

# COMMUNITY RESOURCES FOR FAMILIES AND WHANAU

Supporting someone with mental health/addiction issues in Auckland

**Crisis Team 0800 800 717**

| Service                               | Helpline                         | Info  | Website   |
|---------------------------------------|----------------------------------|---|---|
| <b>Mental Health Specific</b>         |                                  |   |   |
| Anxiety New Zealand Trust             | 0800 269 4389                    | 24 hours/7 days   | www.anxiety.org.nz  |
| Common Ground                         | 0800 376 633<br>(Youthline)      | Supporting young people's wellbeing   | www.commonground.org.nz   |
| Depression Line                       | 0800 111 757                     | 24 hours/7 days   | www.depression.org.nz   |
| Eating Disorders                      | 0800 233 269 or<br>(09) 522 2679 | Help, support & understanding for people with eating disorders & their families             | www.ed.org.nz   |
| Engage Aotearoa                       | -                                | Recovery info   | www.engagenz.co.nz  |
| Mental Health Foundation              | -                                | Mental health information   | www.mentalhealth.org.nz   |
| Samaritans                            | 0800 726 666                     | 24 hours/7 days   | www.samaritans.org.nz   |
| Suicide Crisis Support - Tautoko      | 0508 88 865                      | 24 hours/7 days   | www.lifeline.org.nz/suicide-crisis-helpline   |
| Supporting Families in Mental Illness | 09 378 9134<br>(Auckland)        | 8:30am-5:00pm Mon-Fri with message facility if busy/after hours<br>Support, info & advocacy | www.supportingfamilies.org.nz   |
| Werry Workforce                       | -                                | Family resources about child & adolescent mental health                                     | www.werryworkforce.org  |
| <b>Addiction Services</b>             |                                  |   |   |
| Alcohol & Drug Helpline               | 0800 787 797                     | 24 hours/7 days   | www.alcoholdrughelp.org.nz  |
| ARMS                                  | 09 625 2440<br>(Auckland)        | Auckland Regional Migrant Services  | www.settlement.org.nz   |
| CADS                                  | 09 845 1818<br>(Auckland)        | Community Alcohol Drug Services   | www.cads.org.nz   |
| Gambling Helpline                     | 0800 654 655 or<br>text 8006     | 24 hours/7 days   | www.gamblinghelpline.co.nz  |
| Kina Trust                            | -                                | Info for families/whanau on addiction   | www.kina.org.nz   |
| Quit Line                             | 0800 778 778                     | Smoking cessation help  | www.quit.org.nz   |
| <b>Cultural Support Services</b>      |                                  |   |   |
| Shakti                                | 0800 742 584                     | Family violence support for Asian/Middle Eastern/African women                              | www.shakti-international.org  |
| Vagus Centre                          | 0800 56 76 666                   | Chinese mental health consultation services   | www.cmh.org.nz  |
| <b>General</b>                        |                                  |   |   |
| Age Concern                           | 09 820 0184                      | Older people's wellbeing  | www.ageconcern.org.nz   |
| Alzheimer's New Zealand               | 0800 004 001                     | Support & info  | www.alzheimers.org.nz   |
| Brainwave Trust Aotearoa              | 09 526 3981                      | Healthy brain development in early years  | www.brainwave.org.nz  |
| CAB                                   | 0800 367 222                     | Citizens Advice Bureau  | www.cab.org.nz  |
| Carers NZ                             | 0800 777 797                     | Info for family carers  | www.carers.net.nz   |
| Family Violence                       | 0800 456 450                     | Helpline & Info   | www.areyouok.org.nz   |
| Health & Disability                   | 0800 11 22 33                    | Advocates   | www.hdc.org.nz  |
| Healthline                            | 0800 611 116                     | 24 hours/7 days Helpline of nurses with health information and advice                       | www.health.govt.nz/your-health/services-and-support/health-care-services/healthline |
| Healthpoint                           | -                                | Info on services  | www.healthpoint.co.nz   |
| Kidsline                              | 0800 54 37 54                    | 24 hours/7 days Helpline for young people up to 18 years old                                | www.kidsline.org.nz   |
| Lifeline                              | 0800 543 354                     | 24 hours/7 days   | www.lifeline.org.nz   |
| Ministry of Health                    | -                                | Advise on health & disability   | www.health.govt.nz  |
| Outline                               | 0800 688 5463                    | Weekdays: 9am-  | www.outline.org.nz  |

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|-----------------------|--------------------------------|--|--|
|                       |                                | 9pm/Weekends & NZ public holidays: 6pm-9pm<br>Confidential & self-affirming<br>LGBTIQ+ support/counselling |  |
| <b>Parent Help</b>    | 0800 568 856                   | 9am -11pm Parenting advice   | <a href="http://www.parenthelp.org.nz">www.parenthelp.org.nz</a>               |
| <b>Rape Crisis</b>    | 0800 883 300                   | For support after rape or sexual assault   | <a href="http://www.rapecrisisnz.org.nz">www.rapecrisisnz.org.nz</a>           |
| <b>Seniorline</b>     | 0800 725 463                   | Info for older people on health system   | <a href="http://www.adhb.govt.nz/seniorline/">www.adhb.govt.nz/seniorline/</a> |
| <b>Skylight</b>       | 0800 299 100                   | Change, loss, trauma & grief support   | <a href="http://www.skylight.org.nz">www.skylight.org.nz</a>                   |
| <b>SHINE</b>          | 0508 744 633                   | Home/Workplace domestic violence support & info  | <a href="http://www.2shine.org.nz">www.2shine.org.nz</a>                       |
| <b>Victim Support</b> | 0800 842 846                   | Support for victims of crime & trauma  | <a href="http://www.victimsupport.org.nz">www.victimsupport.org.nz</a>         |
| <b>Youthline</b>      | 0800 376 633<br>234 (free txt) | 24 hours/7 days  | <a href="http://www.youthline.co.nz">www.youthline.co.nz</a>                   |