lgbt+) who are able to meet with a person in a time of crisis or isolation at a local cafe and offer emotional support and encouragement.</p>
Methodist City Action	<p>Phone: 07 839 3917 Address: The Methodist Centre, 62 London St, Hamilton Email: info@hmss.org.nz Website: www.mca.net.nz</p>	<p>9.00am to 4.30pm, Monday to Friday</p>	<p>Services: community lunch (noon on Mondays), food parcels, free phone and social service assistance for community clients. Programmes and activities for the disability sector – Brain Gym, Indoor Team Sports, Fun and Fit Exercise, Art and Craft, Cookery (beginners to advanced). Advocate for the Deaf and Hearing Impaired.</p>

Midlands Sexual Assault Support Services	Phone: (07) 839 4433 / (0800) 839 4433 Email: referral@rasahc.co.nz or referral@msass.org.nz Address: 33A Clarence Street, Hamilton	9.00am to 5.00pm	Please contact for help and support to survivors of rape, sexual abuse and family violence
MS Waikato	Phone: 07 834 4740 Email: janet@mswaikato.org.nz Address: 20 Palmerston St, Hamilton	9.00am – 4.30pm, Monday to Friday	MS Waikato offers support services to people affected by Multiple Sclerosis, Huntington's Disease, ME/CFS, Fibromyalgia and allied neurological conditions. Services are provided to clients, their family/whanau and carers with service provision covering the Waikato and Coromandel regions.
New Zealand Red Cross Ripeka Whero Aotearoa Pathway to settlement	Phone: (07) 07 850 4664 Website: https://www.redcross.org.nz/what-we-do/in-new-zealand/migration-programmes/pathways-settlement/ Head office address: 422 Te Rapa Road, Hamilton		1. Settlement team; supports the new comers refugees on their settlement in this country for a year and the settlement youth worker supports the young people age 13 to 24 on one on one mentoring, providing orientations based on Resettle and HEEADSSS assessments, connecting them to youth agencies or org. 2.Pathways to employments; this team support our refugee families on employments such as making them to be ready for job with providing workshops, CV development and connecting them to the right employers..
Oranga Tamariki	Phone: 0508 326 459 Email: contact@ot.govt.nz Address: 9th Floor, Anglesea Towers, Cnr Anglesea and Collingwood Streets		Government agency concerned with the health and welfare of children, including adoption, youth justice, fostering and support for families. Social Workers investigate any concerns or reports of children & young people suffering or being at risk of abuse of any kind. OT also is a referring agent for people with mental health issues to the appropriate services
Pathways Health Ltd	Phone: 07 857 1203 Email: waikato@pathways.co.nz Address: Kakariki House, 293 Grey Street, Hamilton East		Provides community-based mental health and wellness services.
PGF Services	Phone: 0800 664 262 (duty counsellor) Email: help@pgf.nz Text for help: 5819 Address: Level 2, 109 Anglesea Street, Hamilton Website: http://www.pgf.nz/ Live chat available at www.pgf.nz	Mon – Fri 8.30 – 5.00pm	Providing free, professional and confidential counselling for gamblers and others affected by gambling.
Progress to Health	Phone: (07) 838-0302 / (0800) 77-57-57 Email: via website http://www.progresstohealth.org.nz/ContactUs Address: 18 Rostrevor St , Hamilton	8.30am to 5.00pm Monday to Friday	Progress to Health is a community based organisation providing individualised and group activities that enhance mental and physical wellbeing to those who experience mental health and / or a disability
Real Waikato	Phone: 07 857 1579 Email: waikato@real.org.nz Address: Kakariki House, 293 Grey Street, Hamilton East, Hamilton Website: http://www.real.org.nz/waikato	8.30am to 5pm Monday to Friday	Real is aimed at supporting young people to grow confidence, realise their potential and achieve their dreams. At Real, we want to play a part in supporting all young New Zealanders to feel great about their futures
Salvation Army – positive lifestyle programme	Phone: (07) 834 7000 Email: hamilton.cm@salvationarmy.org.nz Address: 99 London Street, Hamilton 3204		A 10-week programme covering areas such as dealing with depression, anger, grief and stress. Participants build self-esteem and gain skills in assertiveness, goal-setting and problem-solving.
Shama – Hamilton Ethnic Women Centre (HEWCT)	Phone: 07 843 3810/ 07 843 3811 Address: 27 Beatty Street, Melville, Hamilton Email: info@sharma.org.nz	9.00am to 4.30pm Monday to Fridays	Shama offers life skills programmes – computing; English classes, cooking, sewing Community development worker – parenting; entrepreneurship Social worker support – Integrated Safety Response and Ministry of Justice Counselling support – isolation; depression

Single Parent Services Waikato	Phone: (07) 839 1051 / 0800 457 146 Email: office@spsw.org.nz Website: www.spsw.org.nz Address: 2 Dawson Street Hamilton East , Hamilton	9 .00am - 4.00pm Monday to Friday office hours	Youth programme: building support network; leadership skills Single Parent Services' primary aim is to provide counselling, social work support, ACC services and facilitated groups to single parent whānau. Community counselling may also be available.
Stroke Foundation	Phone: 021 962 380 Email: north.waikato@stroke.org.nz	Monday to Thursday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.
Supporting Families with Mental Illness	Phone: 07 8397069 or 0800 555 434 Email: waikato.office@sfnz.org.nz Address: 28 Pembroke St, Hamilton	8.00 am to 4.30 pm Monday to Friday	Supporting Families support families and whanau to provide the best possible quality of life and recovery to their loved one who has a mental illness and to their own self care. Offer a range of programmes including the Grief & Loss course and Family Connection programme which is an education course for supporters of someone with symptoms of borderline personality disorder.
Te Ahurei a Rangatahi	Phone : 07 838 3013 Head office : 9 Ward Lane, Black Castle, Hamilton CBD Email: admin@teahurei.co.nz Facebook: Te Ahurei a Rangatahi	9.0am to 5.00pm Monday to Friday	Te Ahurei offers tikanga-based Wananga for Youth; Health Education Programs to Youth; Rangatahi Support Groups; Youth and Family Therapy; Youth Mentoring & Advocacy; Youth Leadership Training; Youth Events; Policy Development. Ages covered by the service is 10 to 24 years through wharekura, kura aoraki; Intermediate Schools, alternative education; community youth groups; youth justice space; whānau.
Te Rongopai Youth St Mentoring	Phone: 07 850 5020 Address: The Good News Community Centre (corner of Dominion Road and Breckons Ave, Newton), Hamilton		Youth Street offer Rangatahi between the ages of 14-21 living in the Crawshaw and Newton areas of Hamilton mentoring and support. Youth St understands diversity and each person is different and unique. Alongside their 'Kanohi ki te kanohi' approach to mentoring, the focus is on: Te taha tinana (physical wellbeing) Te taha Hinengaro (mental and emotional wellbeing) Te taha wairua (spiritual wellbeing) Te taha whānau (social wellbeing)
Te Runanga o Kirikiriroa	Phone: 07 846 1042 Address: 59 Higgins Road, Frankton, Hamilton Email: reception@terunanga.org.nz Website: http://www.terunanga.org.nz/	9.00am to 5.00pm	Te Runanga offers a range of social support services including mental health and addictions services. Te Runanga also offers services for tamariki, taiohi, paakeke, kaumaatua and family groups. Some of the specific supports available are: for rangatahi who are not in education employment or training (NEET): 16-17yr olds (15 with Early School Leaving Exemption) Supporting these rangatahi around education, employment or training, goal planning, CV writing, job searching, legal issues etc Youth Payment - 16 and 17yr olds Youth Payment is financial assistance for young people who do not live at home and are experiencing a family breakdown so they are not able to return home, they are obligated to stay engaged with provider and must attend a course and Budgeting course. Young Parent Payment - 16-20yr olds. Young Parent Payment is financial Assistance for young parents and they are obligated to Engage with their service provider and must attend a Budgeting and Parenting Course. Transitional housing for 16-24yr olds Young people must be receiving YP/YPP or a Main Benefit, we only have 6 rooms so therefore priority is given to those with children.

Te Whare o Te Ata Community House	Phone: 078557804 Mobile: 0223920912 Address: 60A Sare Crescent Email: shepherd@fairfield.org.nz	Monday, Tuesday, Thursday, Friday from 9 am to 4 pm (closed on Wednesdays)	<p>This is the Fairfield Community House and offer Reo Class for Beginners, Counseling, After school programs, Obesity food Nutrition Class. We just had a "Services in the Park" we also up and coming events "White Ribbon" and "Christmas in the Park"</p> <p>Our vision for Fairfield is bringing the "Hood back into the Neighbor" Our motto "The Door is always open" We want the house to be a safe environment for the community, although we have no services in the house the door will always be open and our services are just a phone call away.</p>
The WaterBoy	Email: info@thewaterboy.co.nz Address: Level 10, Tower Building, 48 Ward St, Hamilton 3204 Website: https://www.thewaterboy.org.nz/		<p>The Waterboy aims to break down barriers for young people aged 10 to 15 who want to be involved in a sport or personal development activity but are currently unable to do so due to perhaps lack of transportation, finances or for social or disability based reasons.</p> <p>The Waterboy pairs young people with mentors who teach them important skills and help them to learn about themselves. Access to events like live sport and community trips.</p>
University of Waikato Student Counselling Service	Phone: 07 838 4037 Email: counselling@waikato.ac.nz Address: Student Health Centre, Gate 1, Knighton Road, Hamilton	8.30am to 5.00pm Monday to Friday	University of Waikato students' have access to trained counsellors who are available to assist with a wide range of life issues.
University of Waikato Student Mental Health Service	Phone: 07 838 4037 Email: counselling@waikato.ac.nz Address: Student Health Centre, Gate 1, Knighton Road, Hamilton	8.30am to 5.00pm Monday to Friday With drop-in service available daily from 1-3pm.	This service is provided by a mental health nurse and supports any mental health needs of students including urgent concerns
Waikato Queer Youth	Phone: 07 8399039 Email: waikatoqueeryouth@gmail.com Address: 9 Ward Lane c/o Zeal, Hamilton Central, Hamilton		<p>Waikato Queer Youth is a non-profit organisation that runs from a space that is equipped with a growing resource library and offers a safe and inclusive environment for youth drop-in and hosts regular social support groups for gender and sexuality diverse youth and their peers, a gender diverse and intersex group, and adult support groups for those coming out in later life. Additionally we develop and deliver custom education packages on gender and sexual diversity for various audiences, providing well-received professional development to professionals, healthcare practitioners, community groups, and schools.</p> <p>Waikato Queer Youth (WaQuY) is focused on offering hope to youth who may otherwise be isolated, strive to empower spaces for young people to celebrate who they are, through positive, identity affirming community building, fun and friendships.</p> <p>Waikato Queer Youth provide services to Children; youth; adults; organisations; workplaces; educational institutes; practitioners; community workers; communities.</p>
Waikato Women's Refuge – Te Whakaruruhau	Phone: (07) 855 1569 / (0800) 733 843 REFUGE Email: refuge@wwrt.co.nz	9.00am to 5.00pm Monday to Friday 24 hour crisis line is 07 855 1569	Supporting families to live free from domestic abuse. Provide safe housing; 24 hour crisis services; community support services; support & advocacy; information & resources

Waimarie Hamilton East Community House	Phone: 07 858 3453 Address: 53 Wellington St, Hamilton East	9.00 to 4.00pm Mondays to Fridays	Free budgeting advice ; Free legal advice from Emma Miles for Family Law; Benefit and ACC advocacy services ; Low-cost Fruit & Vegetable boxes; a bread run available for collection ; Room Hire, media equipment hire, table and Chair Hire; Photocopying and laminating service; Referrals to other agencies; Waimarie Community House offers a Sport, Cultural and music scholarship (SAM Project) which sponsors children for one year to enable primary aged children who would not normally be able to participate in organized cultural activities due to financial constraints; SEKCA Committee Scholarship to university students; Short education courses; Opportunity Shop; Free computer use; Community Garden on Fridays from 9.30am
WAVES	Email: office@fairfieldbaptist.co.nz		Grief education programme for adults 17 years and over who have been affected by suicide of someone they know. WAVES is a structured bereavement programme which is held over 8 weeks (one evening per week). The small group sessions are facilitated by trained professionals. Please contact the facilitator to learn more and when the next course is beginning.
Support group	Email: office@fairfieldbaptist.co.nz Address: Fairfield Baptist Church, 1101 Heaphy Terrace, Fairfield, Hamilton 3214	Every 2 nd Thursday of the month from 6 to 7pm	This is an informal support group for people who have been bereaved by suicide. A trained WAVES facilitator is on hand but the group does not require participants to have been through the WAVES course. All welcome.
Western Community Centre	Phone: 07 847 4873 Email: admin@wccham.org.nz Address: 46 Hyde Ave, Nawton, HAMILTON Website: https://www.westerncommunitycentre.org	8.30am to 5.30pm Monday to Friday	The centre offers lots of information and events and services including: community information hub; Free legal advice; Justice of the Peace – (Tuesday mornings, 9.30am - 12pm); Whānau Support Worker - family support; Plunket outreach clinic; Fruit/veggie co-op; Western Community Newspaper; Playgroups and children's programmes; 50+ events, trips, tai chi, luncheons, shopping; Exercise and fitness classes; Western Wheels learner licence course; Western Community Centre Radio Show - Fridays 10.30am Free FM; Youth activities and programmes, leadership development; Holiday /after school programmes/park based sports programmes; Community education and training; Free public phone and computer; Photocopying and scan to email; table and chair hire; Free fruit and book exchange; Registered kitchen; Community development projects; Working with community to find local solutions for our local issues & challenges; and heaps, heaps more!
Wintec The Health Services	Phone: (07) 834 8869 / 0800 2 Wintec Ext 8869 Email: healthservices@wintec.ac.nz Address: City Campus, at the rear of Block A Rotokauri Campus, in the Student Hub Website: https://www.wintec.ac.nz/student-resources/support-services/health-services	City Campus 8.30am-3.30pm Mon, Tues, Thurs & Fri. Wed is 8.30-5.30pm Rotokauri Campus 9am Mon Tues & Thurs. We are closed Wed & Fri.	Full on-campus health services and trained counsellors offer support to students.
Women's Wellness	Phone: 07 8571565 Email: womenswellness@pathways.co.nz Website: http://www.womenswellness.co.nz/	8.30am to 5pm Monday to Friday	Women's Wellness is a free, Hamilton-based support service for women, by women. If you're experiencing a difficult time in your life because of trauma, anxiety, depression or other mental illness, we can be alongside you as you journey towards wellness. Our service is mobile and free.
YMCA RAISE UP programme	Phone: 07 838 2529 or 021 962 240 Address: 36 Pembroke St, Hamilton		Raise Up is a volunteer youth Event management and Leadership programme. Gives young people work experience, leadership and a chance to give back to the community. Any young person between the ages of 13 and 18 who would like a challenge can apply.

			Recently introduced Youth Service Endorsements – which may be recognised at employer level but is sure to be helpful on a cv to show a young person's interest and ability to work as a team for community benefit.
YWCA	<p>Phone: 07 838 2219</p> <p>Address: 28 Pembroke St, Hamilton</p> <p>Website: www.ywca.org.nz/hamilton</p>	<p>Hostel office open various times throughout the week</p> <p>Admin office is open Mon to Fri 8.30 to 5 p.m.</p>	<p>The YWCA offers:</p> <p>Hostel accommodation for men and women over 18</p> <p>Mobile meals for mainly elderly people</p> <p>Venue Hire for many different groups including mums and bub to church groups</p> <p>Self Defence for all women over the age of 12 years</p> <p>Community workshops</p> <p>Youth workshops and retreats for young women 13-18 years</p>
Youth Horizons	<p>Phone: 07 838 3671</p> <p>Address: Te Ara Hou Village, 100 Morrinsville Road, Hamilton</p> <p>Email: info.waikato.taranaki@youthhorizons.org.nz</p>		<p>Youth Horizons works with young people with high and complex needs and diagnosed conduct disorder, offering trauma informed care and treatment. Entry criteria to all Youth Horizons services is through Gateway, Child Mental Health services or Oranga Tamariki referral.</p> <p>Our foster care services support young people in the care of Oranga Tamariki. Our respite care services are to provide support for youth and their families under the care of ICAMHS or involved with a ICAMHS cluster provider.</p> <p>Our in-home services of Functional Family Therapy and Triple P positive parenting programme travel to families across the Waikato and Taranaki regions, a service offered in families homes.</p> <p>Our community home is located in Hamilton and supports young men aged 12-17 from all around Aotearoa.</p>
Youth Intact (Odyssey Youth Intact Waikato)	<p>Phone: 0800 468 228</p> <p>Head office address: Level 2, 11 Garden Place, Hamilton</p> <p>Website: https://www.youthintact.org.nz/</p>		<p>Youth INtact is Waikato's Youth Drug and Alcohol Service. We support young people in 13 schools across the Waikato along with community hubs in Hamilton and rural town surrounds. Our mission is to provide easily accessible and effective support services to young people and their whanau to enable them to make changes to their lives that are meaningful for them.</p> <p>Youth Intact is made up of 7 practitioners who provide one or one or group interventions offering education and support to make changes. We also have 2 youth workers who can support taiohi into service along with doing promotional work. We have 1 cultural support worker. We also have a consulting psychiatrist with us two days a week.</p> <p>The service is for youth aged 12-19 throughout the Waikato. They do not have to be in school to access our service. AOD need must be the primary reason for referral</p> <p>Our service can be accessed by taiohi and their whanau, by staff within schools and by services/agencies/organizations in the community.</p>
Zeal	<p>Phone: 0800 3463 9325 Ext 12</p> <p>Address: 9 Ward Lane, Hamilton Central</p> <p>Email: hams@zeal.nz</p>	Tuesday-Friday 8:30am-5:00pm	<ul style="list-style-type: none"> After school drop in service - providing a space for young people to hang out alongside dedicated youth workers. This service is aimed at cultivating a sense of belonging, by which young people are able to identify with a community of peers and youth workers that they belong with and who are intentionally focused on connection and support. Creative programmes (Barista, Photography, Event Management, Screen Printing, Live Sound Engineering, Recording) - Providing young people the opportunity to harness, explore and express their creative interests while also providing a platform in which their creative expressions are celebrated amongst their peers. This service places value on developing

			<p>and displaying confidence, competency and sense of ownership of their own skills and abilities.</p> <p>Within these services, young people (13 to 18 years) are enveloped in a positive youth development framework which emphasises the development of value, worth, identity and belonging. Within this framework youth development in Zeal sees value placed on relationship and identity expression. Through this, our ultimate goal is that young people our leaving our services with a greater sense of resiliency.</p>
Hauraki District			
Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 868 9790 Address: 608 Queen Street, Thames Email: thamesmanager@ageconcern.gen.nz	9.30am to 2.30pm	<p>Offer a range of regular activities and opportunities to meet others/stay connected. Age Concern also offers referral to support services, information and advice.</p> <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional ○ Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.
CAPS Hauraki Inc	CAPS Hauraki have offices in Paeroa. Appointments made through the Paeroa office number Phone: (07) 862 6134 Email: reception@capshauraki.co.nz	9.00am to 4.00pm	Counselling & Social work support, Youth Services, and sexual harm support services
Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	<p>Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services.</p> <p>Please phone the Hamilton office or Paeroa (07 8626110) for more information or to make an appointment. Appointments can also be made on our website.</p>
Paeroa Community Support Trust Hauraki Resource Centre	Phone: 07 862 6110 Address: cnr Willoughby and Mackay Streets, Paeroa Email: admin@pc.org.nz	9.00-3.00 Monday to Friday	<p>Information and advice for people in need within Paeroa and the Hauraki District. Music and movement for pre-schoolers, Disco Action for the Special Needs community, music school 4pm-5pm Tuesdays, Voluntary drivers for hospital appointments, Paeroa toy library Tues 10.00am - 12noon and 3.30pm – 5.00pm, Fri 10 - 12am, Sat 10am -12noon, Senior bus trips, Budgeting and Financial Mentoring service, Paeroa Neighbours Foodbank, Meals on Wheels, Community Bus, Weigh In-Keen Team, OSCAR programmes - before and after school care and holiday programmes, Friday Night Friend-zy, Kids can Cook, monthly Hearing</p>

			Clinic and hearing aid battery sales, Resume or CV Service, Breakaway Youth Service, Thames Valley Alternative Learning, Supervised Contact Service, elderly sit and get fit classes. Annual events/programmes; Waitangi ki Paeroa event, Childrens Day, Te Aroha/Paeroa Day Camp.
Oranga Tamariki Hauraki	Phone: 0508 326 459 / 0508 family (after hours) Email: contact@ot.govt.nz Address: Cnr Te Aroha and Rotokohu Roads, Paeroa		Government agency concerned with the health and welfare of children, including adoption, youth justice, fostering and support for families. Social Workers investigate any concerns or reports of children & young people suffering or being at risk of abuse of any kind. OT also is a referring agent for people with mental health issues to the appropriate services
Paeroa Baptist Church	Address: 2 Wood St, Paeroa	Tuesdays 10am – 1pm	Information and advice for people in need within Paeroa and the Hauraki District. Music and movement for pre-schoolers, Disco Action for the Special Needs community, music school 4pm-5pm Tuesdays, Voluntary drivers for hospital appointments, Paeroa
Strengthening Families	Phone: 07 863 8755 Email: wcrsf@xtra.co.nz Address: Waihi Community Resource Centre, 4 Mueller St, WAIHI 3610 Phone: 07 902 9192 Email: margaret.harrison006@msd.govt.nz Address: Work and Income, PO Box 117, PAEROA		Strengthening Families helps sort a family's life challenges. Their services include: Finding warm, comfortable homes for families/whanau Helping with concerns about children's health Making ends meets Families whose children at not doing well at school Coping with stresses at home. your child's health Strengthening Families brings together the agencies that can help family/whānau deal with these issues.
Stroke Foundation	Phone: 021 962 381 Email: coromandel@stroke.org.nz	Monday to Friday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.
Te Korowai Hauora o Hauraki, Paeroa	Phone: 07 862 9284 Email: paeroa@korowai.co.nz Address: 43 Belmont Road, Paeroa 3600	8.00am to 5.00pm Monday to Friday	Practice that provides a range of physical and mental health services. Promotion of suicide prevention through public promotion. Some acute mental health service offered (through Manaaki).
Te Whāriki Manawāhine o Hauraki Women's Refuge	Phone: 24hr Crisis-line 07 868 3132 or 0800 868 3132 / (07) 868-8475 (office) Website: www.hauraki.refuge.co.nz Email: reception@hauraki.refuge.co.nz	Crisis line 24/7	Te Whāriki Manawāhine O Hauraki provide support in creating a safer environment for clients and their whanau; assistance in creating a long term plan to protect you and your whanau from violence, assistance with government departments and social support networks; we provide safe housing and safety planning, liaising and advocacy with whānau and other agencies as required.
Waihi Community Resource Centre	Phone: (07) 863 7555 Email: manager@wrcr.org.nz Address: 4 Mueller Street, Waihi	9.00am to 5.00pm Monday to Thursday and 9.00am to 3.00pm on Friday	Provide a range of social services including social work, counselling, youth support, mentoring, Strengthening Families, and family violence intervention services. Also host and/or refer to counsellors for other services - ACC, mental health, alcohol and drug, anger management, etc Provide community develop projects such as Thrive, Senior Connect, and community garden and host other community groups
Matamata/Piako			
Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 838 2266 Address: Celebrating Age Centre, 30 Victoria St, Hamilton Email: enquiries@ageconcern.gen.nz	8.30am to 4.00pm	Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes and Steady As You Go strength and balancing classes.

			<ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional ○ Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.
Care NZ	Phone: 0800 499 469 Email: waikato@carenz.co.nz Head office address: 298 Tristram Street, Hamilton	9.00am to 5pm Mondays and Tuesdays	CareNZ supports anyone concerned about their own or someone else's use of alcohol or other drugs. Care NZ's services are provided in Matamata in the Matamata-Piako District.
Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St, Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services. Please phone the Hamilton office for more information or to make an appointment. Appointments can also be made on our website
Citizens Advice Bureau Matamata	Phone: 07 888 8176 Email: matamata@cab.org.nz Address: Matamata Resource Centre 41a Hetana Street, Matamata 3400	10.00am to 2.00pm	Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each branch
Citizens Advice Bureau Te Aroha	Phone: 07 884 8037 Email: tearoa@cab.org.nz Address: 137 Whitaker Street, Te Aroha	10.00am to 1.00pm	
K'aute Pasifika Trust	Phone: (07) 834 1482 Email: enquiries@kautepasifika.org.nz Website: http://www.kautepasifika.org.nz Address: 960 Victoria Street, Level 1 Citisite House, Hamilton	9.00am to 5.00pm, Monday to Friday	K'aute Pasifika providing health, education and social services to Pasifika, Māori or other ethnic communities in the Waikato and midland region. Providing all the care and support in a Pasifika nature and also K'aute Pasifika Trust operates from a strong foundation of spiritual and cultural values and provides a comprehensive range of services to pacific peoples and other disadvantaged groups. <ul style="list-style-type: none"> • Child and adolescent mental health and addiction support • Well child & B4 school checks • Chronic disease management • Pacific homebased Support Services • Sexual Health promotion and education • Breast screening & cervical smears

			<ul style="list-style-type: none"> • Sore throat management • Whanau ora • Social services • Pan-Pacific playgroup • Elderly day programme • Smoking cessation • Power up education sessions • Family violence education • Family wellbeing, budgeting, interpreting, WINZ support, Housing • Integrated safety response
Railside by the Green	Phone: 07 888 8876 Address: 41a Hetana Street, Matamata Website: www.railsidematamata.co.nz Email: office@railsidematamata.co.nz	8.30am to 3.00pm Monday to Friday	<p>Railside by the Green is governed by the Matamata Community Resource Trust. The object of the Trust is to promote, facilitate, encourage and develop the advancement and support of community services of a charitable nature in the Matamata District. Railside by the Green has become a community hub for social service, community groups and business. Available for hire is a boardroom and smaller meeting rooms. Tenants at Railside are: Citizens Advice Bureau, Community Health Shuttle Trust, Raukawa Charitable Trust, The Psychology Clinic, The Department of Corrections and Sue MacGibbon Counsellor. Visiting Services include, Care NZ, Hearing Clinics, English Language Partners NZ and Hamilton Abuse Intervention Programme</p>
Raukawa Charitable Trust	<p>Matamata Branch Office at: Railside on the Green 41a Hetana Street Matamata 3400 PO Box 103 Matamata 3471 or Phone: 07 885 0260 or 0800Raukawa Email: info@rauakawa.org.nz Address: Tokoroa Main Office, 1-11 Raukawa Way, Tokoroa Private Bag 8, Tokoroa 3444</p>	8.30am to 5.00pm Monday to Friday	<p>Raukawa Charitable Trust offer the following services in Piako:</p> <ul style="list-style-type: none"> • Drug & Alcohol Service • Waka Taua Wellness Programme • Tamariki Ora Well Child Service • Whānau Ora Mobile Chronic Disease Management Programme • DHB Whānau Ora Kaiārahi Service + Whare Ora Programme - • Family Start Service + access to Early Learning Payment - • Māori Disability Service
Starfish	Phone: 07 888 8795 Text: 027 775 8676 Email: jo@starfishservices.org.nz Address: 15 Gordon Terrace, Matamata	8.30am to 4.30pm Monday to Friday	Starfish provides low-cost community-based service that takes a holistic approach to supporting youths and their families
Strengthening Families	Phone: 07 888 7870 Email: Josie@tehauora.co.nz Address: Te Hauora O Ngati Haua, 2 Cadman St, WAHAROA	9.00am to 5.00pm Monday to Friday	<p>Strengthening Families is a process to improve outcomes for children and young people by providing their whanau with a process to coordinate multi-agency support. It is unique because it is a whanau-led process which uses a structured process to assist agencies to work together as a team to support a whanau. The key principles of the Strengthening Families process are –</p> <ol style="list-style-type: none"> 1. It is a voluntary process that relies on active participation by whānau. 2. It focuses on whanau strengths, issues, priorities and desired outcomes. 3. Supports collaboration between government and non-government agencies. 4. It is tailored to meet the needs of the whanau.

Stroke Foundation	Phone: 021 962 364 Email: south.waikato@stroke.org.nz	Tuesday to Thursday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.
Te Korowai Hauora o Hauraki, Te Aroha	Phone: 07 844 9208 Email: tearoha@korowai.co.nz Address: 221 Whitaker Street, Te Aroha 3320	8.00am to 5.00pm Monday to Friday	Practice that provides a range of physical and mental health services. Promotion of suicide prevention through public promotion. Some acute mental health service offered (through Manaaki).
Te Hauora o Ngāti Hauā	Phone: 07 888 7870 Email: reception@tehauora.co.nz Address: 2 Cadman St, Waharoa		Te Hauora o Ngāti Hauā provides services and resources aimed at nurturing, connecting, empowering Ngati Hauā whānau, hāpū and Iwi
Youth Intact (Odyssey Youth Intact Waikato)	Phone: 0800 468 228 Head office address: Level 2, 11 Garden Place, Hamilton Website: https://www.youthintact.org.nz/		Youth INTact is Waikato's Youth Drug and Alcohol Service. We support young people in 13 schools across the Waikato along with community hubs in Hamilton and rural town surrounds. Our mission is to provide easily accessible and effective support services to young people and their whanau to enable them to make changes to their lives that are meaningful for them. Youth Intact is made up of 7 practitioners who provide one or one or group interventions offering education and support to make changes. We also have 2 youth workers who can support taiohi into service along with doing promotional work. We have 1 cultural support worker. We also have a consulting psychiatrist with us two days a week. The service is for youth aged 12-19 throughout the Waikato. They do not have to be in school to access our service. AOD need must be the primary reason for referral Our service can be accessed by taiohi and their whanau, by staff within schools and by services/agencies/organizations in the community.

Otorohanga

Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 838 2266 Address: Celebrating Age Centre, 30 Victoria St, Hamilton Email: enquiries@ageconcern.gen.nz	8.30am to 4.00pm	Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes and Steady As You Go strength and balancing classes. <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.
Citizens Advice Bureau Otorohanga	Phone: 07 873 7568 Email: otorohanga@cab.co.nz Address: Support House Whare Awhina	9.30am to 1.00pm	Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained

	120 Maniapoto Street, Otorohanga		volunteers who can access information by computer or from the extensive range of resources held by each branch
Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St, Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services. Please phone the Hamilton office for more information or to make an appointment. Appointments can also be made on our website
Otorohanga Support House - Whare Awhina	Phone: 07 873 8156 Address: 120 Maniapoto St, Otorohanga 3900 Email: manager@otosupport.nz	9.00am to 4.00pm Mondays to Fridays	Counselling Family Support
Stroke Foundation	Phone: 021 962 364 Email: south.waikato@stroke.org.nz	Tuesday to Thursday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.

Ruapehu (the Waikato DHB covers northern Ruapehu)

Organisation	Contact details	Opening times	Description of services
Age Concern	Email: Taumarunui@ageconcern.gen.nz Phone: 07 561 1025 Contact: Chanelle Manion , Taumarunui Services Co-Ordinator for Age Concern Hamilton Address: 5 Manuaute Street, Taumarunui 3920 (Commercial House, One Way Street) Website: www.ageconcern.gen.nz	Tues, Wed & Thurs 12:00 – 15:00 Mon & Fri by appt	Services – mostly for our Senior Community (those aged 65 years and over) But we will not exclude those who feel they need to connect with us, and there are no compulsory memberships, or costs for courses/events. Social Connection – regular casual events for cuppa and conversation, often with guest speakers. Drop In Centre – have a chat at the office & clear your mind, offer referrals to other services. Accredited Visiting Service – Police-checked volunteer visits a socially isolated person in their home once per week. Elder Abuse Response Service – Confidential service to provide support, information and advice. Life-long Learning – Courses offered from time to time on a range of topics. Steady As You Go – weekly Strength and Balance exercise programme (falls prevention).
Central King Country REAP	Phone: 07 896 8680 Address: 115 Hakiaha St, Taumarunui Email: ace@ckcreap.org.nz	8.30am – 4.30pm Monday to Friday Licensing: 8.30am – 4.00pm Monday to Friday	We are a kaupapa Māori service who provide the following: <ul style="list-style-type: none"> • Driver licensing • He Roopu Wahine Matariki – weekly programme for young women • Kaiawhina support • At CKC REAP we support the development and understanding of the Māori Language, culture, knowledge and values • A Kāhui Ako is a group of education and training providers that form around children and young people's learning pathways and work together to help them achieve their full potential • Copying and print services • Room hire • Te Mauri Atawhai monthly Hui for Kaumatua, NGO's and Govt Agencies who attend to convey any changes happening

Grandparents Raising Grandchildren	Email: Taumarunui@grg.org.nz Mobile: 0272086116		We offer a support group who meet 1 st Monday of every month at Taumarunui RSA 10 – 12.
Grey Power	Email: theateam33@xtra.co.nz Phone: 07 895 5385	Meeting bi-monthly (Feb, Apr, Jun, Aug, Oct, Dec) on 2nd Tues at 2pm at the RSA Club Taumarunui	A National organization promoting the welfare and well-being of all citizens in the 50+ age group of which Ruapehu is a sub branch of King Country Association.
Heartland services	Phone: 07 9045267 Email: briar.hickling003@msd.govt.nz Website: www.heartlandservices.govt.nz	Monday to Friday 10.00am to 2.00pm	One stop shop for face to face government agencies and services. These can include Inland Revenue, ACC, Māori Land Court, StudyLink and the Department of Internal Affairs.
Hinengakau Maatua Whangai	Email: managerhmw@xtra.co.nz Phone: 07 8956013	0830am to 4.30pm Monday to Friday	Charitable Trust, to maintain, strengthen and re-establish the spiritual, physical, mental and wellbeing for families, whānau, haapuu, and iwi
Manaaki Trust	Phone: 07 8959079 and 07 8967766 Email: riversidelodge@xtra.co.nz		Supported living accommodation for those recovering from mental illness
Strengthening Families	Phone: 07 896 8680 Email: sf@ckcreap.org.nz Address: 115 Hakiaha St, Taumarunui		Strengthening Families - enables the best support for families/ whānau to thrive. Strengthening Families helps to get access to the services families need and create a plan
Taumarunui Community Kokiri Trust	Phone: 07 895 5919 Address: 121 Hakiaha Street, Taumarunui 3920 Website: http://www.kokiritrust.org.nz	8.30am to 5.00pm Monday to Friday	The Taumarunui Community Kokiri Trust offers a comprehensive wrap around service to meet the health and social welfare needs of the community and in particular the needs of Māori. It is a whānau ora based organisation providing multiple services including: <ul style="list-style-type: none"> • Mental health and addictions • Family Start • GP services • Building Financial Capability • ECE • Chronic disease management • Elderly care • Family Start • Mama & Pepi Programme • Youth Advocacy • Building Financial Capability and Strengthening Families facilitation agency • Non Violence Programme • Safety Services Programme • Whānau Direct • Health Promotion • Supervised Contact Services • Integrated Safety Response • Whānau Resilience Programme • Whānau Direct
Taumarunui Counselling services (TCS)	Phone: 078956393 TXT: 027 77 33 221 Email: taumarunucounselling@xtra.co.nz Website: www.tcs.org.nz	Tues, Wed, Thurs: 9.30am to 2.30pm	Providing confidential and professional counselling services
Taumarunui Maaori Wardens	Email: taumarunuidistrictsmaoriwardens@yahoo.com Contact person: Georgina Cribb Phone: 027 501 2678		Maaori Wardens are volunteers who are trained in providing support to community members and helping to keep communities safe.

	Postal address: P.O. Box 388, Taumarunui 3946		
Taumarunui Mobility Van Society	Booking at CKC Reap Phone: 07 8968680 Website: taumarunui-mobilityvan@gmail.com		Providing transport to the aged and disabled within the Taumarunui area enabling a better quality of life.
Taumarunui Youth & Community Trust	Phone: 027 6353991 Phone: 07 895 8928 Address: 30 Miriama St, Taumarunui Email: admin@taumarunui-yct.com Website: www.taumarunui-yct.com	Varying hours for different activities. Office hours 8.30am-5pm	Taumarunui Youth and Community Trust(TYCT) is a charitable trust created in 2016 as a platform to nurture other groups, and their members, that may benefit from belonging to a supportive network with TYCT as the umbrella hub organisation. The Trust actively promotes sport, recreation, leisure, and activity opportunities to the people of Taumarunui through the provision of a well managed, quality community facility. TYCT help people reach their potential, with sport being the vehicle to help improve wellness and promote positive changes and overall wellness. TYCY offers programs and activities to activate participation within the Taumarunui community.
The Taumarunui Support Group of Blind/Low Vision NZ	Email: otangiwai@gmail.com	Meeting every second Wednesday of each second month March to November, commencing with business at 10:30am followed by lunch at 12 noon with interested Blind/Low Vision clients to interact.	We provide support for people in the local community who are visually impaired. Offer liaison with the Foundation, social gatherings for interaction with others in similar circumstances, assistance with maintenance of visual aids and general moral support.
Waikato District Health Board Consumer Council	Email: malpass@xtra.co.nz Phone: 027 5958455 or 07 8958455	any time	As your local Consumer Council member, Paul can raise issues related to health care services in the Waikato DHB catchment
Wellstop	Phone: 027 5722018 & 0800 93557867 (will respond within 24 hours)	9.00am to 5.00pm Mondays to Fridays	Immediate support for adults who are in crisis from sexual assault
Whakakotahitanga and Ruapehu Community Support Trust	Phone: 07 8955747 Email: gabrielle.quirke@police.govt.nz	Mon to Fri business hours	Total wrap around service for families involved in domestic violence---run by Taumarunui Police
Women's Refuge	Email: office@twrsc.org.nz Phone: 07 8967869/0800 473338 Also via REAP	Mon 10:30 – 4pm Tuesday to Friday 9am – 4pm 24 Crisis Support	We are a women's organisation for women and their children, here to help prevent and stop domestic violence in New Zealand. We provide advocacy, support, advice and safety to local community members who experience unsafe relationships. We are situated in the central North Island covering a substantial area from Taumarunui through to Waiouru and outlying areas. We are a rural community delivering services to many small outlying areas.

South Waikato

Organisation	Contact details	Opening times	Description of services
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Age Concern	<p>Phone: 07 838 2266</p> <p>Address: Celebrating Age Centre, 30 Victoria St, Hamilton</p> <p>Email: enquiries@ageconcern.gen.nz</p>	8.30am to 4.00pm	<p>Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes and Steady As You Go strength and balancing classes.</p> <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional <p>Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.</p>
Alcoholics Anonymous	<p>Phone: 0800 229 6757</p> <p>Website: www.aa.org.nz</p>	Meeting times on website in 'Find a meeting'	Support group for people who think they may have a drinking problem
Care NZ	<p>Phone: 0800 499 469</p> <p>Email: waikato@carenz.co.nz</p> <p>Head office address: 298 Tristram Street, Hamilton</p>	<p>Putaruru Monday 10.00am to 6.30pm and Tuesdays 9.00am to 5.00pm</p> <p>Tokoroa Monday, Wednesday and Thursday 8.30am to 5.00pm</p>	CareNZ supports anyone concerned about their own or someone else's use of alcohol or other drugs. Care NZ provides support in the South Waikato in Tokoroa and Putaruru
Community Law Waikato	<p>Phone: 0800 529 482</p> <p>Address: 2nd floor, 109 Anglesea St, Hamilton</p> <p>Email: reception@clwaikato.org.nz</p> <p>Website: clwaikato.org.nz</p>	<p>Monday to Thursday 9.00am to 4:00pm</p> <p>Friday 9.00am to 1.00pm</p>	<p>Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services.</p> <p>Please phone for more information or to make an appointment: Overdale Community House (07 883 8771) Tokoroa (07 886 4361)</p> <p>Appointments can also be made on our website</p>
Oranga Tamariki Tokoroa	<p>Phone: 0508 326 459 / 0508 family (after hours)</p> <p>Email: contact@ot.govt.nz</p> <p>Address: Cnr Torphin Crescent and O'Sullivan Drive, Tokoroa</p>		<p>Government agency concerned with the health and welfare of children, including adoption, youth justice, fostering and support for families. Social Workers investigate any concerns or reports of children & young people suffering or being at risk of abuse of any kind.</p> <p>OT also is a referring agent for people with mental health issues to the appropriate services</p>
Overdale Community Centre	<p>Phone: 07 883 8771</p> <p>Email: OCCCT@xtra.co.nz</p> <p>Address: Overdale Community Centre, 12-16 Overdale Street, Putaruru</p>	<p>9:00am to 4:00pm Monday to Friday</p> <p>Foodbank 10.00-2.00 each day</p>	<p>Counselling</p> <p>Budgeting</p> <p>Probation Officer services</p> <p>Foodbank</p>

Prisoners Aid and Rehabilitation Society (PARS) Tokoroa and South Waikato	Phone: 022 0431303 Email: pars@parswaikato.org.nz		PARS Waikato is a community based organisation working for a safer society and to reduce reoffending by providing support and reintegration services for offenders and their family/whaanau
Raukawa Charitable Trust	Phone: 07 885 0260 or 0800Raukawa Email: info@rauakawa.org.nz Address: Tokoroa Main Office, 1-11 Raukawa Way, Tokoroa Private Bag 8, Tokoroa 3444 and the Putaruru Branch Office is based at: 15-16 Princes Street Putaruru 3411	8.30am to 5.00pm Monday to Friday	Raukawa offer the following in South Waikato: <ul style="list-style-type: none"> • Drug & Alcohol Service • Waka Taua Wellness Programme • Tamariki Ora Well Child Service • Community Outreach Nurse Service • Whānau Ora Mobile Chronic Disease Management Programme • Integrated Team Management / Whānau Lifestyle Service • Health Promotion Service + Nutrition & Physical Activity Service • DHB Whānau Ora Kaiārahi Service + Whare Ora Programme • TPM Whānau Ora Kaiārahi Service + Employment Co-ordinator • Family Start Service + access to Early Learning Payment • Māori Disability Service • Koroua & Kuia Service • Transition to Adulthood service • Intensive intervention service
Tokoroa Salvation Army	Phone: (07) 886 9812 Email: tokoroa_corps@nzf.salvationarmy.org Address: 139 Balmoral Road, Tokoroa	9.00am to 3.00pm Monday to Friday Foodbank: Mon, Wed and Fri 10am-2pm	Housing and Work and Income advocacy, counselling and assistance with food, furniture and clothing is available from our Community Ministries centre in Tokoroa. The centre also runs Positive Life Style (Life Skills) and Parenting programmes. Transitional Housing and Support.
Tokoroa Salvation Army Community Ministries Addictions support	Phone: (07) 886 9812 Email: tokoroa_corps@nzf.salvationarmy.org Address: 139 Balmoral Road, Tokoroa	9.00am to 3.00pm By appointment	Referrals for Alcohol & Drug Assessment, Detox & Treatment and Problem Gambling are available in the Tokoroa area.
South Waikato Grey Power	Email: hwilli@xtra.co.nz (Secretary) Phone: 07 8865658 Website: https://greypower.co.nz/	Meetings (with appropriate speakers for seniors) held last Thursday of month alternate venues – Putaruru/Tokoroa	A national organization promoting the welfare and well-being of all citizens in the 50+ age group The South Waikato branch covers Tokoroa/Putaruru/Tirau/Arapuni/Whakamaru/Tihoi/Atiamuri and surrounding areas
South Waikato Pacific Islands Community Services	Phone: 07 886 0010 Email: ceo@swpics.org.nz Website: www.swpics.org.nz	Mon-Fri 8.30am-5pm After hours 0272400043	SWPICS offer: Breast screening support Cervical screening Chronic disease management Community nursing centre Home based support Health promotion programmes – adults Health promotion programmes – children/early childhood Mobile nursing Well child Social services Violence prevention programme Whānau ora services

			<p>Whānau ora navigation</p> <p>Education Programmes – Flexiplus Power Up</p> <p>Pre-diabetes Youth Empowerment Programme</p> <p>Safekids programme</p>
Stroke Foundation	<p>Phone: 021 962 364</p> <p>Email: south.waikato@stroke.org.nz</p>	Tuesday to Thursday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.
Supporting Families with Mental Illness	<p>Phone: 07 8861568</p> <p>Email: tokoroa@sfwaikato.org.nz</p> <p>Address: Tokoroa Hospital, Gate 1, Maraetai Rd, Tokoroa</p>	8am – 4.30pm	<p>Supporting Families support families and whanau to provide the best possible quality of life and recovery to their loved one who has a mental illness and to their own self care.</p> <p>We offer Pro-active Whanau Meetings monthly & other educational supports when required.</p>
Te Rau Āwhina Tokoroa Womens Support Centre and Refuge	<p>Phone: 07 8865553</p> <p>Crisis line (24 hours) 0800 Refuge 0800 733 843</p> <p>Email: maria@terauawhina.org.nz</p> <p>Website: https://womensrefuge.org.nz/</p>	<p>Monday to Friday 9.00am to 4.30pm</p> <p>and</p> <p>24 hour crisis line is 0800 Refuge/ 0800 733 843</p>	<p>Available 24/7 for information and advice and crisis support for women and children affected by family violence. The services offered are compassionate, non-judgemental, professional services to women of all ethnicities, faiths and sexual orientations and to transgender women and women with disabilities.</p> <p>Services include:</p> <p>24 hour crisis line</p> <p>Refuge Safe House</p> <p>Risk assessment and safety planning</p> <p>Walk in service (no appointment required)</p> <p>Assistance with obtaining protection and parenting orders</p> <p>Priority referrals to counselling and other services</p> <p>Women's empowerment programmes</p> <p>Children's advocacy and programmes</p> <p>Support in family violence related court proceedings</p>
Tokoroa Achievement Centre Trust	<p>Phone: 07 886 8941</p> <p>Email: office@swac.co.nz</p> <p>Address: 12 Thompson St, Tokoroa</p>	Monday to Friday 8.30am to 4.00pm	<p>Based in Tokoroa, was established in 1972 to provide support for accident victims and people with disabilities in the South Waikato region. The Trust has expanded during 44 years of operation and now supports any people from the region who have a disability, are disadvantaged or marginalised. Support is provided through a range of services including supported residential dwellings, supported community integration and employment opportunities)</p>
Tokoroa Budget Advisory Service	<p>Phone: 07 886 4361</p> <p>Email: reception@tokoroabudgetservice.co.nz</p> <p>Address: 235c Roseberry St, Tokoroa</p>	Monday to Thursday 9.00am to 4.00pm	Budgeting advice, help for people in debt. This is a free and confidential service.
Tokoroa Community Food Bank Trust	<p>Phone: 07 886 8499 (answerphone)</p> <p>Address: 42 Roslin Street, Tokoroa</p> <p>Website: https://www.cab.org.nz/service-provider/KB00017879</p>	Monday to Friday 10.00am to 12.00noon	<p>Provides emergency food assistance to families to last the average family a week or more.</p> <p>Also liaise with the Tokoroa Family Budgeting Services where longer term assistance is required.</p>
Tokoroa Council of Social Services (TCOSS)	<p>Phone: 07 886 8277</p> <p>Address: Tokoroa Community Centre, Tulloch House, Hospital Gate 1, Maraetai Rd, Tokoroa</p> <p>Website: https://tcoss.co.nz/</p>	9.00am to 4.00pm	<p>TCOSS offers the following services:</p> <ul style="list-style-type: none"> • Social Workers in Schools • Family Support Service • Family Centered Service • Family Wellbeing Service • Integrated Attendance Service – Truancy Service • Home Interaction Programme for Parents and Youngsters

			<ul style="list-style-type: none"> • TCOSS Older Persons Support Coordinator • South Waikato Rising <p>And the Community Centre offers the following:</p> <ul style="list-style-type: none"> • Generic & ACC Counselling Services • Drug & Alcohol Counselling Services • BOP Sexual Assault Service • Rongoa Rakau Service • Stroke Foundation • Supporting Families in Mental Health • Midwifery Services • South Waikato Living Without Violence • Tokoroa Hospice
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Thames/Coromandel

Organisation	Contact details	Opening times	Description of services
Age Concern	<p>Phone: 07 868 9790</p> <p>Address: 608 Queen Street, Thames</p> <p>Email: thamesmanager@ageconcern.gen.nz</p>	9.30am to 2.30 pm	<p>Offer a range of regular activities and opportunities to meet others/stay connected. Age Concern also offers referral to support services, information and advice.</p> <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional ○ Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.
CAPS Hauraki Inc	<p>Phone: 07 868 8644</p> <p>Email: reception@capshauraki.co.nz</p> <p>Address: 732 B Queen Street, Thames</p> <p>Website: www.capshauraki.co.nz</p>	9.00am to 4.00pm Monday to Friday	<p>Counselling & Social work support, Youth Services, and SASS (Sexual Abuse Support Service) with a 24/7 help line 0800 88 33 00. CAPS also offer:</p> <ul style="list-style-type: none"> * Non Violence Programme for Perpetrators (these are generally court mandated or Probation Officers send referrals in through Corrections. * Adult Safety Programme (for victims). This can be requested from MOJ if a Protection order is in place. *Breath Think and Do for 5-12 year olds who have witnessed Family Violence * Safe together fun together for Under 5's who have witnessed Family Violence
	<p>CAPS Hauraki also have offices in Coromandel and Paeroa and Mary Street, Thames – please contact the Thames office on 07 868 8644 or reception@capshauraki.co.nz for an appointment</p>		

Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St, Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services. Please phone the Hamilton office 0800 529 482 for more information or to make an appointment. Appointments can also be made on our website
Family Safety Services	Phone: 07 868 8320 Email: manager.fss@xtra.co.nz Address: 415 Pollen St, Thames Website: familysafetyservices.co.nz	9.00am to 3.00pm Monday to Friday	Family Safety Services provide 'Living Without Violence' programmes for men, women and youth; individual and couple/whanau counselling, and support/intervention services for families and whanau.
Citizens Advice Bureau, Thames	Phone: 07 868 8405 / 0800 367 222 Email: thames@cab.org.nz Address: 301D Queen Street, Thames 3540	10.00am to 3.00pm Monday to Friday	Citizens Advice Bureau provides free, confidential information and advice and their trained volunteers can access information by computer or from the extensive range of resources held by each branch.
Citizens Advice Bureau Hauraki	Phone: 07 863 7640 Email: hauraki@cab.org.nz Address: 86 Seddon Street, Waihi	10.00am to 1.00pm	
Coromandel Independent Living Trust	Phone: 07 866 8358 Email: cilt@cilt.org.nz Address: Tiki House, 45 Tiki Road, Coromandel	9.00am to 3.00pm Monday to Thursday	The CILT project the Coromandel Resource Centre offers a range of help on various social issues and will ensure that the appropriate services are accessed through their referral process. CILT also runs the Incredible Years Parenting Programme, Supporting Children/Tautoko Tamariki, Strengthening Families, has two day programmes for people with a disability, social housing for people aged over 60 years on low incomes, the Graham Dingle Foundation childrens confidence building programme Kiwi Can in 3 local schools, as well as managing a range of community and environmental initiatives.
Pathways Health Ltd	Phone: 07 868 0532 Email: hauraki@pathways.co.nz Website: www.pathways.co.nz Address: Pohutukawa House, 364b Ngati Maru Highway, Thames	8.30am to 5.00pm Monday to Friday	Provides community-based mental health and wellness services.
Stroke Foundation	Phone: 021 962 381 Email: coromandel@stroke.org.nz	Monday to Friday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.
Te Korowai Hauora o Hauraki, Coromandel	Phone: 07-866 8084 Email: coromandel@korowai.co.nz Address: 225 Kapanga Road, Coromandel 3506	8.00am to 5.00pm Monday to Friday	Practice that provides a range of physical and mental health services. Promotion of suicide prevention through public promotion. Some acute mental health service offered (through Manaaki).
Te Korowai Hauora o Hauraki, Thames	Phone: 07 868 0033 Email: thames@korowai.co.nz Address: 210 Richmond Street, Thames 3420	8.00am to 5.00pm Monday to Friday	
Te Korowai Hauora o Hauraki, Whitianga	Phone: 07 869 5244 Email: whitianga@korowai.co.nz Address: 21 Coghill Street, Whitianga 3510	8.30am to 4.30pm Monday to Friday	Practice that provides a range of services including tamariki ora and mental health services but please note that the Whitianga office is not always manned.
Thames Budget Service	Phone: 07 868 5964 / 027 870 7076 Email: tbuds@gmail.com Address: 415 Pollen St, Thames 3500	9.00am to 2.00pm Monday to Thursday	Provides a professional and committed financial information and management service to anyone who needs help with budgeting and financial education.
Te Whāriki Manawāhine o Hauraki Women's Refuge	Phone: 24hr Crisis-line 07 868 3132 or 0800 868 3132 / (07) 868-8475 (office) Website: www.hauraki.refuge.co.nz Email: reception@hauraki.refuge.co.nz	Crisis line 24/7	Te Whāriki Manawāhine O Hauraki provide support in creating a safer environment for clients and their whanau; assistance in creating a long term plan to protect you and your whanau from violence, assistance with government departments and social support networks; we provide safe

			housing and safety planning, liaising and advocacy with whānau and other agencies as required.
Thames Baptist Community Ministries	Phone: 07 868 6274 Email: office@thamesbaptist.org.nz Address: 303 - 305 Mary Street, Thames	Monday 9.00am to midday	Community services: Advice and information, advocacy, Open Door Drop in centre, free breakfast every day, Community lunch Tuesdays, Foodbank.
Whangamata Community Services Trust	Phone: 07 865 7065 Address: 101 Casement Rd Whangamata Email: whangacst@whangacst.co.nz	9.00am to 3.00pm Monday to Friday but also outside these hours on case by case basis.	A one-stop shop providing a range of services. A counsellor and a social worker provide support on a range of social issues including suicide prevention and postvention. Network with Community Mental Health Services and Child and Adolescent Mental Health Services and a Midland Health Trust counselling contract.
Whitianga Community Services Trust	Phone: 07 866 4476 Email: reception@wcst.org.nz Address: 2 Cook Drive Whitianga 3510	9.30am to 4.30pm Monday to Friday	Whitianga Community Trust offer the following services in a professional and confidential environment with empathy and aroha. <ul style="list-style-type: none"> • Grocery parcels • Free counselling • Supervised contact • Senior essential shopping service • Transport to Thames and Waikato hospital appointments. • Work and Income assistance • Oscar After School and Holiday programme. • Budget assistance • Strengthening families • Mobility Aid shop • Over 20 heartland clinics and services.

Waikato District

Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 838 2266 Address: Celebrating Age Centre, 30 Victoria St, Hamilton Email: enquiries@ageconcern.gen.nz	8.30am to 4.00pm	Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes and Steady As You Go strength and balancing classes. <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.

Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St, Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	<p>Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services.</p> <p>Available in regional towns (please phone number in brackets for more information or contact the Hamilton office on 0800 529482): Huntly (07 828 7559) Huntly West (07 828 0296) Ngaruawahia (07 8248340) Raglan (07 8258142) Appointments can also be made on our website</p>
iheart – Innate health education and resilience training	Phone: 6421479944 Email: hello@thereseboyle.com Please also see www.iheartprinciples.com		<p>Deliver 10 week iHeart Resilience programs to groups of young people from 10 years and upwards. This can be in a school/educational setting, sports groups or wellness groups.</p> <p>Provide 1-1 coaching that points people to their inbuilt psychological wellbeing.</p>
K'aute Pasifika Trust	Phone: (07) 834 1482 Email: enquiries@kautepasifika.org.nz Website: http://www.kautepasifika.org.nz Address: 960 Victoria Street, Level 1 Citisite House, Hamilton	9.00am to 5.00pm, Monday to Friday	<p>K'aute Pasifika providing health, education and social services to Pasifika, Māori or other ethnic communities in the Waikato and midland region. Providing all the care and support in a pasifika nature and also K'aute Pasifika Trust operates from a strong foundation of spiritual and cultural values and provides a comprehensive range of services to pacific peoples and other disadvantaged groups.</p> <ul style="list-style-type: none"> • Child and adolescent mental health and addiction support • Well child & B4 school checks • Chronic disease management • Pacific homebased Support Services • Sexual Health promotion and education • Breast screening & cervical smears • Sore throat management • Whanau ora • Social services • Pan pacific playgroup • Elderly day programme • Smoking cessation • Power up education sessions • Family violence education • Family wellbeing, budgeting, interpreting, WINZ support, Housing • Integrated safety response
Kershaw Training Enterprises	Phone: 07-957-2850 or 0800-123-583 Address: 217 Commerce Street, Frankton, Hamilton Website: https://kershawtraining.co.nz/		<p>Intensive Literacy and Numeracy For anyone 16 years and older This course is free.</p>
Ngaruawahia Community House	Phone: 07 824 8340 Email: reception@ngacomhouse.org.nz Address: Ngaruawahia Community House, 13 Galileo Street, Ngaruawahia	8.00am to 4.00pm Monday to Friday or to suit a client's needs.	<p>We offer a range of services and opportunities for community connection. These include an information centre, advocacy work, knitting circle, capacity building for community groups, fruit and vege co-op, community newsletter, adult hearing clinic , financial mentoring, legal & JP</p>

			clinics, counselling services, drug and alcohol programmes, adult literacy , Whai Marama youth services, Waahi Whanui, Men's and Woman's groups, supervised Access, community probation, room rental for groups and whānau, computer and parenting classes. Post Shop is also on the property. We work from a strength-based, whanau view
Ngaruawahia Tu Tangata Trust Incorporated	Phone: 07 824 9358 Address: 86 Great South Road, Ngaruawahia	9.00am to 3.30pm Mondays to Thursdays 9.00 to 2.00pm on Fridays	Advice and information Social work intervention Strengthening Families Youth Justice Probation referrals Supervision contacts Advocacy with Work and Income – social housing support Community Probation services Community Link Oranga Tamariki Ministry of Education Truancy Norman McIntosh – Waka Club Learners Licence Theory Financial mentoring programme and one on one mentoring Employment coordinator ACC counselling Crisis counselling – sexual abuse support services
Strengthening Families	Email: maria@ngatutangata.org.nz Phone: 07 824 9358 ext. 1 / (021) 969 473 Address: Ngaruawahia Tu Tangata Charitable Trust, 86 Great South Rd, Ngaruawahia Phone: 07 824 8340 Email: anner@ngacomhouse.org.nz Address: Ngaruawahia Community House, 13 Galileo Street, Ngaruawahia Phone: 07 828 9695 ext 815 Email: marina.tupuhi@whanui.org.nz Address: Waahi Whanui Trust, Parry St Complex, P O Box 227, Huntly		Strengthening Families helps you get the best support for your family/ whānau to thrive. Free service. All the people and agencies who could help your family are brought together. You work out together what support your family/ whānau needs and what each service is going to do. It is set up so families/ whānau tell their story once to everyone at the same time. Then everyone agrees on a plan to move you forward. This support is available for family/whānau who have children or young people (0-17 year of age). SF is family/whanau driven, family/whanau centred practice, strength based; family/whanau have the services that they are working with at the table, so they get to tell their story once If you are getting help or require assistance with a child or young person's education, health or behaviour, to sort money troubles or find a suitable home or other issues, Strengthening Families could be for you.
Raglan Community House	Phone: 07 825 8142 Email: info@theraglanhouse.co.nz Address: 45 Bow St, Raglan.		Offering a range of community services including Drop-in Lounge, Opportunity Shop, free budget service, low-cost counselling service, youth projects, free Information Technology Support, Conversational Maori Classes, bimonthly Community Network meetings, Hamilton Community Law referrals, Toy Library, Justice of the Peace service, Raglan Māori Wardens, Raglan to Hamilton return Health Transport Service, Room Hire, Printing/Photocopying, and volunteering opportunities.
Stroke Foundation	Phone: 021 962 380 Email: north.waikato@stroke.org.nz	Monday to Thursday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.

Te Kauwhata Community House	Phone: 07 8264303 Address: 1 Waerenga Road Te Kauwhata	Monday, Tuesday, Thursday, Friday 9.30am to 4pm and on Wednesdays 9.30 to 2pm	Services offered include: Financial mentoring, counselling service, foodbank, emergency assistance, Strengthening Families, clothing bank, job board, community diary, support/listening ear, hall hireage, typing/email, hospice equipment, information, Splash n Dash Childrens Day, luncheon club, medical transport, Plunket Clinic, welcome pack, mobility equipment, local directory, CV prep, meet & greet, Toi Ako arts programme. Covers the area of Te Kauwhata, Waerenga, Meremere, Rangiriri, Glen Murray
Y Suicide Support	Phone: 021 356 857	24/7	Offer suicide prevention information and a community education program in the north Waikato.
Youth Intact (Odyssey Youth Intact Waikato)	Phone: 0800 468 228 Head office address: Level 2, 11 Garden Place, Hamilton Website: https://www.youthintact.org.nz/	8.00am to 5 pm Monday to Friday	Youth Intact is Waikato's Youth Drug and Alcohol Service. We support young people in 13 schools across the Waikato along with community hubs in Hamilton and rural town surrounds. Our mission is to provide easily accessible and effective support services to young people and their whanau to enable them to make changes to their lives that are meaningful for them. Youth Intact is made up of 7 practitioners who provide one or one or group interventions offering education and support to make changes. We also have 2 youth workers who can support taiohi into service along with doing promotional work. We have 1 cultural support worker. We also have a consulting psychiatrist with us two days a week. The service is for youth aged 12-19 throughout the Waikato. They do not have to be in school to access our service. AOD need must be the primary reason for referral Our service can be accessed by taiohi and their whanau, by staff within schools and by services/agencies/organizations in the community.
Waahi Whaanui Trust	Phone: 07 828 9695 or 0800 0843878 Email: trust@whanui.org.nz Website: www.whanui.org.nz Address: 23 Parry Street, Huntly	8.30am to 5pm	Integrated whānau centre which offers whānau support including providing information and advice, advocacy. <ul style="list-style-type: none"> • Family Start programme • Whānau ora • Whānau Support Services • Strengthening Families • Building Financial capability • Integrated Safety Response for Domestic Violence • Rangatahi Services • Social Workers in schools • Whānau development programmes.

Waipa District

Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 838 2266 Address: Celebrating Age Centre, 30 Victoria St, Hamilton Email: enquiries@ageconcern.gen.nz	8.30am to 4.00pm	Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes and Steady As You Go strength and balancing classes, as well as coordinating Total Mobility Scheme assessments. <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include:

			<ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional <ul style="list-style-type: none"> ○ Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.
Cambridge Community House	<p>Phone: 07 827 5402</p> <p>Address: 193 Shakespeare Street, Leamington, Cambridge, 3432</p> <p>Email: office@camcomhouse.org.nz</p> <p>Website: https://www.camcomhouse.org.nz/</p>	9.00am to 5.00pm Monday to Friday	<p>Cambridge Community House provides family and social services to Cambridge and the wider Waipa area. Needs based wrap-around support to enable people and families to get back in control of their lives and meeting their personal goals. Our services include:</p> <ul style="list-style-type: none"> • counselling • family/whanau counselling • drug and alcohol assessment, treatment and counselling • family violence intervention and support • family violence education and prevention – Violence Free Waipa • financial mentoring • food parcels • second-hand school uniforms • adult literacy programmes • work ready programmes • learner licensing programmes • loves-me-not healthy relationship course in high school • budgeting for flatting courses in high school • parenting programmes • supporting parents/families • support for mental wellness
Citizens Advice Bureau	<p>Phone: 07 827 4855</p> <p>62 Alpha Street, Cambridge</p> <p>Email: cambridge@cab.org.nz</p> <p>Website: http://www.cab.org.nz</p>	9.00am to 4.30pm	Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each branch.
Citizens Advice Bureau	<p>Phone: 07 871 4111 or 0800 367 222</p> <p>Ray White Arcade 2/213 Alexandra Street Te Awamutu</p> <p>Email: teawamutu@cab.org.nz</p> <p>Website: http://www.cab.org.nz</p>	9.00am to 4.00pm	<p>In addition to the Citizens Advice Bureau's free, confidential information and advice to anyone who has a query or problem, this office offers:</p> <ul style="list-style-type: none"> • Justice of the Peace Clinic – Mon, Wed, Fri 9.30am – 12.30pm • Legal Clinic – Fortnightly, appt's required <p>Health Shuttle Bookings (for medical appts in Hamilton)</p>
Enrich+	<p>Phone: (07) 871 6410 (0800) 367 424</p> <p>Address: 48 Teasdale Street Te Awamutu</p> <p>Email: info@enrichplus.org.nz</p>	8:00am - 3:30pm Monday to Friday	<p>Enrich+ works alongside individuals with disabilities to develop their skills and abilities and enhance inclusion in the communities of their choice. Some charges may apply. No referral required</p>
Kainga Aroha	<p>Phone: 07-871-6506</p> <p>Address: 301 Bank St, Te Awamutu</p> <p>Email: info@ka.org.nz</p>	9.00am to 5.00pm Monday to Friday	<p>Kainga Aroha offers:</p> <ul style="list-style-type: none"> • Family support • Financial Mentoring • Counselling

			<ul style="list-style-type: none"> • Family Harm intervention • Violence Free Waipa – education and prevention • Strengthening Families • Supervised Contact (Oranga Tamariki Approval) • Foodbank • 5-day Summer Camp for children aged 7-14 years • Advocacy <p>These services are offered in the wider Waipa area of Te Awamutu and Cambridge, Ohaupo, Pirongia, Otorohanga, Kawhia & Raglan.</p>
K'aute Pasifika Trust	<p>Phone: (07) 834 1482 Email: enquiries@kautepasifika.org.nz Website: http://www.kautepasifika.org.nz Address: 960 Victoria Street, Level 1 Citisite House, Hamilton</p>	9.00am to 5.00pm, Monday to Friday	<p>K'aute Pasifika providing health, education and social services to Pasifika, Māori or other ethnic communities in the Waikato and midland region. Providing all the care and support in a pasifika nature and also K'aute Pasifika Trust operates from a strong foundation of spiritual and cultural values and provides a comprehensive range of services to pacific peoples and other disadvantaged groups.</p> <ul style="list-style-type: none"> • Child and adolescent mental health and addiction support • Well child & B4 school checks • Chronic disease management • Pacific homebased Support Services • Sexual Health promotion and education • Breast screening & cervical smears • Sore throat management • Whanau ora • Social services • Pan pacific playgroup • Elderly day programme • Smoking cessation • Power up education sessions • Family violence education • Family wellbeing, budgeting, interpreting, WINZ support, Housing • Integrated safety response
Raukawa Charitable Trust	<p>Te Awamutu Branch Office 53 Mutu Street Te Awamutu 3800 P O Box 185 Te Awamutu 3800 or Phone: 07 885 0260 or 0800Raukawa Email: info@rauakawa.org.nz Address: Tokoroa Main Office, 1-11 Raukawa Way, Tokoroa Private Bag 8, Tokoroa 3444</p>	8.30am to 5.00pm Monday to Friday	<p>Raukawa offer the following in Waipa:</p> <ul style="list-style-type: none"> • Drug & Alcohol Service • DHB Whānau Ora Kaiārahi Service + Whare Ora Programme • Family Start Service + access to Early Learning Payment • Māori Disability Service
The Salvation Army - Cambridge (Corps)	<p>Phone: (07) 827 4723 Email: cambridge.corps@salvationarmy.org.nz Address: 27 Williamson Street Leamington Cambridge 3434</p>	Monday to Thursday 10am-2pm	<p>Worship, community and welfare services of The Salvation Army. No referral required</p>
Stroke Foundation	<p>Phone: 021 962 380 Email: north.waikato@stroke.org.nz</p>	Monday to Thursday	<p>The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.</p>

Youth Intact (Odyssey Youth Intact Waikato)	Phone: 0800 468 228 Head office address: Level 2, 11 Garden Place, Hamilton Website: https://www.youthintact.org.nz/	8.00am to 5 pm Monday to Friday	<p>Youth INtact is Waikato's Youth Drug and Alcohol Service. We support young people in 13 schools across the Waikato along with community hubs in Hamilton and rural town surrounds. Our mission is to provide easily accessible and effective support services to young people and their whanau to enable them to make changes to their lives that are meaningful for them.</p> <p>Youth Intact is made up of 7 practitioners who provide one or one or group interventions offering education and support to make changes. We also have 2 youth workers who can support taiohi into service along with doing promotional work. We have 1 cultural support worker. We also have a consulting psychiatrist with us two days a week.</p> <p>The service is for youth aged 12-19 throughout the Waikato. They do not have to be in school to access our service. AOD need must be the primary reason for referral</p> <p>Our service can be accessed by taiohi and their whanau, by staff within schools and by services/agencies/organizations in the community.</p>
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Waitomo

Organisation	Contact details	Opening times	Description of services
Age Concern	Phone: 07 838 2266 Address: Celebrating Age Centre, 30 Victoria St, Hamilton Email: enquiries@ageconcern.gen.nz	8.30am to 4.00pm	<p>Age Concern offers a range of regular activities and opportunities to meet others/stay connected. Services include: Visiting, Shopping, Elder Abuse, Nutrition classes and Steady As You Go strength and balancing classes.</p> <ul style="list-style-type: none"> ○ Elder Abuse prevention education ○ Elder Abuse Response Service: Non-emergency enquiries and referrals accepted from anyone with concerns (including Professionals, Emergency Services, Clinicians, Social Services, Family members, neighbours, Carers). Abuse types include: <ul style="list-style-type: none"> • Psychological • Physical • Financial • Neglect • Self-Neglect • Sexual • Institutional <p>Emergency Calls for cases of Elder Abuse should be reported to Police or Ambulance by dialling 111 in the first instance.</p>
Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	<p>Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services.</p> <p>For more information or to make an appointment, please phone The Hamilton office on 0800 529 482 Appointments can also be made on our website</p>

Citizens Advice Bureau Te Kuiti	Phone: 07 878 7636 Email: tekuiti@cab.co.nz Address: 222 Rora Street, Te Kuiti	9.30am to 1.30pm	Citizens Advice Bureau provides free, confidential information and advice and their trained volunteers can access information by computer or from the extensive range of resources held by each branch.
K'aute Pasifika Trust	Phone: (07) 834 1482 Email: enquiries@kautepasifika.org.nz Website: http://www.kautepasifika.org.nz Address: 960 Victoria Street, Level 1 Citisite House, Hamilton	9.00am to 5.00pm, Monday to Friday	K'aute Pasifika providing health, education and social services to Pasifika, Māori or other ethnic communities in the Waikato and midland region. Providing all the care and support in a pasifika nature and also K'aute Pasifika Trust operates from a strong foundation of spiritual and cultural values and provides a comprehensive range of services to pacific peoples and other disadvantaged groups. <ul style="list-style-type: none"> • Child and adolescent mental health and addiction support • Well child & B4 school checks • Chronic disease management • Pacific homebased Support Services • Sexual Health promotion and education • Breast screening & cervical smears • Sore throat management • Whanau ora • Social services • Pan pacific playgroup • Elderly day programme • Smoking cessation • Power up education sessions • Family violence education • Family wellbeing, budgeting, interpreting, WINZ support, Housing • Integrated safety response
The Ngati Maniapoto Marae Pact Trust	Phone: 07 878 0028 Address: Corner 51 Taupiri & Sheridan Streets, Te Kuiti	8am – 5 pm Monday to Friday	The Trust is made up of a qualified and experienced team of health, welfare and social workers who have a commitment to ensuring children and families/whanau have access to services that are essential in providing a better quality of life in home and in our community: <u>Maniapoto Community Services</u> . Provide and deliver the following services: <ul style="list-style-type: none"> • Strengthening Families • Social Workers in Schools • Family Violence Programmes • Parenting Programmes • Children who witness Family Violence Programmes • Tamariki Ora – Well Child Services • Outreach Immunisation Services • Disability Support • Whanau Ora services • Koroua/Kuia support services • Hauora services • Mental Health Services <u>Maniapoto Training Agency</u> -Offers education and training programmes to 16 – 19 year olds. Youth Services – aims to get young people into training, education or work-based learning.

			If you are a young person and needing financial support you may be eligible for a Youth Payment or a Young Parent Payment
Maniapoto Whānau Ora Centre	Phone: 07 8783680 Address: 23-25 Taupiri Street, Te Kuiti Website: http://www.kokiritrust.org.nz	8.30 to 5.00 Monday to Friday	The Taumarunui Community Kokiri Trust Maniapoto Whanau Ora Centre offers a comprehensive wrap around service to meet the health and social welfare needs of the community and in particular the needs of Māori. It is a whānau ora based organisation providing multiple services including: <ul style="list-style-type: none"> • Mental health and addictions • Family Start • GP services • Building Financial Capability • ECE • Chronic disease management • Elderly care • Supporting early Learning • Family Start Programme • Mama & Pepi Programme • Youth Advocacy Programme • Supervised Contact Services • Integrated Safety Response • Whānau Resilience Programme • Whānau Direct
Violence Free Maniapoto	Phone: 07 878 5081 / 021 381 428 Email: mfvin@wwwrefuge.co.nz Address: 3 Princes St, Te Kuiti	9.00-5.00 Monday to Friday	Local social services network coordinating Family Violence prevention Initiatives <ul style="list-style-type: none"> • Loves me not workshops • Violence Free Champions • White Ribbon events • Community events
Number Twelve	Phone: 07 974 7531. Email: info@numbertwelve.co.nz Address: Level 1, 12 King St, Te Kuiti		The Waitomo District is focussed on creating opportunities and improving outcomes for young people aged 12-20 years.
Strengthening Families	Phone: 07 878 0028 Email: reneep@maniapoto.org.nz Address: Ngati Maniapoto Marae Pact Trust, Maniapoto House, 51 Taupiri St, TE KUITI 3910 Phone: 07 9045 282 Email: simon.hepi001@msd.govt.nz Address: Work and Income, 45 Taupiri St, TE KUITI 3910		Strengthening Families helps sort a family's life challenges. Their services include: Finding warm, comfortable homes for families/whanau Helping with concerns about children's health Making ends meet. Families whose children are not doing well at school Coping with stresses at home. your child's health Strengthening Families brings together the agencies that can help family/whānau deal with these issues.
Stroke Foundation	Phone: 021 962 364 Email: south.waikato@stroke.org.nz	Tuesday to Thursday	The Community Stroke Advisors provide a free service of support, advice and information on strokes to families/whānau/carers.

Te Kuiti Community House	Phone: 07 878 5272 or 0278144663 Address: 28 Taupiri Street, Te Kuiti	8.30 to 4.30pm Monday to Friday	A meeting venue / hire meeting room/hire service provider rooms; Referral to other community services; Venue for local groups; Community information newsletters; Information and updates from other centres; Free pamphlet library; Gentle exercise classes; Access to Peer support group; Support for developing groups; Monthly community forum; Access to Counselling services; Office in a box; Restricted driving programme; Full licence driving programme; Adult Learner licence assistance; Visually impaired reading group; CV assistance; Funding application support, assistance with Generosity web site, referrals to Community Waikato adviser. (Governance, Funding, Planning); Members of Volunteering Waikato. And if you have an idea for a group you would like to see operating or a skill you would like to share come and talk to us.
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Waikato regionwide services

Organisation	Contact details	Opening times	Description of services
Community Law Waikato	Phone: 0800 529 482 Address: 2nd floor, 109 Anglesea St Hamilton Email: reception@clwaikato.org.nz Website: clwaikato.org.nz	Monday to Thursday 9.00am to 4:00pm Friday 9.00am to 1.00pm	Community Law provides legal advice, assistance, representation, information, networking, advocacy, communication, support and liaison services. For more information or to make an appointment, please phone The Hamilton office on 0800 529 482 Appointments can also be made on our website
Dementia Waikato	Phone: 07 929 4042 Email: info@dementiawaikato.org.nz Address: 8 Keddell Street, Frankton, Hamilton Website: dementiawaikato.org.nz	8am to 4.30pm Monday to Friday	Dementia Waikato provides information, education, ongoing support, advice and personal advocacy for people experiencing dementia, their families/whanau and those who are close to them. The service is available throughout the Waikato DHB area. A diagnosis of dementia brings up many issues for a person and their supporters. Dementia Waikato helps people to negotiate their way forward in ways that suit their unique experience and circumstances.
Disability Support Services	Phone: 0800 55 33 99 or 07 839 8883 Email: dslooffice@waikatodhb.health.nz		Disability Support Services (DSS) is part of Disability Support Link (DSL), a Needs Assessment and Service Coordination (NASC) service for persons from birth to 65 years. For over 65 years, please contact the Health of Older People team (see entry below). Eligibility for Disability Support services is: Intellectual, physical, sensory disability and/or autistic spectrum disorder. The services we contract for are: <ul style="list-style-type: none"> • personal care • home help (for people with a current community service card) • individualised funding • residential services • respite • shared care and contract board. The team is made up of service coordinators/needs assessors, all who have extensive experience in meeting the needs of persons who require support. We have a team leader who reports to the manager of Disability Support Link. Any person can make a referral.
Health of Older People	Phone: 0800 55 33 99 or 07 839 8943		Health of Older People (HOP) is part of Disability Support Link (DSL) and provides needs assessment and service coordination for people with

			<p>age-related disability lasting longer than six months who meet eligibility for publically funded services.</p> <p>We use the interRAI tool to assess a person's needs and develop a plan of care in collaboration with the person to meet their needs.</p> <p>Services that are coordinated may include:</p> <ul style="list-style-type: none"> • Household management • Personal care support • Day programmes (non-therapeutic) • Carer support/respite care • Residential care and support <p>Self-referral or through GP or other health specialist</p>
Hauraki Primary Health Organisation	<p>Phone: 07 868 9686</p> <p>Address: 106 Sealey Street. Thames</p> <p>Email: admin@haurakipho.org.nz</p>		<p>For people 12 years plus:</p> <p>Brief Interventions for mild to moderate mental health referrals</p> <p>Referrals to psychology and counselling in the community</p> <p>Referrals to the eCoaching pilot (16 yr plus)</p> <p>Community referral for any up to 19 years but thereafter, please see your GP to be referred for any of the above services.</p> <p>Also offers psychiatrist advice for GPs.</p>
Health & Disability Advocacy Services	<p>Phone: 0800 555 050</p> <p>Email: advocacy@advocacy.org.nz</p> <p>Website: https://www.advocacy.org.nz/</p>	8.30am to 5.00pm Monday to Friday	<p>The Nationwide Health and Disability Advocacy Service is a free service that operates independently from all health and disability service providers and agencies. If you want to know more about your rights when using health or disability services, get questions answered, or talk through your options for making a complaint, we can help.</p>
Health Consumer Service. Concerned about the health care service you receive? Speak to an independent person about your options.	<p>Phone: 0800-801-482 or 07-846-5552.</p> <p>Address: P.O. Box 15019. Dinsdale Hamilton.</p> <p>Executive Officer: lauren@healthcomplaints.co.nz or 0800-801-482</p> <p>Website: www.healthcomplaints.co.nz</p>	8 to 430pm but can contact 0800 anytime and will be able to access advice or help from an Associate in the area 24/7.	<p>We are trained, professional, approachable people who provide a free and confidential service to consumers who are concerned about the health care service they have received.</p> <p>We listen, support, communicate and liaise. Provide Advocacy". Impartial. Walk alongside clients in their journey of health. Free and confidential. Help improve health services. Deal with complaints. Come to appts and meetings with Clients. Listen, Liaise, support, communicate and many more. These can be in services that include Medical. Mother and Baby. Dental. Rest Homes. Community Health Services. Surgical, Chemist. Disability Support Link, Counselling, Mental Health, and other settings.</p>
Kōrerobro	<p>Phone: 022 4107051</p> <p>Website: www.korerobro.com</p> <p>Also facebook and instagram</p>		<p>Kōrerobro is a Māori/kiwi male suicide prevention kaupapa. It was created to help let people know it's ok to kōrerobro, that it's not too weak to speak. Kōrerobros are there to help those people experiencing suicidal thoughts to get professional help. The sign to show you are one of these brothers is our korerobro lanyards.</p>
Mana in mahi (nationwide initiative supported by Ministry of Social Development)	<p>Phone: 0800 778 008</p> <p>Website: www.workandincome.govt.nz/manainmahi</p>		<p>Mana in mahi is an initiative designed to support young people into full-time work. It supports them to achieve a formal industry qualification or apprenticeship and also helps businesses to grow.</p>
MATES Café	<p>Phone: 0800 RELATE (735283)</p> <p>Email: info@mates.org.nz</p>		<p>MATES Cafe is a network of trained everyday people of all ages, cultures and ethnicity (including teens, elders, lgbt+) who are able to meet with a person in a time of crisis or isolation at a local cafe and offer emotional support and encouragement..</p>

Ministry of Education Trauma Team	Phone: 0800 848 326 Address: 19 Home Straight, Te Rapa, Hamilton		<p>The TI staff can support your early childhood education (ECE) service or school as you prepare for or deal with an emergency or traumatic event. An emergency can relate to natural disasters (such as an earthquake, a flood or an outbreak of a serious infectious disease) or they could be human-induced, for example, accidental or non-accidental death or serious injury of a child, young person or staff member, allegations of abuse involving a staff member, loss of property through fire or vandalism. Our Traumatic Incidents teams can:</p> <ul style="list-style-type: none"> • Help you develop appropriate processes for dealing with an incident to ensure the safety and well-being of children, students and staff • Help you understand the emotional and psychological impacts of a traumatic incident and the effects such impacts can have • Advise you on how to communicate about the incident appropriately with your children/young people, staff, parents and the community – including the media • link you with other appropriate services where necessary.
National Hauora Coalition	Phone: 09 950 3325 Address: Level 4, 11 Garden Place, Hamilton Email: waikatosupport@nhc.maori.nz		<p>All NHC practices provide a wide range of physical and mental health services. We are a Kaupapa Maori organisation with a strong focus on whanau wellness and holistic care. We provide an outreach service from practices with our Tiakina Te Tangata team and this team supports those who are most vulnerable and have the highest health needs – please see your GP for referrals to this team. Our specific mental health supports for people age 12 years plus, include:</p> <p>Extended GP consultations Brief Interventions for mild to moderate mental health referrals Referrals to psychology and counselling in the community Referrals to the eCoaching pilot (16 yr plus) Please see your GP to be referred for any of the above services. Also offers psychiatrist advice for GPs.</p>
Ngaa Ringa Awhina	Phone: 0800 999 903 or 07 839 5146 Address: 195 Collingwood Street Hamilton	0800 50 50 50 24/7	<p>Ngaa Ringa Awhina is the single point entry for the Central part of the Waikato's mental health services. They coordinate a crisis response for children and adolescents who are not already receiving mental health services. The client nominates the type of service they would prefer to ensure culturally appropriate. Ngaa Ringa Awhina (Service Co-ordination service) receive ALL referrals on behalf of Hauora Waikato. Referrals can be made in person, phone call or via email. Referrals are assessed upon receipt as to urgency and assessment offered. Following assessment whanau (service users) are referred on to the most appropriate service to meet their needs.</p>
Pinnacle Midlands Health Network	Phone: 07 839 2888 Head office address: 711 Victoria Street, Hamilton		<p>School based health offers comprehensive general medical, sexual and mental health care, advice and referrals. Psychosocial and health screening using the HEEADSS assessment tool Health promotion and 1:1 health education. School based health available in Year 7-13 students of decile 1-4 schools including teen parent units, alternative education sites and wharekura. (and GP services are provided for decile 1-5 schools)</p>

			In wharekura we work collaboratively with nurses and using a whanau-centric model of care to provide health advice for Year 1-13 students.
Puna Waiora (Waikato District Health Board)	Puna Waiora on facebook and Instagram		Rangatahi Maaori are supported from when they are in year 9 at school into employment. <ul style="list-style-type: none"> • Wānanga putaiao • Te Tomokanga • Whānau wānanga • Rangatahi mentoring
Rural Support Trust	Phone: 0800 787 254		Call any time for a chat with a trained facilitator who understands rural life. If you are a farmer, a farm worker or live in a rural setting, and have some issues (about severe weather problems, finances, relationships, employee/employer issues, etc) that you would like to talk to someone about and perhaps be guided to more targeted support, give RST a call. Service available throughout New Zealand. This is a free and confidential service.
Sport Waikato	Phone: 07 858 5388 Head office address: Brian Perry Sports House, 51 Akoranga Road, Hamilton Website: https://www.sportwaikato.org.nz		Our core services cover physical activity, nutrition, healthy lifestyles, play, sport and recreation. Specific services offer advice and support for young people, as an early intervention: Key programmes that work with a wellbeing focus include <ul style="list-style-type: none"> • Project Energize – focus on primary aged children physical activity and nutrition • Taakaro Ora – evolution from the hugely successful Project Energize, with a focus on active wellbeing and Te Whare Tapu Wha • Waikato Secondary Schools – focus on secondary school sport and physical activity • Whaanau Kori -Tamariki Ora – Families with children aged 2 to 10 throughout the Waikato • Active Families (11 to 13 years) Waikato wide • Green Prescription Teens (13 to 18) year olds – Waikato wide • Green Prescription 18+ (Active and Well) Self-referral via Sport Waikato website; Dr referral with medical centres; Nurse referral via school or med centre
Staywell Trust	Via website https://staywellnz.com/contact-us		Staywell can be invited to a rural event where their friendly and professional team will take your blood pressure, cholesterol, do a skin check. Early detection is often the key to successful treatment, so you will be encouraged to take any problems you have back to your own GP for follow-up. Information is power, so find out for yourself with this “on-the-spot” service.
Te Rau Ora – national organisation	Phone: 07-282 0281 Address: 233 Anglesea Street, Hamilton Email: communications@terauora.com Websites: https://terauora.com/		Te Rau Ora (Formerly Te Rau Matatini) focus is to strengthen Māori health and build Māori wellbeing <ul style="list-style-type: none"> • Suicide Prevention/Postvention • Rangatahi suicide prevention • National Rangatahi Council, Tukotahi • Māori Research, Evaluation and publications • Māori health education scholarships Level 4 -10

	https://teaumaori.com/ https://teaumaori.com/research/maori-suicide-prevention-initiatives/whanau-initiatives/		<ul style="list-style-type: none"> • Leadership programmes • Wananga Māori • Māori Health Advocacy • Mental health and Addictions • Whānau Peer support • Lived experience (Nga kete Pounamu) <p>And specifically within the Waikato:</p> <ul style="list-style-type: none"> • Supporting Iwi to prevent suicide • Tiaki whānau tiaki Ora – 1000 whānau homes • A.U.E – Rangatahi special events • Cultural Training • Ihi Ora • Manaaki tangata • Tiakina Te Ahuru mowai • Wiaruatanga • Whakamaumahara • Mātauranga Māori – working with kura
Victim Support	Phone: 0800 842 846	24/7	Victim Support offers a free 24/7 support to anyone who has been affected by serious crim or trauma. Provide emotional and practical support, information, referral to other support services and advocacy for the rights of victims
Waikato District Health Board Suicide Prevention and Postvention	<p><i>Please note this is not a service for when there is an emergency.</i></p> <p>Phone: 07 839 8899 ext 96582</p> <p>Website: http://www.waikatodhb.health.nz/your-health/wellbeing-in-the-waikato/suicide-prevention/</p> <p>Email: SuicidePrevention@waikatodhb.health.nz</p>	8.00 to 4.30pm	<p>Please see website for links to suicide prevention/postvention/grief support resources.</p> <p>Please send through any updates to this social supports register.</p> <p>Community Project Fund applications for community-based wellbeing initiatives – please see http://www.waikatodhb.health.nz/about-us/a-z-of-services/suicide-prevention-and-postvention/?tab=47</p> <p>Suicide bereaved – funded bereavement counselling – please email suicideprevention@waikatodhb.health.nz for more information</p>
Waikato-Hauraki-Coromandel Rural Support Trust	Phone: 0800 787 254	24/7	Organisation supporting people working rurally. Current and ex-farmers provide support, and have received training in mental health awareness and response. They will provide support and/or facilitate referral to professional organisations.
Internet based services and apps			
Are you okay? It's not okay website	<p>Phone: 0800 456 450</p> <p>Website: http://www.areyouok.org.nz</p>		This website has information about family violence, what it is and where to get help.
Feel app	https://thefeel.app/about/		Helps you to share your feelings in a safe way
Just a Thought	https://www.justathought.co.nz/		Just a Thought offers free online therapy courses. Based on CBT, Just a Thought courses help teach you to manage your thoughts and feelings to help you feel better, and stay better.
Melon	https://www.melonhealth.com/covid-19/		Connecting and empowering people to reclaim their health
Mentemia	https://www.mentemia.com/covid-19		Mental health app to help “get us through” by Sir John Kirwan
My Well Tooku oranga app	<p>See android or apple app store</p> <p>Email: mihiwaiheke@gmail.com</p>		<p>App available for free for both android and IOS (Apple) phones.</p> <p>Enter up to five phone numbers of your support people into your phone.</p> <p>With the press of one button, a message will be sent to those five contacts saying “I am unwell. Please contact me”.</p>

SPARX	Website: https://www.sparx.org.nz/		SPARX is a free online computer program for New Zealand residents only, intended to help young persons with mild to moderate depression, feeling down, stress or anxiety.
Thelowdown.co.nz	Text: 5626 Email: team@thelowdown.co.nz Website: www.thelowdown.co.nz	24/7	Helpline and internet site which helps with dealing with depression.
National support phone lines			
Organisation	Contact details	Opening times	Description of services
1737 Need to Talk	Text or phone 1737	24/7	Trained mental health professionals available to talk at all times. Will phone you back if you text.
Alcohol and Drug Helpline	Phone: 0800 787 797 or free text 8681 And three specialist services: <ul style="list-style-type: none"> Māori advice line – 0800 787 798 Pasifika advice line – 0800 787 799 Youth advice line – 0800 787 984 	24/7 helpline	Helpline The Alcohol Drug Helpline provides friendly, non-judgemental, professional help and advice. If you are concerned about your own drinking or drug taking, the organisation can assist you with information, insight and support. If you are a family/whanau member, friend or professional concerned about someone else, they can help you develop strategies for yourself and the other person.
Alcoholics Anonymous	Phone: 0800 229 6757		Free phone service – connect with others from all walks of life to attain and maintain sobriety.
Depression helpline	Phone: 0800 111 757 or free text 4202 Website: http://www.depression.org.nz/	24/7	Telephone services available at all times by trained counsellors. Also has a test to check how you are feeling. Learn how to help yourself with The Journal.
Gambling Helpline	Phone: 0800 654 655 or text 8006 And four specialist services: <ul style="list-style-type: none"> Māori Gambling Helpline – 0800 654 656 Vai Lelei Pasifika Gambling Helpline – 0800 654 657 Gambling Debt Helpline - 0800 654 658 Youth Gambling Helpline 'In Ya Face' - 0800 654 659 	Provides help 7 days a week.	Gambling Helpline is a 24 hour free service that you can call to receive immediate support, referral to another gambling support agency, or information services for gambling problems.
Healthline	Phone: 0800 611 116	24/7	Call for free advice from trained registered nurses
KidsLine	Phone: 0800 543 754	24/7	Children – and if you call between 4pm and 9pm you will talk to Kidsline Buddy. Buddies are specially-trained year 12 or 13 students.
Lifeline	Phone: 0800 543 354 Email: lifelinewaikato@lifeline.co.nz	24/7	Trained counsellors for all ages
Money Talks	Phone: 0800 345 123 Website: https://www.moneytalks.co.nz/contact-us/		Free financial helpline
Outline Gay lesbian bi and transsexual or unsure about sexual identity	Phone: 0800 688 5463	6pm to 9pm every evening	Provide confidential support and information in a safe and friendly atmosphere to any age.
ParentHelp	Phone: 0800 568 856 Website: http://www.parenthelp.org.nz	9am to 9pm	Supporting parents and families to raise their children in a positive environment and prevent child abuse. Arrange referrals to appropriate services.

Pregnancy Counselling	Phone: 0800 773 462 (national office is 028 414 6429) Text : 021 289 8727 (021 2 TXT PCS) Email: pcsnao@gmail.com pregnancycounselling.info@gmail.com	24/7	Counselling and support for women/young girls in pregnancy crisis situations, and post abortion support. Pregnancy Counselling staff will meet face to face with clients when required. Assist with baby clothing/baby items, arranging a midwife, and will try to assist if there are accommodation needs.
RainbowYOUTH	Phone : 09 376 4155	11am to 5pm Monday to Friday	RainbowYOUTH is here to work with queer, gender diverse, takatāpui & intersex youth, their friends, whānau and wider communities in order to ensure that New Zealand is a place where all young people can thrive.
Safe to talk Kōrero mai ka ora	Phone : 0800 044 334 Free text : 4334 Website : www.safetotalk.nz	24/7	Sexual harm helpline. Confidential, free – you can contact them for yourself or for someone else
Samaritans	Phone: 0800 726 666 Website: http://www.samaritans.org.nz/	24/7	Samaritans offer non-judgemental, confidential support to anyone who is lonely or in emotional distress.
Suicide Prevention helpline 0508 Tautoko	Phone: 0508 828 865	24/7	Provides an all day, every day confidential and free telephone counselling and support service for those who may be thinking about suicide, or for those who are concerned about friends or whanau. This helpline is staffed by highly experienced helpline counsellors with training in suicide prevention and intervention. If you are concerned about your immediate safety or the safety of someone else - ring 111.
The Asian Helpline	Phone: 0800 862 342. Website: www.asianfamilyservices.nz	9 am to 8:30 pm, Monday to Friday	Asian Family Services (AFS) provides professional, confidential, nationwide face-to-face or telephone support to Asians living in New Zealand
What's Up	Phone: 0800 942 8787 Website: https://www.whatsup.co.nz/	Call between 12.00 (in the middle of the day) and 11.00pm Chat online 3.00pm to 10.00pm	National phone counselling service for five to 18 year olds.
YouthLine	Phone: 0800 376 633 Text: 234 Email talk@youthline.co.nz Website: www.youthline.co.nz Web Chat Counselling from 10am to 10pm (via our website www.youthline.co.nz). Email counselling may take up to 48 hours to send a reply so Youthline encourage anyone who has a more immediate need for support to call or text.	24/7 Respond to texts between 8am and midnight Overnight team respond to urgent calls from midnight to 8am.	YouthLine are there to listen and help figure out what is right for any young person who calls in with any concerns.