



Community Resources Booklet

Lower Hutt/Wellington

0800 004 CPS (277)

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

[lowerhutt@crisispregnancysupport.org.nz](mailto:lowerhutt@crisispregnancysupport.org.nz)

This resource booklet is a collation of services and agencies that support women who are pregnant or new families. Health professionals who responded to our survey indicated that this type of resource would be helpful. It is by no means a complete guide and suggestions and updates can be emailed us.

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.

[lowerhutt@crisispregnancysupport.org.nz](mailto:lowerhutt@crisispregnancysupport.org.nz).

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

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# HAPAI TAUMAHA HAPŪTANGA/CRISIS PREGNANCY SUPPORT

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Hapai Taumaha Hapūtanga – Crisis Pregnancy Support is an organisation based in Wellington and Lower Hutt. We offer a health professional-led non-judgmental support service, offering emotional and practical help to women free of charge. We are committed to support any women in the region who requires extra support in their pregnancy to 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 whanau 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 understands the stress an unexpected or crisis pregnancy can bring and realise this can be a very overwhelming time. We take the time to go through the different options available and our hope is to reduce isolation, build women’s self-confidence and resilience and enable them to create safer environments for them and their family.

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 vetted and police checked.

Appointments are available Monday to Friday through 0800 004 CPS (277). Crisis Pregnancy Support liaises with health professionals and support agencies in the Lower Hutt and Wellington Region and the community to work towards best health outcomes for our clients and whanau.

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## PARENTING AND FAMILY SUPPORT

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### **Birthright**

Birthright offers a range of social services for the children and parents of families led by one person. The support is confidential, non-judgmental, friendly and in most cases free of charge. Services include social work support and counselling, parent education programmes, budgeting advice and more. Also provides free baby clothes and equipment.


#### **Locations:**

101 Copeland St, Eponi, Lower Hutt

☎ 04 567 7123

89B Thorndon Quay, Wellington


☎ 04 499 0055

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

### **Brainwave Trust Aotearoa**

Brainwave is a charitable trust which helps parents and whanau understand what children need for the best start in life. They provide practical advice and courses about what really matters in the early years and support parents and whanau to make positive choices for their tamariki.

☎ 09 528 3981

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

## **Family Works**

Trust which provides a range of social services for children, young people, parents and families including parent education programme, disputes resolution, Good Fathers Parenting Programme, and counselling. Works from Upper Hutt, but can do counselling via zoom/phone, home visits or pick-up and drop-offs in Wellington.

**Referral** – self-referral

☎ 04 5284164

✉ familyworks-upperhutt@psc.org.nz

**Location:** 4 Exchange Street, Ebdentown, Upper Hutt

🌐 [www.familyworks.org.nz](http://www.familyworks.org.nz)

## **Nāku Ēnei Tamariki (NET)**

Nāku Ēnei Tamariki Inc. is a proactive intensive early intervention home visiting support service for young parents and their pepe. NET operates three cultural units – Māori, Pacific Island and Pākehā.

See under the section **Māori health/support** for more details.

## **The Little Miracles Trust**

The Little Miracles Trust (prev. The neonatal Trust) provides support to the families of premature or sick full-term babies as they make their journey through neonatal care, the transition home and onwards.

**Referral** – self-referral

☎ 04 806 0790

✉ [info@littlemiraclestrust.org.nz](mailto:info@littlemiraclestrust.org.nz)

🌐 [www.littlemiraclestrust.org.nz](http://www.littlemiraclestrust.org.nz)

## **Mothers Network Wellington Inc**

Run by mums, for mums. Offers free support and connect women facing the changes and challenges of being a mum through discussion groups. Also consider the impact motherhood has on other aspects of life, including relationships, career and sense of wellbeing. Also has single mothers' groups.

Referral – self-referral online

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

## **Multiples NZ**

Offers support for parents of multiples. Holds regular coffee mornings, weekly playgroup, educational evening meetings and social events. Shares clothing and hires equipment and has a library.

Referral – self-referral online

**Locations:** Hutt Valley and Wellington

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

## **Nāku Ēnei Tamariki (NET)**

Support for mothers and their pepe. Provide an intensive home visiting program for pregnant women, mothers and their whanau that includes parenting skills, referrals to counselling or social work services, access to other specialist and GP services. Can help with budgeting, food bank, housing, WINZ and Inland Revenue. Provides information and education on a range of health, family and life skills.

See under the section **Māori health/support** for more details.

## **Parenting Place (Space)**

Charity that runs various parenting courses (*Space* for the first critical year together, meeting weekly and exploring parenting, sleep, attachment and brain development. *Building Awesome Whānau* for whānau raising children aged 0-12 and *Toolbox* for parents raising pre-school, middle years, or teens.


**Referral** – self-referral online

**Locations:** Various places in Wellington and Hutt Valley

 [www.parentingplace.nz](http://www.parentingplace.nz)

## **Parent Help**

Helping parents build resilient and positive whānau through a free parenting Helpline, affordable parenting courses and counselling services.

 0800 568 856

 Mon – Sun 9am-9pm


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

## **Parent to Parent – Lower Hutt**

Offers support for parents of special needs children and children with illnesses and medical conditions. Links parents with other trained support parents who have a child with the same condition. Can also be contacted for advice about a specific condition/disability and provide contact with a family who is raising a child with that condition. Supports from pregnancy into adulthood.


**Referral** – health professional or self-referral

 027 808 3947 (Sue Trueman, Wellington coordinator)

 [www.parent2parent.org.nz](http://www.parent2parent.org.nz)

## **Pepe Ora**

Useful website with information about resources related to wellbeing in pregnancy, childbirth and postpartum including counselling, family support, finding a midwife etc.

 [www.wellington.pepeora.nz](http://www.wellington.pepeora.nz)



### **Supergrans Charitable Trust**

Aim to help families and individuals make the best of what they have by learning new and improving existing everyday life skills. The mentors draw on experience from their careers, household management, raising a family, and other practical skills including budgeting. Can visit new mums at home.

**Referral** - health professional or self-referral

☎ 04 566 9778 or 021 074 3206

✉ [chris.martin@supergran.org.nz](mailto:chris.martin@supergran.org.nz)

🌐 [www.supergran.org.nz](http://www.supergran.org.nz)

### **Women's Centre Lower Hutt**

The Lower Hutt Women's Centre acts as a community resource centre for Women, Teenage Girls and Children, working towards and with, education, empowerment, the promotion of mental health, healing and recovery for all women and families in the community. Also offers social work and counselling.

**Referral** – self-referral

☎ 04 920 1009

🌐 [www.lhwc.org.nz](http://www.lhwc.org.nz)

### **Women's Centre Upper Hutt – Te Whakamana Wahine**

Provides a central meeting place, open to all women and their children, to obtain information, education and support. The aim is to promote self-esteem, empowerment and creativity and to raise awareness of the issues affecting women e.g. violence, rape, sexual abuse and health. Also offers general counselling.

**Referral** – self-referral

☎ 04 527 0017

🕒 Mon – Fri 9-2pm

🌐 [www.uhwc.co.nz](http://www.uhwc.co.nz)

## **Women of Worth**

Women of Worth helps women understand their inherent worth and identify their strengths. Different programs offer and integrate experiential and structured learning experience which includes; practical tools and strategies for the day to day living and parenting.

☎ 027 766 2111

**Location:** 27 Kings Cres, Lower Hutt

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

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## RESOURCES/DONATIONS

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### **Bellyful**

Provides practical support in the form of cooked meals for families in Hutt Valley and Wellington with new baby (usually under 3 months) who don't have that support otherwise. Also provide for families with unwell children who have minimal supports

**Referral** - online self-referral

☎ 0508 2355938

🌐 [www.bellyful.org.nz](http://www.bellyful.org.nz)

### **Pregnancy Assistance of Program of St Vincent de Paul**

Provide free clothing and bedding for mothers and their babies.

**Referral** – self-referral

☎ 04 389 7122

🕒 Mon – Thu 10am - 12pm, 1pm - 3pm

**Location:** Level 1, 207 Riddiford Street, Newtown, Wellington

🌐 [www.vinnies-wellington.org.nz](http://www.vinnies-wellington.org.nz)

### **Pro Love**

Pro Love is committed to helping pregnant mums, dads and caregivers with young babies and toddlers that need support. Provide baby love boxes.

☎ 021 151 1505

🌐 [www.prolove.co.nz](http://www.prolove.co.nz)

## **The Nest Collective**

Works alongside social workers and other community partners to provide free packs of baby essentials for whānau in need. Give packs of new, pre-loved, handcrafted and repurposed essentials including clothing, toys, nappies, bedding, books and more.

Packs can be requested directly by filling out google drive form (contact [lowerhutt@crisispregnancysupport.org.nz](mailto:lowerhutt@crisispregnancysupport.org.nz) for assistance)



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

## **See also these organisations:**

**Birthright** (under the section *Parenting and Family support*)

**Pregnancy Help** (under the section *Counselling*)

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# MĀORI HEALTH/SUPPORT

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## **Kahungunu Whānau Services**

Māori organisation providing housing solutions & social support services across the wider Wellington region.

☎ 0800 294 462

🕒 9:30am - 3:00pm

🌐 [www.nkkp.org.nz](http://www.nkkp.org.nz)

## **Nāku Ēnei Tamariki (NET)**

Nāku Ēnei Tamariki Inc. is a proactive intensive early intervention home visiting support service for young parents and their pepe. NET operates three cultural units – Māori, Pacific Island and Pākehā.

### **Programs include:**

*Nurture, Enjoy, Teach- Early Intervention* (free home visiting programme for whānau who are either expecting a pepi or have a pepi less than 12 months of age.)

*Family Start* (free home visiting service for whānau who have vulnerabilities and are either expecting a pepi or have a young pepi under 12 months of age.)

*Haakuitanga Haakorotanga Parenting Programme* (An eight-week Māori parenting programme that gives parents an understanding of and learning in effective parenting skills.)

*Puawai Mama - Support Group* (Actively supporting young mothers with new babies to improve the long-term health, social and education outcomes for their whānau.)

**Referral** – online or via phone from health professional

☎ see website for various phone numbers

🌐 [www.takirimai.org.nz/NakuEneiTamarikiInc\(NET\)MaoriSection](http://www.takirimai.org.nz/NakuEneiTamarikiInc(NET)MaoriSection)

## **Tākiri Mai Te Ata/Whanau Ora collective**

The providers in the collective include: Kōkiri Marae Keriana Olsen Trust; Kōkiri Marae Māori Womens Refuge; Mana Wāhine; Nāku Ēnei Tamariki; Tū Kōtahi Māori Asthma Trust; Wainuiomata Marae; and Whai Oranga o te Iwi Health & Dental Centre, who work together collectively to realise the aspirations of Whānau Ora. a collective of seven health, education, justice and social service providers, in the Wellington, Porirua and the Hutt Valley regions.

☎ 0508 565474

✉ takirimaiteata@kokiri-hauora.org.nz

🌐 [www.takirimai.org.nz](http://www.takirimai.org.nz)

See online for referrals and their many services including NET.

## **Te PaePae Arahi**

Supports whanau with mental health and/or addiction needs. Team includes support workers, counselors, nurses, Kaumatua and addiction clinicians to help whanau increase their wellness and succeed in achieving their goals. For all ethnicities

**Referral** – self-referral

☎ 022 159 7314 or 04 920 0696

**Location:** 330 High Street, Lower Hutt

🌐 [www.tepaepae.co.nz](http://www.tepaepae.co.nz)

## **Te Whanau o Te maungarongo Community Services**

Service provides programmes and counseling for victims of family violence (adults and children), Group and individual programmes for violent offenders, men's and women's support groups youth violence prevention programmes and counseling for loss/grief and addictions. For all ethnicities. Lower Hutt and Wellington region.

**Referral** – self-referral

☎ 04 586 6023 or 0800 351 924

☎ after hours 027 586 6023

🌐 [www.nnsvs.org.nz](http://www.nnsvs.org.nz)

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## COUNSELLING

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### **Greenstone Doors**

Greenstone Doors provides a positive experience for people in all matters with pregnancy, including counseling, natural fertility, care after pregnancy, an aunties system to support pregnant mothers, early childhood playgroups and specialized counseling for pregnancy loss post miscarriage or termination so that families are actively supported into a future with hope. Also offers support programmes for men.

**Referral** – health professional or self-referral

☎ 04 566 5037 or 022 0395788

✉ office@greenstonedoors.co.nz

🕒 Mon – Fri 9:30am – 4pm

### **Locations:**

15 Dudley Street, Lower Hutt

1285 Fergusson Drive, Brown Owl, Upper Hutt

🌐 [www.greenstonedoors.co.nz](http://www.greenstonedoors.co.nz)

### **CCS Disability Action**

Provides support and strengthens communities so people with disabilities are included in the life of the family and in their community.

**Referral** – self-referral

☎ 0800 227 2255 or 04 5678910

✉ Wellington.admin@ccsdisabilityaction.org.nz

🌐 [www.ccsdisabilityaction.org.nz](http://www.ccsdisabilityaction.org.nz)



## **Family Planning**

Provides a range of services including sexual and reproductive health information, clinical services, education and training and research. Free for under 22 years old.

**Referral** – self-referral

☎ 04 569 5025

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

Clinics in Wellington and Lower Hutt. See website for opening hours.

## **Pregnancy Counselling Services**

An independent, charitable trust whose caring, well trained volunteers offer a 24/7 telephone counselling service for anyone with a pregnancy or abortion related issue. Also offers Facebook chat or face to face meetings.

**Referral** – self-referral

☎ 0800 773 462 or 0221 23 8413 *Wellington coordinator Marion Gibson*

 [www.pregnancycounselling-nz.org](http://www.pregnancycounselling-nz.org)

## **Pregnancy Help**

Pregnancy Help gives information and advice and supports the well-being of pregnant and recently pregnant women, new mothers and their families/whanau. Assist by providing essential clothing and equipment for the baby.

**Referral** – self-referral

☎ 04 232 5740

### **Locations:**

139B Main Road, Tawa (Tuesday + Wednesday)

774 High St, Avalon, Lower Hutt (1st and 3rd Thursday of every month)

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

## **Wellington Women’s Health Collective**

Offers listening support and referral for any aspect of physical, mental or emotional health and wellbeing. There is a small counselling service for women on low income. All services are free.

**Referral** – self-referral

☎ 04 384 7709

✉ support@wwhc.org.nz

🕒 Monday – Friday 10am – 3pm

🌐 [www.wwhc.org.nz](http://www.wwhc.org.nz)

### **See also these organisations:**

**Women’s Centre Lower Hutt** (under the section *Parenting and Family support*)

**Women’s Centre Upper Hutt – Te Whakamana Wahine** (under the section *Parenting and Family support*)

**Parent Help** (under the section *Parenting and Family support*)

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# SUPPORT FOR YOUNG PEOPLE

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## **House of Grace**

Provides a loving supportive home environment where pregnant teenagers can prepare for childbirth, raise healthy newborn babies, and parent with confidence. The women develop life skills such as budgeting, cooking, and developing daily home routine; learn parental skills to nurture a newborn; and continue school education in person or via correspondence.

☎ 0800-920-5667

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

## **Vibe**

Vibe is a Youth One Stop Shop, providing a range of primary health and social support services for people aged 10-24 years. Provides Free health support and education services with and for young people (10-24 years old). Has doctor and nurse-led clinics, social support, educational services, childbirth courses and a youth transition service.

**Referral** – health professional or self-referral

☎ 04 566 02525 (Lower Hutt)

☎ 04 528 6261 (Upper Hutt)

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

## **Youthline**

Youthline offers a free Helpline service, free face-to-face counselling services, youth mentoring, programmes in schools and communities to help people grow and develop.

☎ 0800 376 633

 24/7

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

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# FATHERS

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## **Great Fathers**

Becoming a father can trigger an awakening. It has the potential to change the way a man looks the world and at their own life. We believe that a well-supported, engaged father can break dysfunctional family patterns and become the father their child needs them to be. Sends resources out to fathers. (Does not offer counselling or other support).


**Referral** – self-referral online or below

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

## **Kidz need Dadz**

Kidz Need Dadz' mission is to help New Zealand men be the best fathers they can be. Through education and support we help dads to play an active part in their children's lives. Kidz Need Dadz organise a range of dad-focussed activities and events to help strengthen father-child relationships and provide opportunities to meet other dads. Offer group meetings or 1:1.

**Referral** – health professional or self-referral

 0508 2255 323 or Helpline 0800 563 123

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

**Locations:** Raumati, Petone and Johnsonville

**See also this organisation:**

**Greenstone Doors** (under the section *Counselling*)

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## DOMESTIC VIOLENCE/CRISIS HELP

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### **Hutt Valley Women's Refuge**

Support families experiencing violence in the Hutt Valley region. Violence can include mind games, stalking, sexual and physical abuse.

**Referral** – health professional or self-referral

☎ 0800 733 843 (Crisis Line) or 04 569 1040

🕒 24/7

**Location:** 32 Pretoria Street, Hutt Central, Lower Hutt

🌐 [www.huttwomen.org.nz](http://www.huttwomen.org.nz)

### **Kokiri Marae Māori Women's Refuge**

Māori for Māori support for wahine and tamariki living in and having been affected by whānau violence and/or abuse. Provides 24hour crisis line, safe house accommodation, living without violence programmes and counselling services for wahine and their tamariki.

**Referral** – health professional or self-referral

☎ 04 566 5025

🕒 24/7

**Location:** 57 Oxford Terrace, Epuni, Lower Hutt

🌐 [www.takirimai.org.nz/K%C5%8DkiriMaraeM%C4%81oriWomensRefuge](http://www.takirimai.org.nz/K%C5%8DkiriMaraeM%C4%81oriWomensRefuge)

## **Oranga Tamariki**

Oranga Tamariki (Ministry for Children) is a government department in New Zealand responsible for the well-being of children, specifically children at risk of harm, youth offenders and children of the State.

If you suspect child abuse or neglect or are worried about a child or young person call the freephone number and talk to a social worker. If you think a child is in immediate danger phone the Police on 111.

☎ 0508 326 459

🕒 24/7

🌐 [www.orangatamariki.govt.nz](http://www.orangatamariki.govt.nz)

## **Samaritans**

Samaritans operates a crisis help line. Their volunteers offer non-judgemental, confidential support to anyone who is experiencing loneliness, depression, despair, distress or suicidal feelings.

☎ 0800 726 666

🕒 24/7

🌐 [www.samaritans.org.nz](http://www.samaritans.org.nz)

## **Te Whare Rokiroki Māori Women's Refuge**

Confidential support for Māori women experiencing domestic violence. Provides support, advocacy, information, counselling, social work, programmes and safe house accommodation.

**Referral** – health professional or self-referral

☎ 04 80153843 or Crisis Line 0800 733 8430

🕒 24/7

🌐 [www.wellingtonwomensrefuge.co.nz/maori-womens-refuge](http://www.wellingtonwomensrefuge.co.nz/maori-womens-refuge)

**Location:** 44 Wigan Street, Wellington

## **Victim Support**

Victim Support provides a free, nationwide support service for people affected by crime, trauma, and suicide in New Zealand. They help their clients to find safety, healing, and justice after crime and other traumatic events.

**Referral** – self-referral

☎ 0800 842 846

🕒 24/7

🌐 [www.victimsupport.org.nz](http://www.victimsupport.org.nz)

## **Wellington Women’s Refuge**

Confidential support for women of all ethnicities apart from Māori experiencing domestic violence. Provides support, advocacy, information, counselling, social work, programmes and safe house accommodation. Also visit and work with women who do not need to come into the “safe house” itself.

☎ 04 80153843 or Crisis Line 0800 733 8430

🕒 24/7

**Location:** 44 Wigan Street, Wellington

🌐 [www.wellingtonwomensrefuge.co.nz](http://www.wellingtonwomensrefuge.co.nz)

**See also this organisation:**

**Te Whanau o Te maungarongo Community Services** (under the section *Māori health/support*)

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# MENTAL HEALTH

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## **Crisis Resolution Service (CRS)**

Wellington and Hutt Valley acute Mental Health Service. If you are worried about safety for a mental health crisis (call police if obvious self-harm). Provide assessment and short-term treatment services. (Previously known as CATT team)

**Referral** – through Te Haika

☎ 0800 745 477

🕒 24/7

🌐 [www.mhaid.health.nz](http://www.mhaid.health.nz)

## **Little Shadow**

Little Shadow connects those experiencing perinatal distress to counselling, support and information. Offers subsidised counselling support and a free parenting support group.

**Referral** – self-referral

🌐 [www.littleshadow.org.nz](http://www.littleshadow.org.nz)

## **Mental Health and Addiction Services**

Community based services for people in Wellington, Porirua, Kāpiti, the Hutt Valley and the Wairarapa who are between 18 – 65 years old and who are experiencing moderate to severe mental Health and/or addictions.

**Referral** – health professional or self-referral through Te Haika

☎ 0800 745 477

✉ [TeHaika@MHAIDS.health.nz](mailto:TeHaika@MHAIDS.health.nz)

🕒 12 am – 12 am



## **Mothers Helpers**

Information on adjusting to Motherhood. Postnatal depression support, provide courses for PND, recovery course, resources and Facebook support group. Also have family resources, parenting, relationship and counselling available (at cost).

**Referral** – self-referral online

## **Perinatal Anxiety & Depression Aotearoa**

To improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood.

### **Services:**

*Specialist Maternal Mental Health Service, CCDHB*

This service is for women who are pregnant or have a baby under one year old (at the time of referral) who are experiencing moderate to severe mental health issues.

**Referral** – through Te Haika

☎ 0800 745 477

🕒 24/7

🌐 [www.pada.nz](http://www.pada.nz)

🌐 [www.mothershelpers.co.nz](http://www.mothershelpers.co.nz)

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# ADDICTIONS

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## **Asian Family Services**

Asian Helpline provides nationwide free services. The helpline is available in eight languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi and English. The service helps Asian people who are experiencing gambling harm or COVID-19 related mental distress access appropriate counselling support

**Referral:** self-referral

☎ 0800 862 342 or text 832

🕒 Mon – Fri 9 am – 8 pm

🌐 [www.asianfamilyservices.nz](http://www.asianfamilyservices.nz)

## **Atareira**

A range of support and information services for families and whanau of people with experience of mental illness and/or addictions. Also, Easy Access housing for tangata whaiora at risk of homelessness.

**Referral:** health professional or self-referral

☎ 04 499 1049

### **Locations:**

Unit 5 - 28 Bridges St, Melling, Lower Hutt

BNZ Centre, Level 6, 14 Hartham Place, Porirua

Anvil House, Level 4, 138 Wakefield St, Wellington (Housing Service)

🌐 [www.atareira.org.nz](http://www.atareira.org.nz)

## **Community Alcohol and other Drug Services (CADS)**

The Addictions Service provides assessment and treatment for people with substance dependence and a co-existing mental health and/or serious physical health problems. Within the broader alcohol and drug services for Wellington, CADS has the responsibility of caring for those people with more severe disorders.

**Referral** - health professional through Te Haika (Mental Health Contact Centre)

☎ 0800 745 477

✉ TeHaika@MHAIDS.health.nz

🕒 12 am – 12 am

🌐 [www.mhaid.health.nz](http://www.mhaid.health.nz)

## **Gambling Helpline Aotearoa**

Qualified counsellors provide free, professional and confidential gambling counselling services for both gamblers and others affected by gambling.

**Referral** – self-referral

☎ 0800 654 655 (Crisis Hotline) or anonymous text – 8006

🕒 24/7

🌐 [www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)

*Also, through [gamblinghelpline.co.nz](http://gamblinghelpline.co.nz) are the following helplines (varying hours):*


## **Māori Gambling Helpline**

☎ 0800 654 656


## **Vai Lelei Pasifika Gambling Helpline**

☎ 0800 654 657

## **Youth Gambling Helpline “In Ya Face”**

 0800 654 659


## **Gambling Debt Helpline**

 0800 654 658


## **Mental Health and Addiction Services**

Community based services for people in Wellington, Porirua, Kāpiti, the Hutt Valley and the Wairarapa who are between 18 – 65 years old and who are experiencing moderate to severe mental Health and/or addictions.

**Referral** – health professional or self-referral through Te Haika

 0800 745 477


 TeHaika@MHAIDS.health.nz

 12 am – 12 am

## **Takiri Mai te Ata (TMTA) Regional Stop Smoking Service**

A comprehensive free smoking cessation programme to help and support Whanau to quit smoking. This service operates across Wellington, Wairarapa, Hutt Valley, Porirua and Kapiti and is available for all populations with a priority for Māori, Pacific, Hapū mama and whānau with mental health issues.

**Referral** – health professional or self-referral

 0800 926 257

 24/7

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

## **Quitline**

Free advice and non-judgemental support to quit smoking. Through Quitline subsidized nicotine patches, gum or lozenges are available

**Referral** – health professional or self-referral

☎ 0800 778 778

🕒 24/7

🌐 [www.quit.org.nz](http://www.quit.org.nz)

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## **PREGNANCY COMPLICATIONS**

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### **Early Pregnancy Assessment Clinic HVDHB**

Women experiencing pain and/or bleeding under 13/40 can be referred to the EPAC in MAU for assessment in a planned acute manner. Please discuss with the O&G team on call via the operator and then fax referral to MAU.

**Referral** – Discuss referral with O&G team on call via operator. Referrals are to be faxed.

☎ 04 587 2809 Fax: 04 570 9220

🕒 Mon – Fri 8am – 4:30pm

### **Women's Clinics - Acute Assessment Wellington Hospital**

Acute assessment for obstetric and gynaecological conditions.

**Referral** – Discuss referral with O&G team on call via operator.

☎ 04 385 5999 (switchboard)

🕒 24/7

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# HELPLINES

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## **Healthline**

Free telephone advice line supported by the Ministry of Health and St John. Manned by registered nurses.

**Referral** – self-referral

☎ 0800 611 116

🕒 24/7

🌐 [www.health.govt.nz](http://www.health.govt.nz)

## **Lifeline**

Free phone counselling offering a safe, effective and confidential service to support emotional and mental well-being.

**Referral** – self-referral

☎ 0800 543354

🕒 24/7

🌐 [www.lifeline.org.nz](http://www.lifeline.org.nz)

## **National Poisons Centre**

Answers enquiries both from health professionals and from the general public concerning acute poisoning and the toxic effects of chemicals, which may be encountered in emergencies of any sort.

**Referral** – self-referral

☎ 0800 764766


🕒 24/7

🌐 [www.poisons.co.nz](http://www.poisons.co.nz)


## **Plunket line**

Phone support service staffed by specially trained Plunket nurses is available to respond to caregivers' concerns on child health and parenting.

**Referral** – self-referral

 0800 933 922

 24/7

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

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## SOCIAL WORK

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### **Catholic Social Services**

Social work offered to all people regardless of circumstances, beliefs or race. Grief and loss support related to death, abortion and relationship issues. General community and social work support to families/ whanau in need.

**Referral** – self-referral

☎ 04 385 8642



Monday – Friday 8am – 5pm



[www.wn-catholicsocialservices.org.nz](http://www.wn-catholicsocialservices.org.nz)

### **CCDHB Social Work**

Social workers work in many services across our DHB and provide support both in hospital and in the community across the CCDHB region.

**Referral** – health professional

☎ 04 806 2373

Fill out online booking form and send via email



[www.ccdhb.org.nz/our-services/a-to-z-of-our-services/allied-health/social-work](http://www.ccdhb.org.nz/our-services/a-to-z-of-our-services/allied-health/social-work)



## **HVDHB Social Work Department**

Provision of counselling /support to women to assist with pregnancy or birth and health related issues.

**Referral** – health professional or self-referral

☎ 04 570 9620 (Pauline Emmens, Social Work Administrator)



Mon - Fri 8am - 4pm



[www.huttmaternity.org.nz/resources/hutt-hospital-services/#:~:text=Social%20Worker,Phone%20\(04\)%20570%209620](http://www.huttmaternity.org.nz/resources/hutt-hospital-services/#:~:text=Social%20Worker,Phone%20(04)%20570%209620)

## **Strengthening Families**

Strengthening Families is an Oranga Tamariki-funded service that helps various agencies collaborate to ensure families receive wrap-around care. The person the whānau could be a budget advisor, social worker, medical specialist, counsellor, teacher or other support worker.

**Referral** – through support agencies

☎ 04 918 9281

🕒 Mon – Fri 8:30am – 5pm

🌐 [www.strengtheningfamilies.govt.nz](http://www.strengtheningfamilies.govt.nz)

**See also these organisations:**

**Birthright** (under the section *Parenting and Family support*)

**Women's Centre Lower Hutt** (under the section *Parenting and Family support*)

**Kahungunu Whānau Services** (under the section *Māori health/support*)

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# ADOPTION

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## **Oranga Tamariki**

Information and counselling services in relation to all areas of adoption including: the adoption Information Act (1985) decision making, counselling for pregnant women and their families, working with prospective adoptive applicants post adoption follow up and inter-country adoption.

**Referral** – health professional or self-referral

☎ 0508 326459



Monday to Friday 8.30am – 5pm



[www.orangatamariki.govt.nz/adoption/adopting-in-nz](http://www.orangatamariki.govt.nz/adoption/adopting-in-nz)

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## BUDGETING AND LEGAL ADVICE

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### **CAP (Christians against poverty)**

Offers free debt counselling. Non-judgemental advice. Also offers a free money course.

**Referral** – self-referral

☎ 0508 227 111

🕒 Monday – Friday 9am – 5pm

🌐 [www.capnz.org](http://www.capnz.org)

### **Hutt Valley Community Law Centre**

Free one-on-one legal help. Aims to meet unmet legal needs in the Wellington and Hutt Valley area. Advice about ACC, family law, health & disability, jobs, benefits, flats, immigration and refugee law and much more

**Referral** – health professional or self-referral

☎ 04 499 2928

🌐 [www.communitylaw.org.nz/centre/wellington-hutt-valley](http://www.communitylaw.org.nz/centre/wellington-hutt-valley)

### **Money Talks**

Provides links to local budgeting services and is dedicated to the development of budgeting skills through free, supportive, confidential and culturally aware services. Free budgeting advice for anyone needing help in managing their personal or family finances (not for businesses).

**Referral** – self-referral

☎ 0800 345 123

✉ [help@moneytalks.co.nz](mailto:help@moneytalks.co.nz)

🕒 Monday – Friday 8am – 4:30pm

🌐 [www.moneytalks.co.nz](http://www.moneytalks.co.nz)

## **Paid Parental Leave**

Details available from the Department of Employment and Labour.

**Referral** – self-referral



[www.employment.govt.nz/leave-and-holidays/parental-leave/eligibility/eligibility-table/](http://www.employment.govt.nz/leave-and-holidays/parental-leave/eligibility/eligibility-table/)




[www.ird.govt.nz/paid-parental-leave](http://www.ird.govt.nz/paid-parental-leave)

## **Working for Families – Work and Income NZ**

Working for Families is a package that is designed to make it easier to work and raise a family.

**Referral** – self-referral

 0800 227 773



Monday to Friday 8am - 6pm, Saturday 9am – 1pm



[www.ird.govt.nz/topics/working-for-families](http://www.ird.govt.nz/topics/working-for-families)

**See also this organisation:**

**Supergrans Charitable Trust** (under the section *Parenting and Family support*)

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# INTERPRETERS

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## **Connecting Now**

Qualified language practitioners offering translation over the phone.

☎ +61 3 9964 7499

🕒 24/7

🌐 [www.connectingnow.com.au](http://www.connectingnow.com.au)

## **Interpreting New Zealand**

Provide professional community interpreters. Costs involved.

☎ 0508 468 377

🕒 24/7

🌐 [www.interpret.org.nz](http://www.interpret.org.nz)