



NATIONAL RESOURCE LIST

Family and Support Services

Auckland - Central	Shine	0508 744 633
Auckland - Central	Family Works Centre	09 639 2016
Auckland - Central	LifeWise Family Services	0800 779 997 / 09 818 6834
Auckland - Central	The family matters	+64 09 360 8868
Auckland - Central	Asian Family Services	0800 862 342
Auckland - Central	Yellow Brick Road	0800 555 434
Auckland - North	StepsForward family services and support centre	(09) 424 4014
Auckland - South	Papakura Family Service Centre	09-299 6610
Auckland - South	Mangere East Family Service Centre Inc	General Enquiries: 09-256 0810 Men's Shed: 09 257102
Auckland - South	Family Works Centre	09 269 1009
Auckland - West	Family Works Centre	09 835 1288
Auckland - West	Care Waitakere	09 834 6480
Auckland - West	Vision West	09 818 0781
Bay of Plenty	Family Works Centre	07 349 0990
Nationwide	Al-Anon family Groups	0508 425 266
Nationwide	Yellow Brick Road	800732825
Nationwide	Barnardos	0800 227 627
Northland	Family Works Centre	09 437 6729
South Island	Yellow Brick Road	0800 8766 87
South Island	Able Southern family support	0800 494262
South Island	Heart land services	https://www.heartlandservices.govt.nz/locations/index.html
South Island	Aviva-Live Free From Violence	03 378 3847 / 0800 28482 669
South Island	Family drug support	03 2818 740 / 0800 337 877
South Island	Emergency Mental Health Services	0800 467 846
Waikato	Family Works Centre	07 378 6480

Counselling and Mental Wellbeing

	Gore & Clutha Women's Refuge	0800 00 43 43
Nationwide	Better Blokes	09 378 8812
Auckland - North	Better Blokes	09 378 8822
Auckland - West	Better Blokes	09 3788823
Auckland - Central	Better Blokes	09 378823
Auckland - East	Better Blokes	09 378 8825
Auckland - South	Better Blokes	09 378 8825
Nationwide	Anxiety NZ Helpline	0800 269 4389
Auckland - Central	Friendship house	0800 348 7878



Auckland - South	Counselling Service & 24/7 Crisis Response Support Service	09 2779324 22
Nationwide	Gambling helpline	0800 654 655.
Nationwide	Shakti Crisis Line	0800 742 584.
Nationwide	Depression helpline	0800 111 757
Nationwide	Talking works	talkingworks.nz@gmail.com
Nationwide	Hearing Voices Network Aotearoa NZ	272650266
Nationwide	Balance Aotearoa	06 345 4488
Nationwide	Ember – Korowai Takitini	09 523 2790
Nationwide	OUTLine NZ	0800 688 5463
Nationwide	SPARX	0508 477 279
Auckland - Central	Auckland Crisis Teams	0800 800 717
Auckland - West	Auckland Crisis Teams	(09) 822 8500 or After Hours (09) 486 8900
Auckland - South	Auckland Crisis Teams	(09) 270 4742 or (09) 270 9090
Auckland - North	Auckland Crisis Teams	(09) 486 1491 or After Hours (09) 486 8900
Auckland - Central	Chinese lifeline	522 2088 or 0800 888 880
Auckland - Central	Lifeline face to face counselling	(09) 909 8750
Waikato	Family Works Centre	07 378 6480

Drug / alcohol related

Nationwide	CADS – Alcohol and drug services	09 845 1818
Nationwide	Alcohol Drug Helpline	0800 787 797

Finance

Auckland - Central	Good Shepherd	0800 466 370
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Legal Advice

Auckland - Central	Auckland Action Against Poverty	09-634 0591
Nationwide	NZ Human Rights	0800 496 877
Auckland - Central	Auckland Community Law Centre	https://communitylaw.org.nz/centre/auckland/cbd/
Nationwide	Youthlaw Aotearoa	0800 884 529

Workplace related

Nationwide	Employment New Zealand	0800 209 020
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Grief and Loss Services

Tauranga	Grief Support Services	07 578 4480
Nationwide	Aoake te Rā – Bereaved by Suicide Service	0800 000 053

Health

Nationwide	The Health and Disability Advocacy Service	0800 555 050
Nationwide	Healthline	0800 611 116