



**Supporting Pregnant Women Pēpi and Whānau  
Collaborative, nurturing and responsive relationships**

*an update of services that can help*

## **Helpful Resources**

**Information collated for Hauora Hui**

**-Updated November 2023-**



**Hapai Taumaha Hapūtanga**

*Crisis Pregnancy Support*

**Māmā Me Pēpi Oranga**

Maternal and Infant Wellbeing

This resource is a collation of services and agencies that support women who are pregnant or in the peri-natal phase. Health professionals who responded to our survey indicated this type of resource would be helpful. It is by no means complete and suggestions and updates can be emailed to [cps.stlukes@gmail.com](mailto:cps.stlukes@gmail.com)

Hapai Taumaha Hapūtanga – Crisis Pregnancy Support addresses where possible the social determinants of health for women engaged in this service, a woman’s medical care remains with her usual provider. If a woman does not have a GP or a Midwife, we support her to find the care she needs in her location.

On the website, [www.crisispregnancysupport.org.nz](http://www.crisispregnancysupport.org.nz), is a digital version, which remains a living document under “Info for Health Professionals” . Further contributions welcomed.

For suggestions or updates please email [cps.stlukes@gmail.com](mailto:cps.stlukes@gmail.com)

**Supporting Pregnant Women Pēpi and  
Whānau Collaborative, nurturing and  
responsive relationships** *an update of services that  
can help*

# - HAPAI TAUMAHA HAPŪTANGA - CRISIS PREGNANCY SUPPORT

MĀMĀ ME PĒPI ORANGA – MATERNAL AND INFANT WELLBEING

## CONTENTS

A Free GP Based Service.....	1
Accommodation In Nelson .....	3
Adoption .....	5
AOD – Alcohol And Other Drugs .....	6
Baby Clothes And Equipment.....	8
Benefit Assistance .....	8
Budget Assistance .....	9
Child Protection.....	9
Counselling.....	10
Education .....	13
Employment.....	14
Family Support Services .....	14
Family Violence .....	20
Food .....	22
Infant Mental Health .....	23
INP Medical .....	24
Legal Assistance .....	25
Marae .....	25
Maternity Services In Nelson .....	26
Mental Health .....	27
Multicultural Council.....	31
Nelson Bays Primary Health.....	31
Nelson Refugee Services .....	32
Parenting Courses .....	32
Pregnancy Loss and Grief .....	33
Te Piki Oranga – Māori Health Service Provider.....	34
Te Whatu Ora – Nelson Marlborough (Nelson Hospital).....	35

# HAPAI TAUMAHA HAPŪTANGA - CRISIS PREGNANCY SUPPORT

MĀMĀ ME PĒPI ORANGA – MATERNAL AND INFANT  
WELLBEING

## **A Free GP Based Service**

**[WWW.CRISISPREGNANCYSUPPORT.ORG.NZ](http://WWW.CRISISPREGNANCYSUPPORT.ORG.NZ)**

Hapai Taumaha Hapūtanga – Crisis Pregnancy Support – Māmā me Pēpi Oranga – Maternal and Infant Wellbeing is a local organisation based at St Lukes Health Centre who are committed to seeing any woman in the region who requires extra support in her pregnancy, have access to reliable, sustainable care. We also offer abortion and pregnancy loss support.

Our team is made up of health professionals who provide free consultations to women and their whānau who find themselves unexpectedly pregnant, or require support in their pregnancy. We journey in partnership with our clients, supporting them emotionally and practically, with an aim to reduce some of their stressors, and together build a holistic support network.

Our team understand the stress an unexpected or crisis pregnancy can bring and realise this can be a very overwhelming time. Our hope is to reduce isolation, build self-confidence and resilience and enable safer communities.

Women are referred to us from a variety of sources, but are also encouraged to self-refer.

Hapai Taumaha Hapūtanga – Crisis Pregnancy Support, also has a group of volunteers who are available to support women through a variety of means such as general support, mentoring, transportation and visiting. On occasions a woman may require accommodation and we have volunteers who are able to assist with this as well. All our volunteers have been thoroughly vetted and police-checked.

We facilitate care for women if they are grieving related to pregnancy loss.

Appointments are available Mon–Fri at St Luke’s Health Centre, Corner Motueka St & Waimea Rd, situated at 105–107 Waimea Road, Nelson

**0800 004 CPS (277)**

Ph (03) 548 1858 · Fax: (03) 548 0928

CPS liaises with health professionals and support agencies in the Nelson Marlborough Health region and the community to work towards best health outcomes for our clients and whānau. This resource is a living document, created to improve greater access to services and better communication between services in the community. Please contact us if your details need updating or if any additions are needed.

# AGENCIES & RESOURCES

## ACCOMMODATION IN NELSON

Hapai Taumaha Hapūtanga - Crisis Pregnancy Support - Māmā Me Pēpi Oranga – Maternal and Infant Wellbeing advocates when emergency housing is needed.

### ***Vulnerable Housing Network***

This network has released the ‘Nelson Tasman Housing Services Directory’ in November 2023 with an extensive selection of housing options. If you would like a copy of this please email [dgauthier@gmail.com](mailto:dgauthier@gmail.com)

### ***Franklyn Village***

A selection of rooms and apartments for short and long term rental.

Address: 47 Franklyn Street, Nelson (opposite Nelson Public Hospital)

Phone: 03 546 6039

Email: [info@franklynvillage.co.nz](mailto:info@franklynvillage.co.nz)

Website: [www.franklynvillage.co.nz](http://www.franklynvillage.co.nz)

### ***Rental Accommodation***

- [www.realestate.co.nz/rental](http://www.realestate.co.nz/rental)
- [summitrentals.co.nz](http://summitrentals.co.nz)
- [trademe.co.nz](http://trademe.co.nz)
- [myrent.co.nz/rentals/nelson](http://myrent.co.nz/rentals/nelson)
- [havenrentals.co.nz](http://havenrentals.co.nz)
- [firstnational.co.nz/search/residential-rentals](http://firstnational.co.nz/search/residential-rentals)
- [harcourts.net/nz/listings/rent](http://harcourts.net/nz/listings/rent)

### ***Nelson/Tasman Housing Trust***

The Trust works in partnership with the New Zealand Government, local councils, Housing New Zealand, Social Housing Unit and other agencies to improve access to good quality, affordable housing to those on low to mid incomes and people with special needs. They also see a need to address emergency accommodation and energy conservation.

Address: Trafalgar House, 329 Trafalgar Square East, Nelson (corner of Selwyn Place and Trafalgar Square East)

Phone: 03 546 9568 or after hours: 0800 266 325

Email: [info@nelsonhousing.org.nz](mailto:info@nelsonhousing.org.nz)

### ***Habitat for Humanity***

Programmes are run throughout NZ to ensure whānau have access to safe and secure homes; ranging from progressive home ownership, home repairs, social rentals, the curtain bank, plus more.

Address: The Habitat Hub, 166 Tahunanui Drive, Nelson

Phone: 03 547 4626

Email: [nelson@habitat.org.nz](mailto:nelson@habitat.org.nz)

### ***Kāinga Ora (Previously Housing New Zealand)***

Phone: 0800 801 601

Website: [www.kaingaora.govt.nz](http://www.kaingaora.govt.nz)

### ***House of Grace***

Accommodation, education and support for pregnant teenagers in a safe, caring environment. Can provide for up to six people from anywhere in New Zealand. Available in Wellington & Hamilton.

Phone: 0800 920 5667

Website: [www.houseofgrace.org.nz](http://www.houseofgrace.org.nz)

### ***A girl called Hope***

Auckland based free 6 month residential program giving support, care and



education for young women 16 years and older who are facing issues including, abuse, self-harm, depression, eating disorders and unplanned pregnancies. Welcomes referrals from Nelson.

Phone: (09) 443 7136

Email: [info@agirlcalledhope.org.nz](mailto:info@agirlcalledhope.org.nz)

### ***Work and Income New Zealand***

WINZ now arranges all applications for Public housing (which are then managed by Kāinga Ora, previously Housing NZ). WINZ also can provide Emergency Accommodation.

Phone: 0800 559 009

Website: [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

## **ADOPTION**

### ***Adoption Option***

Clear information on the current adoption practice and process in New Zealand, alongside personal stories.

Email: [adoptionoption.org.nz](mailto:adoptionoption.org.nz)

Website: <https://www.adoptionoption.org.nz/>

### ***Oranga Tamariki***

Oranga Tamariki has the greatest database of information and have established supports to streamline the adoption process. It is recommended that a woman considering adoption take a support person with them. A final decision about adoption cannot be made before the baby is 12 days old.

Address: Level 2/186 Bridge Street, Nelson (Munro Building, near the courthouse)

Phone: 0508 326 459

Website: <https://www.orangatamariki.govt.nz/adoption/>

## **AOD – ALCOHOL AND OTHER DRUGS**

Services for people experiencing problems with alcohol and drug addictions can be found below. All services have experienced AOD clinicians and accept referrals for clients as well as self-referrals. Please see providers websites for full details of the services they provide.

### ***Nelson Marlborough Health***

Address: Braemar Campus (Building 3), Nelson Hospital (access from upper Franklyn St)

Phone: 03 546 1994, after hours emergency phone: 03 546 1800

Email: AddictionsNelson@nmdhb.govt.nz

Website: <https://www.nmdhb.govt.nz>

### ***The Matrix Methamphetamine Treatment Programme***

Run through Te Whatu Ora; an outpatient, intensive group treatment programme for people wanting to stop methamphetamine. The programme runs Tuesday 1pm - 3pm and Friday 10:30am - 12:30pm for 20 weeks.

Phone: 03 546 1994 (Nelson Addiction Service)

### ***Te Piki Oranga***

A kaupapa Maori primary health provider for Te Taihū o Te Waka-a-Māui (top of the south) which delivers a range of health and wellbeing services. Te Piki Oranga's main office is in Richmond (see contact details below) they also have hubs in Nelson, Blenheim and Motueka.

Address: 281 Queen Street, Richmond

Phone: 03 543 7016 or 0800 ORANGA (672642)

Email: [admin@tpo.org.nz](mailto:admin@tpo.org.nz)

Website: <https://www.tpo.org.nz>

### ***Victory Community Centre***

Their mission is to provide community based, low-cost, accessible, appropriate and high quality services and activities which support health and wellbeing. Their vision is that Victory is a thriving and caring community of

health, hope and possibility. Health Services include: A Plunket Nurse, Community Nurse, AOD Clinician, Former Refugee Social Worker and Acupuncture Clinic, plus more.

Address: 2 Totara Street, Toi Toi, Nelson

Phone: 03 546 8389

Email: [vccreception@victory.school.nz](mailto:vccreception@victory.school.nz)

Website: [victorycommunity.org.nz](http://victorycommunity.org.nz)

Sabien Blazek – Primary Adult Alcohol and other Drug Service clinician.

Email: [sabien@victorycommunity.org.nz](mailto:sabien@victorycommunity.org.nz)

### ***Alcoholics Anonymous***

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.

Richmond Meetings: Sunday 9am and Monday 7pm

Address: 9 Cambridge Street, Richmond

Stoke Meetings: Wednesday 7pm, Friday noon and Sunday 7pm

Address: 271 Songer Street, Stoke

*NZ Freephone*

Phone: 0800 229 6757, 24/7

Email: [nzgso@aa.org.nz](mailto:nzgso@aa.org.nz)

### ***Te Whare Ma The White House***

Nelson's free Peer-Led Mental Health and Addiction Day Support Service. Home cooked meals can be bought for \$3 each - suitable for people with mental health and addictions.

Address: 11 Wainui Street, The Wood

Phone: (03) 546 9317 or 0800 114 976

Email: [admin@thewhitehouse.org.nz](mailto:admin@thewhitehouse.org.nz)

### ***Alcohol Drug Helpline***

A 24/7 confidential and free service for people with questions about their

own or someone else's alcohol or drug use.

Phone: 0800 787 797

## **BABY CLOTHES AND EQUIPMENT**

### ***Helping Families Nelson***

Helping Families Nelson wants to help whānau with the necessities to help tamariki thrive and reach their potential. They offer FREE clothing (from baby/pēpi to adult), school uniforms, bedding, toys, books and carseats. They are open Tuesday, Wednesday and Fridays 10am - 1pm; closed over school holidays. See their facebook page for updates and special events.

Address: 452 Lower Queen Street, Richmond

Phone: Kristy Fielding (co-founder) 021 876 901

Website: [helpingfamiliesnelson.org.nz](http://helpingfamiliesnelson.org.nz)

### ***Pēpi-pods***

Enquiries can be made to your Midwife, Plunket Nurse or Tamariki Ora Nurse.

## **BENEFIT ASSISTANCE**

### ***Work and Income***

Phone: 0800 559 009

Website: [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

### ***BUWT (Beneficiaries and Unwaged Workers Trust)***

This service provides information, advice and support for those on low incomes to ensure they have access to all their entitlements.

Address: 13 Crisps Lane, Nelson

Phone: 03 548 8171

Email: [info@buwt.org.nz](mailto:info@buwt.org.nz)

## BUDGET ASSISTANCE

### ***Nelson Budget Service***

Free confidential financial mentoring, whatever your circumstances.

Address: 29 Selwyn Place, Nelson

Phone: (03) 546 9021 or text only to 027 361 0182

Email: [info@nelsonbudget.co.nz](mailto:info@nelsonbudget.co.nz)

### ***CAP (Christians Against Poverty) Budgeting Courses***

CAP is passionate about releasing New Zealanders from debt, poverty and its causes. Free community based debt coaches provide long-term debt counselling, job clubs which help people back into the workforce, life skills groups that empower people on low incomes, and money courses throughout the country (look online for a course near you).

Phone: 0508 227 111

Email: [info@capnz.org](mailto:info@capnz.org)

Website: capnz.org

## CHILD PROTECTION

The Child Protection Coordinator for Nelson Marlborough Health is Gina Lyon.

Email: [gina.lyon@nmhs.govt.nz](mailto:gina.lyon@nmhs.govt.nz)

### ***Oranga Tamariki***

Oranga Tamariki; Ministry for Vulnerable Children (Formerly Child Youth and Family) is the service to call if you need help or advice, or if you're concerned about a tamaiti. Anyone can make a Report of Concern (ROC) to Oranga Tamariki or to the Police via phone or email (below).

Address: 186 Bridge Street, Nelson (2nd floor of the Munro Building)

Phone: 0508 FAMILY (0508 326 459) available 24/7

Email: [contact@ot.govt.nz](mailto:contact@ot.govt.nz)

If you believe a child is in immediate danger call 111.

## COUNSELLING

A limited number of funded counselling sessions are available through a client's GP

- A PHO funded counsellor is available through the Brief Intervention Scheme. Phone: (03) 539 1170
- The Disability allowance can fund up to 10 sessions (which can be renewed) usually available for a counsellor of the clients choice.
- ACC funded counselling needs to be with an ACC registered counsellor. For counselling support after a physical injury please call 0800 101 996. For counselling through sensitive claims (for sexual violence) please call 0800 735 566. You do not need a GP referral for sensitive claims.

Website:

<https://www.acc.co.nz/im-injured/types-of-ongoing-support/counselling-therapy/>

People on a benefit or earning below a certain income threshold can get WINZ funding toward sessions with a registered counsellor, social worker or psychologist. For more information, and income thresholds, see <https://www.workandincome.govt.nz/eligibility/health-and-disability/counselling>.

### ***Richmond Family Support Trust (PACT TRUST)***

Organisation is called Carmel Counselling; however with the support of the Richmond Family Support Trust we are able to offer PACT. PACT is subsidised counselling for eligible parents, adults, children and teenagers.

Address: 123 Salisbury Road, Richmond; The Baptist Church

Phone: 03 544 7594

Email: [pact@richmondbaptist.org.nz](mailto:pact@richmondbaptist.org.nz)

### ***Lifelinc Nelson***

Up to 10 sessions offered - prices are dependant upon household income and start at \$25 per per session.

Admin address: Collingwood Street, Nelson

Phone: Counselling manager Stephanie; (03) 548 2400 or text 021 293 6036

Email: [clinical@lifelinc.co.nz](mailto:clinical@lifelinc.co.nz)

### ***Nelson Women's Centre***

Donation-based counselling service for women; up to ten sessions. Also offers social worker support, advocacy, women's rights information, childrens toys/games, an op shop, a library and workshops. Tamariki are welcome, no appointment necessary for a drop in visit.

Address: 44 Trafalgar Street, Nelson

Phone: 03 546 8441

Email: [office@nelsonwc.org.nz](mailto:office@nelsonwc.org.nz)

### ***SASH***

A free service for people seeking healing from sexual assault and abuse - recent and historic. A team of Crisis Response Workers, Case Managers and Counsellors who provide intensive support to people and families following sexual assault. 24/7 Crisis Support for immediate support following sexual harm. Office in Nelson, Motueka, Blenheim and West Coast.

Phone: 03 548 2407

Email: [sash@sash.co.nz](mailto:sash@sash.co.nz)

Nelson Address: 144 Collingwood Street, Nelson

### ***Safe to Talk***

Sexual harm helpline, available 24/7, confidential and free.

Phone: 0800 044 334 or text 4334

Email: [support@safetotalk.nz](mailto:support@safetotalk.nz)

Website/online chat: [www.safetotalk.nz](http://www.safetotalk.nz)

### ***Male Room***

Confidential crisis intervention one on one counselling; up to six free sessions. Support groups also available. There are showers and washing machines

available for anyone to use.

Address: 28 St Vincent Street, Nelson

Phone: 03 548 0403

Email: [info@maleroom.co.nz](mailto:info@maleroom.co.nz)

### ***Lifeline***

Lifeline Aotearoa's telephone counselling service provides 24/7 counselling and support, especially people considering self harm.

Phone: 0800 543 354 or text 4357(HELP)

Website: [lifeline.org.nz](http://lifeline.org.nz)

### ***Suicide Crisis Helpline***

A free nationwide service operated by trained and experienced social service practitioners who have undergone suicide prevention training. Please call if you think you or someone you know may be thinking about suicide.

Phone: 0508 TAUTOKO or 0508 828 865

### ***Need to talk?***

A free service to talk to a trained counsellor or a peer support worker 24/7

Phone: Call or text 1737 anytime

### ***Youthline***

Established to ensure young people know where to get help and can access support when they need it.

Phone: 0800 376 633 Or free text: 234

Email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

### ***Kidsline***

A counselling service for all tamariki up to 18 years of age. Uniquely about tamariki being there for other tamariki.

Phone: 0800 543 754, available 24/7 however when they ring 4pm - 9pm Monday - Friday they will speak to a Kidsline Buddy - a specially trained



teenage volunteer counsellor.

### ***0800 What's Up?***

A free, confidential counselling helpline and online chat for tamariki and teenagers with trained professional counsellors.

Phone: 0800 942 8787 (0800 whatsapp) (11am - 11pm)

Online chat: [whatsapp.co.nz](https://whatsapp.co.nz) (11am - 1030pm)

Email: [whatsapp@barnardos.org.nz](mailto:whatsapp@barnardos.org.nz) (aim to reply within 24h)

## **EDUCATION**

### ***Nelson Young Parents School***

The school caters for young women who are younger than 20 years old and who are either hapū/pregnant or are already a parent. The Auckland Point Kindergarten provides child care although an off-site child care provider can be used if preferred. Secondary school subjects up to level 3/scholarship level are taught as well as a “Skills for living” program.

Address: 111 Haven Road, Nelson (Auckland Point School)

Phone: Ineke Reynolds, (03) 545 6800 (office) or 020 401 29147

Email: [ineke.reynolds@ncg.school.nz](mailto:ineke.reynolds@ncg.school.nz)

### ***Te Kura***

New Zealand's state distance education provider, offering a wide range of programmes from early childhood through to NCEA Level 3. Te Kura offers FREE courses in interesting subjects for 16–19 year olds who meet enrolment criteria. Courses are also available for a small fee to adults aged 20 and over. They offer FREE Te Reo Māori and Kaupapa Māori courses for many students, including young adult and adult learners. They offer opportunities for eligible young adult learners to connect with their wider community through mentoring, internships, volunteering and exploring different career options. They also have the option of summer school to top up NCEA credits and move on to further study, training or employment.

Address: 68 Achilles Avenue, Nelson

Phone: 0800 65 99 88

ComCol Nelson – (03) 548 8271

Email: [info@tekura.school.nz](mailto:info@tekura.school.nz)

Website: [www.tekura.school.nz](http://www.tekura.school.nz)

## EMPLOYMENT

### ***Workbridge Nelson***

Workbridge provides a range of free employment support services for Kiwi jobseekers who have disabilities or health conditions to connect with employers who value their contributions..

Address: 186 Queen Street, Richmond

Phone: 0508 858 858

Website: [workbridge.co.nz](http://workbridge.co.nz)

## FAMILY SUPPORT SERVICES

### ***Anglican Care Trust***

The Diocese of Nelson Anglican Care Charitable Trust is committed to the Christian values of love, service and justice.

Social Services Grants Administrator: Jen Lockwood

Phone: 021 277 1504

Email: [jen@nelsonanglican.nz](mailto:jen@nelsonanglican.nz)

### ***Barnardos***

Barnardos offers whānau and parenting services, these include parenting courses, womens and tamariki safety programs and LEAP services for vulnerable tamariki.

Address: Level 1, 186 Queen Street, Richmond

Phone (03) 539 0019 or 0800 227 970

Email: [nelson@barnardos.org.nz](mailto:nelson@barnardos.org.nz)

Website: [barnardos.org.nz](http://barnardos.org.nz)

### ***Family Start Nelson - He Matapuna Ora***

Family Start is an intensive home based service for whānau experiencing complex issues which impact on their parenting. Referrals can be made during pregnancy and up until a pēpi turns one year of age; a referral up to the age of two may be considered in exceptional circumstances. The programme targets the highest-need whānau and provides practical advice, support and parenting education to ensure that their tamariki have the best possible start in life.

Address: 73 Quarantine Road, Stoke

Phone: (03) 547 0940

Email: [reception@familystartnelson.co.nz](mailto:reception@familystartnelson.co.nz)

### ***Family Works***

Family Works Youth Service is part of the Government's welfare reforms and represents a radical shift of Work and Income case management to community groups. It provides a wrap-around support service for young people who are eligible for Youth Payment or Young Parent Payment. Support is tailored to the individual needs of the young person and focuses on encouraging them to fulfill their potential and develop a range of relevant skills for the future.

Address: 360 Annesbrook Drive Stoke, Nelson

Phone: 03 547 9350

### ***Mana Wahine - Women of Strength & Dignity***

They run support advocacy for women who have experienced and suffered from violence, family harm and other forms of violation. Mana Wahine provides a 12 week course promoting healing, restoration and empowerment.

Director: Adele Keefe

Phone: 022 645 3644

Email: [manawahine77@gmail.com](mailto:manawahine77@gmail.com)

Website: [manawhanauaotearoa.com](http://manawhanauaotearoa.com)

### ***Open Home Foundation***

Charitable trust working within the provisions of the Children, Young Persons and Their Families Act (1989). They are primarily involved in the short and long term provision of foster care for whānau that are struggling.

Address: 10 Kotua Place, Stoke, Nelson

Phone: 03 545 9172

### ***Pēpi First***

Deciding to stop smoking is one of the best things that can be done for the health of the mother and pēpi. Pēpi First quit smoking coaches are available to help hapū women do this, and they will be rewarded with vouchers as they reach milestones in their smoke-free journey. It's free for all hapū women in the Nelson Marlborough region. Benefits include: vouchers to reward progress, intensive one-on-one support with a 'quit coach', home visits, workplace support and community clinics, nicotine replacement therapy, information about other quit smoking products and service, a complementary approach to the Quitline service that offers 24/7 support.

Phone: 0800 NO SMOKE (0800 667 665)

Email: [smokefree@nmdhb.govt.nz](mailto:smokefree@nmdhb.govt.nz)

### ***Plunket***

Plunket is a free service and sees more than 90% of newborn pēpi in New Zealand each year. Plunket offers parenting information and support as well as developmental assessments of your tamariki. Support is offered through home visits, clinic visits and play groups.

Call Plunket Line 24/7: 0800 933 922

For appointments and enquiries: 0800 184 803

Email: [southern.region@plunket.org.nz](mailto:southern.region@plunket.org.nz)

**Richmond Clinic;** drop in Friday 9am - 1130am or by appointment

Address: 56 Oxford Street, Richmond

**Stoke Clinic;** drop in Wednesday 9am - 1130am or by appointment

Address: 548 Main Road Stoke

**Nelson Clinic;** by appointment

Address: Victory Community Centre, 2 Totara Street, Nelson South

**Wakefield Clinic;** by appointment

Address: Wakefield Health Centre, 12 Edwards Street, Wakefield

***Parent Helpline***

Offers friendly, non judgemental support and advice on all parenting issues.

Phone: 0800 568 856 9am - 9pm 7 days a week

***Yellow Brick Road***

Yellow Brick Road Nelson is a community organization that provides free support for whānau and carers of people with a major mental illness. We provide information, resources, education, advocacy, social and educational support groups, referral to other services, and newsletters.

**Richmond**

Address: Town Hall, 9 Cambridge Street, Richmond

Phone: 03 546 6090 or 027 5466 010

**Nelson**

Address: Alma House, 83A Buxton Square, Nelson

Phone: 03 546 6090 or 027 5466 010

**Motueka**

Address: Motueka Community House, Decks Reserve Motueka

Phone: 528 7790 or 027 5287 790

***Grandfriends***

Surrogate Grandparents is a charitable trust aiming to reduce loneliness and isolation in seniors and whānau around New Zealand by connecting whānau with older people who live nearby.

Phone: 09 947 5815

Email: [info@grandfriends.nz](mailto:info@grandfriends.nz)

Website: [grandfriends.nz](http://grandfriends.nz)

### ***St. Vincent de Paul***

“No form of help is foreign to the Society. This includes any form of help that alleviates suffering or deprivation and promotes human dignity and personal integrity in all their dimensions.” Health Professionals can contact on behalf of clients for support with paying bills and food parcels.

#### **Nelson**

Address: 77 Vanguard St, Nelson

Phone: 03 548 9372

#### **Richmond**

Address: 11A McGlashen Ave, Richmond

Phone: 03 544 0893

#### **Stoke**

Address: 530 Main Rd, Stoke

Phone: 03 547 7351 or 0210 916 1819 (welfare)

### ***The Salvation Army Social Services***

Budgeting, Advocacy and assistance with food, furniture and clothing is available from our Nelson Community Ministries and Motueka Community Ministries Centre. Professional counselling is also available at the Nelson Community Ministries Centre.

#### **Nelson**

Address: 57 Rutherford Street, Nelson

Phone: (03) 548 4807

Email: [nelsontasmanbay.corps@salvationarmy.org.nz](mailto:nelsontasmanbay.corps@salvationarmy.org.nz)

#### **Motueka**

Address: 6 Greenwood Street, Motueka

Phone: 03 528 9338

### ***Targeted Youth Health Service***

The Targeted Youth Health Service provides a free community based nursing service for students aged 12 and up, that are enrolled in Alternative

Education. Comprehensive youth health assessments are completed by a Registered Nurse who is skilled in youth health and development, with follow up care provided in collaboration with the young person. The objectives are to; improve access to primary health care of young people with high needs, improve youth health and reduce inequalities and promote overall improvement in the provision of services to young people in the district. Referrals are taken from Alternative Education.

### ***Whanake Youth***

Offers a range of health and wellbeing services for people aged 12 -24 as well as a warm, safe and friendly space for local youth to hang out and seek support.

Manager: Lee-Ann O’Brien (Adolescent Nurse Specialist)

Address: 548 Main Road, Stoke

Phone: 021 154 2369

Email: [leeann@whanakeyouth.org.nz](mailto:leeann@whanakeyouth.org.nz)

Website: [www.whanakeyouth.org.nz](http://www.whanakeyouth.org.nz)

### ***Te Rōpū Wāhine Māori Toko i te Ora (Māori Women’s Welfare League Inc)***

Te Rōpū Wāhine Māori Toko i te Ora, is an organisation that adheres to Māori traditional values and concepts, while advocating for Māori people throughout New Zealand. Their focus is to improve the wealth of Māori, be that spiritually, social wellbeing or economically. This organisation has initiated many different programmes to assist Māori to reclaim their tino rangatiratanga (sovereignty) as a people taking control of their own destiny and has provided a model to guide Māori people to succeed in the future.

Address: 24 Burnell Avenue, Wellington

Phone: 04 473 6451

Email: [admin@mwwl.org.nz](mailto:admin@mwwl.org.nz)

### ***Te Korowai Trust Health and Social Service***

Provides health and social services incorporating Māori values and practices

including budgeting, family mentoring, social work, Kairangahau a - Whānau, Whānau Ora Navigator and Mokopuna Ora Navigator assistance. They offer a mobile service; travelling between Atawhai and Hope to reduce the barrier of access.

Address: 398 Main Road Stoke

Phone: (03) 547 5958

### ***Well Child Health Murchison Health Care***

Public Health & Well Child Nurse

Contact: Stef Morgan

Email: stefanie.morgan@nmdhb.govt.nz

Tel: 03 523 1120

Rural Nurse Specialist and Midwife

Contact: Melanie Sutton

Email: melanie.sutton@nmdhb.govt.nz

Tel: 03 523 1120

## **FAMILY VIOLENCE: IT'S NOT OK**

If you are frightened and fear for your safety or for someone else, **call 111 for immediate help. If it isn't safe to speak, push 55 on a mobile phone (any number on a landline) to be put through to Police.**

Any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a whānau or in a relationship should feel safe and nurtured. A healthy relationship is supportive, trusting and warm. Witnessing violence at home makes tamariki feel scared and alone. It can affect the way they behave and lead to problems at school or with their friends. Experiencing violence can physically harm tamariki, make them anxious and fearful and affect the way their brain develops. No one should be frightened of their partner or someone in their whānau.

### ***RISE (Respect, Inspire, Support, Empower)***

A specialist whānau violence organization offering support to individuals and whānau. RISE has helped many people achieve positive change to live



healthier and safer lives.

### **Nelson**

Address: Level 3/ Trafalgar Street, Nelson

Phone: 03 548 3850

### **Motueka**

Address: 15B Courtney Street (site of the Jack Inglis Care Home)

Phone: 03 528 8976

Phone/ text: 027 548 3850

Email: [admin@rise.net.nz](mailto:admin@rise.net.nz)

Website: [rise.net.nz](http://rise.net.nz)

### ***Nelson Women's Refuge***

We offer domestic violence support services to all women, youth and children. Nearly all of our services are free and there's a huge number of ways we can help.

A friendly and skilled Women's Refuge advocate will talk to women who are concerned about their safety in their relationship; help them and their tamariki make a Safety Plan; provide a safe place to go to if they need help urgently; help whether or not they have or will leave the relationship; enrol them in support programmes if they want to; give educational talks about healthy relationships; as well as talk to anyone who wants to help someone they know.

Address: 1/60 Rutherford Street, Nelson

Phone: 03 544 0616 (non crisis) or **24/7 CRISIS LINE 0800 16 33 44** (if you are in danger or at risk or need a safe place to stay tonight)

Email: [admin@whakaturefuge.org.nz](mailto:admin@whakaturefuge.org.nz)

### ***Family Violence Information Line***

Phone: 0800 456 450

[www.areyouok.org.nz](http://www.areyouok.org.nz) (positive relationship quiz is a useful tool)

### ***Shine Helpline***

A free helpline, available 24/7. If you are experiencing domestic violence or

concerned about someone you know, or about your own behaviour call the below helpline whenever you need to.

Phone: 0508 744 633

## **FOOD**

### ***Victory Community Kai Shed***

A shed with easy access to bread, fruit and vegetables; stocked 9am and 2pm daily Monday - Friday. Kai parcels available for whānau requiring a little extra help Monday - Friday before 11am.

Address: 2 Totara Street, Nelson South

Phone: (03) 546 8389

Email: [vccreception@victory.school.nz](mailto:vccreception@victory.school.nz)

Website: [victorycommunity.org.nz](http://victorycommunity.org.nz)

### ***Nelson Community Foodbank***

Food Parcels are available to families and individuals experiencing hardship in Nelson. Food parcels are accessed through one of our participating agencies including: The Salvation Army Nelson, Whakatū Marae, Saint Vincent de Paul Nelson and Stoke, Te Piki Oranga, BUWT, Gateway Housing Trust, Sanity (Student Association), Te Korowai Trust and Family Start.

### ***Kai with love***

Provides free food to those who need it; with a foodshare location in Richmond and Motueka. One foodbox per whānau per week. They operate on an online request system. Check their Facebook page for details and updates as these can change.

### ***Bellyful Nelson***

Cooks and delivers meals to whānau with young tamariki or pēpi who need support.

Phone: 0508 BELLYFUL (23559385)

Email: [contact@bellyful.org.nz](mailto:contact@bellyful.org.nz)

Website: <https://bellyful.org.nz/bellyful-branches/nelson/> to fill in a form to request support (meals).

### ***Giving Aroha***

Evening meals are provided for people in need on Sundays at 5pm at Anzac Park.

Address: Anzac Park, Nelson; between Haven Road and Rutherford Street.

### ***Loaves and Fishes***

Provides sit-down, hot nutritious meals in a warm caring environment to reduce hunger and loneliness in the community. Monday at 5:30pm and Tuesday and Wednesday at 12pm; \$3 per meal or \$2.00 if you purchase a 5 meal ticket for \$10.00.

Contact person: Gary Sawyer

Address: 30 Vanguard Street, Nelson (behind All Saints Church)

Phone: 027 2977 383 or (03) 548 2601

Email: [loavesandfishes@allsaints.co.nz](mailto:loavesandfishes@allsaints.co.nz)

### ***St Stephens Church***

Friday 9am - 1:30pm they provide baking, toasted sandwiches, soup, tea and coffee for a donation of \$4.

Address: 61 Tahunanui Drive, Tahunanui, Nelson

Phone: 03 546 4051

## **INFANT MENTAL HEALTH**

### ***IMHAANZ – Infant Mental Health Association of New Zealand***

IMHAANZ is a national charity supporting professionals who work with infants and their whānau..

<https://imhaanz.nz/>

***ITS – Infant, Toddler Specialists Ltd***

Sarah Haskell and Heidi Pace

Email: [info@infanttoddlerspecialists](mailto:info@infanttoddlerspecialists)

Website: [www.infanttoddlerspecialists.com](http://www.infanttoddlerspecialists.com)

***Hei Pa Harakeke (First 1000 days) Services***

To strengthen our care delivery to pēpi and their whānau by working as a united team. Victory team support a stable attuned infant-parent relationship to prevent long term mental and physical health outcomes connected to chronic stress during the early years of life.

Focus is on providing targeted wrap around care for the pēpi and whānau. The group will identify actions and agree which service is best placed to accept the referral (if required) or best placed to take the next action. Referral will usually come from within the team members from cases they are actively already engaging with. The group will consider pathways for the infant to be managed, e.g. NGO, community programmes, primary care, intensive home visiting, etc.

Contact: Rebekah Osborn

Email: [Rebekah.Osborn@nbph.org.nz](mailto:Rebekah.Osborn@nbph.org.nz)

**INP MEDICAL**

Sexual And Reproductive Health Clinic.

Address: 18 Nile Street, Nelson

Phone: (03) 546 8155

Email: [info@inp.co.nz](mailto:info@inp.co.nz)

Website: [inp.co.nz](http://inp.co.nz)

## **LEGAL ASSISTANCE**

Nelson Bays Community Law Service is part of a nation-wide network of Community Law Centres that provide free legal information, advice, assistance and referrals. They are currently located at 63 Collingwood St. Phone number – (03) 548 1288.

There are also offices located in Golden Bay and Motueka.

<http://www.communitylaw.org.nz>

## **MARAE**

### **Whakatū Marae**

Whakatū Marae currently provides Whānau Ora services to whānau living within the Nelson Tasman region. Whānau Ora is a wrap-around support service working with whānau to identify their strengths to maintain and restore whānau wellbeing. Te Rōpū Taitama is an opportunity for young men to attend various activities and noho wānanga, to build on their individual strengths and self-awareness while connecting with te taiao.

The Emergency Housing Navigator works alongside whānau who have been referred from the Ministry of Social Development only. Supports are then put in place to help whānau navigate the next steps to future proofing their housing situations. NB: Referrals are only through MSD for housing. Please call 0800 559 009.

Address: 99 Atawhai Drive, Nelson

Phone: 03 546 9097 or 0800whaka2

Email: [admin@whakatumarae.co.nz](mailto:admin@whakatumarae.co.nz)

### **Te Awhina Marae**

Support, treatment, education and counselling service for mental health issues, alcohol and other drugs through the Maori kaupapa programme, including smoking cessation, fitness and mobility, and youth support

programme.

Address: 133 Pah St, Motueka

Phone: 03 528 6061

Email: info@tam.org.nz

## **MATERNITY SERVICES IN NELSON**

To find out what is available locally to support pregnant women:

[www.nmdhb.govt.nz](http://www.nmdhb.govt.nz) → when I need care → maternity.

### ***Nelson Hospital Maternity Unit***

You don't need a referral from your GP to book in with a LMC midwife.

Phone: 03 546 1437

### ***Lead Maternity Carers (LMC)***

Your LMC will monitor your and your baby's health during pregnancy, refer you for ultrasound scans, care for you during labour and birth and for the first 4-6 weeks after your baby is born.

[www.findyourmidwife.co.nz](http://www.findyourmidwife.co.nz)

### ***Breastfeeding Support:***

#### ***Plunket***

Plunket offers lactation support through Plunketline (0800 933 922) whether you are registered with Plunket or not. Clients can request a video consultation with a lactation consultant at a time that suits their whānau. These services are all free.

#### ***Te Piki Oranga***

Lactation Consultant: Debbie Kotua

Phone: 027 4144 044

Email: Debbie.kotua@tpo.org.nz

### ***La Leche League***

Offers breastfeeding support and information to Mothers/ partners/ whanau.  
Pop in when it suits you.

Address: 56 Oxford Street, Richmond (Richmond Plunket Rooms) on the last  
Wednesday of each month 0930 - 1130; check Facebook for updates.

Phone or text: Ruth; 027 2433 469

### ***BreastFedNZ App***

Free NZ made app includes evidence based information on  
breastfeeding; including cluster feeding, growth spurts, breastfeeding  
twins and premature babies.

### ***Mama Aroha App***

Free NZ based app with information on the importance of  
breastfeeding, skin to skin, supply and demand feeding, feeding cues,  
latching and positioning, hand expressing and milk storage.

## **MENTAL HEALTH**

### ***Compass Peer Support***

They provide peer support and advocacy to anyone who has mental health  
illness and addictions.

Phone: 0800212798

Email: [compass@healthaction.org.nz](mailto:compass@healthaction.org.nz)

### ***Kotuku***

Kotuku is a four bed crisis respite house for people experiencing mental  
health crisis or emotional distress. They can stay for up to one week instead  
of being hospitalized in a comfortable non-judgmental environment. Clients  
are supported to process their distress. It is managed through Health Action  
Trust- Te Mana Taki Hauora. Contact details for this organisation are below.

Address: 86 Selwyn Place, Nelson

Phone: 03 548 2798

### ***Health Improvement Practitioners (HIP) at your GP Practice***

Call your GP Practice to book in with a HIP; it is a free service. A HIP can see people of all ages. They work to improve your overall wellbeing including your social, spiritual and mental health concerns, anything you want to discuss.

### ***Gateway Housing Trust – Youth Services***

Gateway Housing Trust (GHT) recognises that older adolescents and young people have specific requirements which are different from adults, particularly in regards to their mental health. To best assist young people, GHT has developed both community and residential services which are staffed by trained, Youth Support Workers. These services are available to young people between the ages of 12 – 22 years (although exceptions can be made), who are experiencing difficulties as a result of mental illness. Referrals to these services are made through NMH Mental Health Services.

### ***Nelson Community Assessment Team (CAT)***

They offer assessment, intervention and ongoing treatment for people over the age of 18 with serious psychiatric disorder and/or severe emotional/behavioural problems of a psychological nature.

If you have concerns about a client that are not necessarily alarming enough to warrant contacting the CAT it is important to put together a “plan” in conjunction with the client so that they know how to access help reasonably quickly if they need it.

Phone: 0800 776 364 - press 2, available 24/7

### ***Nelson Marlborough Health – Infant, Child and Adolescent Mental Health Service (ICAMHS)***

MENTAL HEALTH & ADDICTIONS SERVICE

ICAMHS is a regional service for children and youth with serious mental health disorders, suspected psychiatric disorders or serious psychological disorders up to aged 18 years. Particular priority will be given to youth at risk



of suicide or attempted suicide.

The ICAMHS team works closely with community organisations and agencies, in particular Oranga Tamariki and the Specialist Education Services. They ask you to sign their consent form to let them share information so you can work with them and together make the best possible plan.

NELSON HOSPITAL, BRAEMAR CAMPUS

Phone: (03) 546 1230

After Hours Emergency phone: (03) 546 1800

### ***Nikau Hauora Hub***

Nikau Hauora Hub is a community wellbeing hub. At the hub you will find support from people who work in mental health and addictions, Māori health, peer support, employment support and more.

Address: 88 Selwyn Place, Nelson

Phone: 03 539 3760

Email: [nikau.house@nmdhb.govt.nz](mailto:nikau.house@nmdhb.govt.nz)

### ***Pathways Mental Health Services – Nelson/Marlborough***

Pathways Nelson Marlborough Housing Trust provides residential and community support services to young people and adults who experience significant difficulties as a result of mental illness. All referrals to Gateway Housing Trust services come through NMDHB Mental Health Services. Support is provided by teams of qualified and experienced Community and Residential Support Workers who work collaboratively with service users to help them identify and meet their chosen goals.

Phone(03) 922 7334

Email: [nelsonmarlborough@pathways.co.nz](mailto:nelsonmarlborough@pathways.co.nz)

Website: [pathways.co.nz](http://pathways.co.nz)

### ***Perinatal Support Nelson***

A free service that supports women experiencing post natal depression in a confidential caring environment. It offers individual support with trained Support Workers and qualified Counsellors; refers to other services and links

to therapeutic and social groups.

Address: 319 Hardy St, Nelson, New Zealand

Phone: (03) 548 3555

Email: [hello@perinatalsupportnelson.org.nz](mailto:hello@perinatalsupportnelson.org.nz)

PADA (Perinatal Anxiety and Depression Aoteroa) Championing perinatal wellbeing in our communities.

Website: [www.pada.nz](http://www.pada.nz)

### ***Youth Services***

Snapshot provides free one on one support for 11 - 17 year olds who are at risk of offending or reoffending, also siblings of offenders. It entails a brief intensive programme; usually 1 -2 supports weekly for approx 3 months.

Snapshot youth also provides youth Justice services including long and short term support. Referrals are through the Youth Justice team at Oranga Tamariki.

Nelson Office

Address: 1/203 Milton Street, The Wood, Nelson

Phone: 03 545 7100

Email: [admin@ght.co.nz](mailto:admin@ght.co.nz)

Motueka Office

Address: 24A Tudor Street, Motueka

Phone: 027 921 4074

### ***Suicide Crisis Helpline***

Provides a 24/7 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 whānau. This helpline is staffed by highly experienced helpline counsellors with training in suicide prevention and intervention.

Call: 0508 828 865

### ***Just a Thought***

Free online learning to support mental health. CBT (cognitive behavioral therapy) courses for low mood, anxiety, insomnia, stress and other mental health struggles.

Email: [hello@justathought.co.nz](mailto:hello@justathought.co.nz)

Website: [www.justathought.co.nz](http://www.justathought.co.nz)

## **MULTICULTURAL COUNCIL**

Nelson Multicultural Council is a non-government organisation which supports migrants, former refugees and people from minority ethnicities in the Nelson/Tasman region with their settlement process. It also promotes positive race relations through community education, ensuring people of all ethnicities feel empowered so that they can actively contribute to our community.

Address: 3/63 Collingwood Street, Nelson

Phone: 03 539 0030 or 0508 773 256

Email: [admin@multicultural.co.nz](mailto:admin@multicultural.co.nz)

## **NELSON BAYS PRIMARY HEALTH**

Providing and supporting primary health care services in the Nelson and Tasman Region.

Address: 281 Queen Street, Richmond.

Phone: (03) 539 1170 or 0800 731 317

Website: [www.nbph.org.nz](http://www.nbph.org.nz)

## NELSON REFUGEE SERVICES

### ***Red Cross Refugee Services***

Support the pathway to settlement and to employment for refugee whānau.

Phone: 03 545 5012

Address: 59 Parkers Road, Tahunanui, Nelson

Email: [nelson@redcross.org.nz](mailto:nelson@redcross.org.nz)

## PARENTING COURSES

### ***Barnados***

Incredible Years is a 14-week programme for parents and caregivers of tamariki aged 3–8 to grow their positive parenting skills.

Address: 186 Queen Street, Richmond

Phone: 03 539 0019

### ***Nelson District Parents Center***

Nelson District Parents Centre encourages and empowers local whānau with pregnancy, childbirth education, new parent classes, parenting workshops, and community events.

Email: [info@parentscentre.org.nz](mailto:info@parentscentre.org.nz) (general enquiries)

[admin@parentscentre.org.nz](mailto:admin@parentscentre.org.nz) (antenatal classes)

### ***Space for you and your baby (SPACE)***

Space supports Mama and pēpi throughout the first critical year. Weekly meetings with pēpi for 25-40 weeks to explore parenting and discussion topics include sleep, attachment and brain development, music, books and play experiences while getting to know the whanau in the group. Held at playcenters, contact your closest one.

## PREGNANCY LOSS AND GRIEF

### ***Dawnings Counselling Service***

Counselling – that sacred safe relationship where I can tell another human being what it is like to be me.

Areas of interest include grief and trauma around death and dying, birth trauma, life events, relationship issues, depression and anxiety, assertiveness and conflict resolution.

<https://www.dawnings.co.nz/>

### ***Buttons Project***

A way to remember, to grieve and to love. Buttons project is a New Zealand Charitable Trust CC51026.

Address: PO Box 616, Kumeu, Auckland 0841, New Zealand

Phone: 027 655 6325

Email: [marina@buttonproject.org](mailto:marina@buttonproject.org)

### ***Rachels Vineyard***

Offers counselling and weekend retreats (in Wellington and Rural Wairarapa) for anyone struggling with the emotional or spiritual pain of abortion.

Phone: 04 974 8693 or 027 254 9222

Website: <https://www.rachelsvineyard.org.nz/>

### ***Huggable Hearts***

Huggable Hearts is a family-run organisation who provide comfort to New Zealand families who are experiencing or who have experienced the loss of a baby. We make special, customised Hearts to the weight of precious angels gone too soon.

Website: <https://www.huggablehearts.co.nz/>

### ***Crisis Pregnancy Support***

Hapai Taumaha Hapūtanga/Crisis Pregnancy Support is a GP-based service in the Nelson/Tasman area and a health professional-based service in the wider Wellington region in Aotearoa, New Zealand. We offer free, confidential, emotional and practical care for women who find themselves unexpectedly pregnant or require support in their pregnancies. We also offer support for all pregnancy loss including abortion grief.

Phone: 0800 004 CPS(277) or (03) 548 1858

Website: <https://www.crisispregnancysupport.org.nz/>

## **TE PIKI ORANGA – MAORI HEALTH SERVICE PROVIDER**

Established to deliver Whānau Ora framework for Te Tau Ihu or Top of the South. This service works with vulnerable Māori communities and populations with high unmet needs. The service includes community health navigators, social workers and community nurses who ensure that Māori patients have improved access to health care services. Services Include: Well child Tamariki Ora Services, Stop Smoking services, Lactation consultancy, Driving Programs, AOD specialist services, and CAMHS services.

Richmond (Head Office)

Address: 281 Queen Street, Richmond

Phone: 03 543 7016

Nelson Hub

Address: 17 Bishopdale Ave, Nelson

Phone: 03 546 9099

Email: [admin.whakatu@tpo.org.nz](mailto:admin.whakatu@tpo.org.nz)

Motueka Hub

Address: 117 Pah Street, Motueka

Phone: 03 528 1155

Email: [admin@motueka@tpo.org.nz](mailto:admin@motueka@tpo.org.nz)

## **TE WHATU ORA - NELSON MARLBOROUGH (NELSON HOSPITAL)**

View website for :

- After hours and Emergency
- A–Z Health Services ( M for Maternity services )
- Patient and Visitor Info
- Hospital and Maps
- Parking and Visiting hours
- Family Doctors and Pharmacies

Address: Main entrance and parking is from Tipahi Street

Phone: (03) 546 1800

Website: <https://www.nmdhb.govt.nz/>

# NOTES





**Hapai Taumaha Hapūtanga**  
**Crisis Pregnancy Support**  
**Māmā Me Pēpi Oranga**  
**Maternal and Infant Wellbeing**

[www.crisispregnancysupport.org.nz](http://www.crisispregnancysupport.org.nz)

## SPONSORED BY



For suggestions and updates  
please email  
[cps.stlukes@gmail.com](mailto:cps.stlukes@gmail.com)

**Hapai Taumaha Hapūtanga**  
**Crisis Pregnancy Support**  
**Māmā Me Pēpi Oranga**  
**Maternal and Infant Wellbeing**

C/- St Luke's Health Centre  
105-107 Waimea Rd  
Nelson 7011

Freephone: 0800 004 CPS (277)

[www.crisispregnancysupport.org.nz](http://www.crisispregnancysupport.org.nz)