



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

Helpful Resources 2026



Hapai Hapūtanga

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

Hapai Hapūtanga – 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, 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

Helpful Resources

2026

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



Hapai Hapūtanga

Pregnancy Support

Māmā Me Pēpi Oranga

Maternal and Infant Wellbeing

CONTENTS

Pregnancy Support/Maternal and Infant Mental Wellbeing	1
Accommodation In Nelson	3
Adoption	5
AOD – Alcohol And Other Drugs	6
Baby Clothes And Equipment.....	9
Benefit Assistance	9
Budget Assistance	10
Child Protection.....	10
Counselling.....	11
Education	14
Employment.....	15
Family Support Services	15
Family Violence	22
Food	23
Infant Mental Health.....	25
INP Medical	26
Legal Assistance	27
Māori Health Services	27
Marae.....	28
Maternity Services In Nelson	29
Mental Health	31
Multicultural Nelson Tasman	35
Nelson Bays Primary Health.....	35
Nelson Refugee Services	35
Pasifika Services	35
Parenting Courses	36
Pregnancy Loss and Grief.....	37
Te Whatu Ora – Nelson Marlborough (Nelson Hospital).....	38



Hapai Hapūtanga

Pregnancy Support

Māmā Me Pēpi Oranga

Maternal and Infant Wellbeing

A Free GP Based Service

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

for the region - Hapai Hapūtanga/Pregnancy Support

– Māmā Me Pēpi Oranga/Maternal and Infant Mental Wellbeing

WWW.CRISISPREGNANCYSUPPORT.ORG.NZ

Hapai Hapūtanga – 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 wāhine in the region who requires extra support in her pregnancy, have access to reliable, sustainable care. Supportive care is available for grief related to pregnancy loss, stillbirth, miscarriage and abortion.

Our team is made up of health professionals who provide free consultations to wāhine 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 understands 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.

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

Hapai Hapūtanga - Pregnancy Support, also has some volunteers who are navigators and available to support wāhine through a variety of means such as general support, mentoring, transportation and visiting. All our volunteers have been thoroughly vetted and police-checked.

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

MĀMĀ ME PĒPI ORANGA – MATERNAL AND INFANT WELLBEING

Supports responsive, attuned and reflective relationship development

PēpiChat is a short intervention aimed at supporting antenatal bonding between parents and the unborn pēpi. There is an unspoken expectation that parents will instantly fall in love with their baby as soon as they are born, but in reality we know that for various reasons this is not always the case.

In 2026 we will be launching a pilot program of PēpiChat, a single session group intervention adapted from the UK program “BabyChat”. This program focuses on supporting prospective parents with “parent reflective functioning” or “parental mentalisation”, the ability of a parent to reflect on their own emotional or mental state and that of their baby as well as the impact that their behaviours, emotions and interactions have on their pēpi.

We have been working closely with the team in the UK to ensure that support with bonding before birth is easily available in Aotearoa and are excited to be part of the pilot for this program.

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

cps.stlukes@gmail.com

Pregnancy Support 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.

Wāhine - women

Tamariki - children

Whānau - family

Pēpi - baby

Hapūtanga - pregnancy

AGENCIES & RESOURCES

ACCOMMODATION IN NELSON

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

Vulnerable Housing Network

This network 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

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

Website: www.franklynvillage.co.nz

Rental Accommodation

- www.realestate.co.nz/rental
- summitrentals.co.nz
- trademe.co.nz
- myrent.co.nz/rentals/nelson
- havenrentals.co.nz
- firstnational.co.nz/search/residential-rentals
- 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

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

Kāinga Ora (Previously Housing New Zealand)

Phone: 0800 801 601

Website: www.kaingaora.govt.nz

The House of Grace Trust

We support pregnant teens, young mothers and their babies. Our grants are intended to empower and uplift those in need during this critical life stage. To extend our reach and impact across Aotearoa.

NEED A PLACE TO STAY?

We don't provide accommodation but if you're pregnant and in need of a place to live, we'd love to help find you somewhere safe through our partnerships and community connections. Please contact us.

Website: www.thehouseofgrace.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 may be able to provide Emergency Accommodation.

Phone: 0800 559 009

Website: www.workandincome.govt.nz

Nelson CMM Emergency Housing and Social Support Worker

Stoke Methodist Church Support Service

Debra Cullen Mobile: 027 272 6717 Email: debrac@mmsi.org.nz

CMM EH & SSW hours: **Mon** 8am-1pm: **Tu** 8am-4.30pm:

Thur 8am-4.30pm: **Fri** 8-1pm

Stoke Methodist Church Support Service hours: **Mon** 1pm-4pm: **Fri** 1pm-4pm

Not available Wednesday's.

Christchurch Methodist Mission

The Christchurch Methodist Mission is the social service agency of Te Hāhi Weteriana O Aotearoa, the Methodist Church of New Zealand in the Central South Island, Nelson, Marlborough and West Coast. The vision of the Methodist Mission is of a fair, safe, caring and sustainable society where every citizen is valued and respected and enjoys equal opportunity to lead a fulfilled life. We promote social justice through partnerships that strengthen families and build fair and safe communities.



ADOPTION

Adoption Option

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

Email: 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 Māori 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.

Phone: 03 543 7016 or 0800 ORANGA (672642)

Email: admin@tpo.org.nz

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

Victory Community Centre

Their vision is that Victory is a thriving and caring community of health, hope and possibility. They offer a variety of services either free or low cost; Community Nurse, Alcohol and other Drug Clinician, massage therapy, acupuncture, chiropractor, emotional wellbeing classes, fitness, games, crafts, piano lessons, community lunches/dinners.

Address: 2 Totara Street, Toi Toi, Nelson

Phone: 03 546 8389

Email: laura@victorycommunity.org.nz

Website: victorycommunity.org.nz

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

Email: sabien@victorycommunity.org.nz

Alcoholics Anonymous

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

Richmond Meetings:

Sunday 9am; Richmond Town Hall, 9 Cambridge Street, Richmond

Monday 7pm; Whakatu Presbyterian Church, 34 Champion Road, Richmond

Stoke Meetings:

Wednesday 7pm; Saint Barnabas Anglican Church, 523 Main Road Stoke

Friday 12 noon; Stoke Methodist Church, 94 Neale Avenue, Stoke

Nelson Meetings:

Monday 7pm; 28 Vanguard Street, Nelson

Tuesday 5:30pm; 28 Vanguard Street, Nelson

Wednesday 12 noon; Nelson Quaker House, 30 Nile Street, Nelson

Thursday 12 noon; 18 Manuka Street, Nelson

Thursday 8pm; 28 Vanguard Street, Nelson

Friday 7:30pm; 2 Beach Road, Nelson

Saturday 8am; 28 Vanguard Street, Nelson

Saturday 7pm; Enner Glynn Scout Hall, Tuckett Place, Enner Glynn, Nelson

Sunday 7pm; 28 Vanguard Street, Nelson

NZ Freephone 0800 229 6757, 24/7

<https://aa.org.nz/meetings> for all meeting times

Email: nzgso@aa.org.nz or nelsonintergroup@gmail.com

Te Whare Ma The White House

Nelson's free Peer-Led Mental Health and Addiction day support service and activities centre, with activities being predominantly free. Home cooked meals can be bought for \$4 each. Facilities such as showers and laundry are available.

Address: 11 Wainui Street, The Wood

Phone: (03) 546 9317 or 0800 114 976

Email: 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 clothing (from pēpi to adult), school uniforms, bedding, toys, and books for a koha donation. They are open Tuesday and Fridays 10am - 1pm; closed over school holidays. See their facebook page for updates and special events.

Address: 452 Lower Queen Street, Richmond

Phone: 021 876 901

Email: support@helpingfamilies.org.nz

Website: 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

Explore entitlements- Check what you might get?
<https://check.msd.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

BUDGET ASSISTANCE

Aurora Financial Wellbeing

Offering free financial mentoring. Open Monday to Thursday by appointment only.

Address: Mahitahi Collab, 322 Hardy Street, Nelson

Phone: (03) 546 9021

Email: info@auroratrust.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

Website: capnz.org

CHILD PROTECTION

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

Email: 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

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, tamariki/children and teenagers.

Address: 123 Salisbury Road, Richmond; The Baptist Church

Phone: 03 544 7594

Email: pact@richmondbaptist.org.nz

Life Linc

Up to 10 sessions offered - prices are dependant upon household income and start at \$30 per session.

Admin address: Collingwood Street, Nelson

Phone: Counselling Manager Jo; (03) 548 2400 or text 021 293 6036

Email: clinical@lifelinc.co.nz

Website: <http://www.lifelinc.co.nz/>

Nelson Women's Centre

Services offered are counselling, wāhine rights information, food support and workshops - all by appointment.

Address: 44 Trafalgar Street, Nelson

Phone: 03 546 8441

Email: office@nelsonwc.org.nz

SASH

A team of compassionate social workers specializing in supporting the healing journey of people recovering from sexual harm. Offices are based in Nelson/Tasman, Marlborough, Blenheim and Westcoast. Services include a Case Management Support Service, which can support people to access ACC Sensitive Claims counseling. A referral is required, self or agency and this can be done online, or by email. A 24/7 rape and sexual abuse Crisis Service is available, accessed via health or police only. All services are free to anyone who has experienced sexual harm.

Phone: 0800 777 929 or 03 548 2407

Email: 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

Website/online chat: www.safetotalk.nz

Male Room

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

Address: 28 St Vincent Street, Nelson

Phone: 03 548 0403

Email: 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

Tautoko Suicide Crisis Helpline (Lifeline Aotearoa)

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

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 (11am - 1030pm)

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

EDUCATION

Nelson Young Parents School

The school caters for young parents who are younger than 20 years old and who are either hapū/pregnant or are already a parent. The Auckland Point Kindergarten provides tamariki 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

Te Kura

New Zealand's state distance education provider Te Kura, 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

Website: 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

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.

Ministry Coordinator - Social Services: Jason Shaw

Phone: 03 548 3124 or 021 289 3669

Email: jason@nelsonanglican.nz

Barnardos

Barnardos offers whānau and parenting services, these include parenting courses, wāhine 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

Website: barnardos.org.nz

Family Start Nelson/Tasman - He Matapuna Ora Charitable Trust

Family Start is an intensive home based service for whānau experiencing complex issues which impact on their parenting. Referrals can be made during pregnancy/hapūtanga 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

Family Works

Family Works is a Presbyterian Support social service, helping build safer, stronger, more connected families/whānau and communities. When tamariki are safe they feel secure and protected. Strong families have the ability to bounce back from adversity and being connected helps whānau feel supported and included in their communities. Our services are tailored to meet the needs of each child, young person, parent and whānau, while

building on the strengths they already have. Informed by research and evidence, we support people to reach positive solutions.

Phone: 0800 477 874

Address: 360 Annesbrook Drive, Stoke

Mana Wahine - Women of Strength & Dignity

Support offered to wahine who are on the 12 week wānanga promoting healing, restoration and empowerment following whānau violence or other forms of violation.

Director: Adele Keefe

Phone: 022 645 3644

Email: manawahine77@gmail.com

Website: 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

Pēpi First Program Nelson Marlborough Stop Smoking Service

Deciding to stop smoking is one of the best things that can be done for the health of a mother and pēpi. Stop Smoking Practitioners - Quit Coaches, are available to support hapū māmā on their smoke free or vape-free journey. Within the Pēpi first program incentives are available in the form of supermarket vouchers to reward milestones achieved. The service is free for all people in the Nelson Marlborough region. Other free benefits include: one-on-one support with a Quit Coach tailored to individual needs, flexible appointments in a variety of community clinics across the region, home visits, nicotine replacement therapy and information about other quit smoking

products. Partner incentives also available (T&C apply)

Phone: 0800 NO SMOKE (0800 667 665)

Email: smokefree@nmdhb.govt.nz

Website:

<https://www.nmdhb.govt.nz/public-health-service/health-and-wellbeing/smokefree/>

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

Richmond Clinic; drop in Tuesday 9am - 11am or by appointment

Address: 56 Oxford Street, Richmond

Stoke Clinic; drop in Wednesday 9am - 11am or by appointment

Address: 548 Main Road Stoke

Nelson Clinic; by appointment

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

Baptist Church Clinic; drop in Thursday 9am – 11am

Address: 193 Bridge Street Baptist Church, Nelson

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 provides free support for families and whānau who are supporting a loved one with mental health challenges. Yellow Brick Road supports family and whānau through education, navigation, and advocacy.

Meetings by appointment only.

Phone: 0800 732 825

E-mail: referrals@yellowbrickroad.org.nz

Website: yellowbrickroad.org.nz

Nelson

Alma House, 83A Buxton Square, Nelson.

Motueka

Motueka Community House, Decks Reserve Motueka

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

Website: 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 kai/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

Coming in February 2026, a Social Supermarket, food plans and Financial Mentoring.

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 and 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

Website: 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

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

Email: donna.saxton@tekorowaitrust.co.nz

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

Website: rise.net.nz

Whakatū Refuge Trust

We offer domestic violence support services to all wāhine, youth and tamariki. 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 wāhine 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

Family Violence Information Line

Phone: 0800 456 450

www.areyouok.org.nz (positive relationship quiz is a useful tool)

FOOD

The Big Bake Up

This organization loves helping others experiencing unexpected difficulties by providing kindness through food. They cook together as a community and prepare meals that they then freeze and distribute in care parcels and through various agencies. We want every parcel received to feel like a true gift

of kindness. Each parcel made up is unique and made with consideration for the receiver e.g how many people are in the home, their age and their dietary requirements. If you know of someone deserving please reach out.

Contact person: Melissa

Phone: 027 209 9309

Email: thebigbakeup@gmail.com

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: ara@victorycommunity.org.nz

Website: victorycommunity.org.nz

Nelson Community Foodbank

Kai Parcels are available to families and individuals experiencing hardship in Nelson. Kai 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.

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

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

Giving Aroha

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

Address: Anzac Park, Nelson

Loaves and Fishes

Provides sit-down, hot nutritious meals in a warm caring environment to reduce hunger and loneliness in the community. Monday and Thursday at 5:30pm for dinner and Wednesday at 12:30pm for lunch; \$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

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.

Website: <https://imhaanz.nz>

ITS – Infant, Toddler Specialists Ltd

Infant Toddler Specialists offer assessment and therapy for pēpi/young tamariki and their whānau focusing on enhancing the relationship. It also provides interventions for whānau and young tamariki who may have mental

health challenges, neurodevelopmental diagnosis, sensory processing issues, trauma, and parenting struggles.

We accept referrals from parents and professionals alike. Funding options include:

- Self-fund
- Winz - Child Disability Allowance and Disability Allowance (can be used towards payments)
- Charitable Trusts
- Gumboot - I Am Hope for children 5 years and older.

Website: info@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: Locality Care Coordinator's, Nelson Bays Primary Health

Email: lcc@nbph.org.nz

INP MEDICAL

Sexual And Reproductive Health Clinic.

Address: 18 Nile Street, Nelson

Phone: (03) 546 8155

Email: info@inp.co.nz

Website: 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>

MĀORI HEALTH SERVICE PROVIDER

Te Piki Oranga

Te Piki Oranga is a kaupapa Māori wellness services provider in Te Taihū o Te Waka-a-Māui (Nelson/Tasman/Marlborough). This service has highly-qualified kaimahi who provide healthcare and prevention programmes for whānau from our health hubs in Wairau (Blenheim), Whakatū (Nelson) and Motueka, from our mobile clinics or in people's homes. Services include Child and Adult Mental Health Services, Alcohol and other Drug Specialists, Cervical Screening Invitation and recall, Heartland Services, He Tangata, Immunization Services, Koroua Me Kuia/ Elderly early Intervention Services, Lactation Consultancy, Gambling Support, Cancer Care Services, Stop Smoking Services, Iwi Community Panels, In Home Support, Well Child Tamariki Ora Services, Whare Ora/Healthy Homes.

To enrol online: <https://www.tpo.org.nz/whanau-enrolment-form>

Phone: 0800 ORANGA (0800 672 642)

Email: admin@tpo.org.nz

Email: admin.whakatu@tpo.org.nz

Motueka Hub

Address: 117 Pah Street, Motueka

Phone: 03 528 1155

Email: admin.motueka@tpo.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.

Comprehensive Social Workers focus on whānau wellbeing by supporting whānau to include the best interests of tamariki and rangatahi, to prevent escalation of risk and statutory intervention.

Healing Informed Support – Providing a seven-week co-facilitated program with Explore Services for Oranga Tamariki caregivers, including cultural capabilities. This program is designed to introduce new ways of thinking and approaching situations as a caregiver.

Whānau Resilience – For the delivery of long-term healing and recovery for whānau affected by violence to create strong, resilient communities where whānau are supported to live violence free for the next generation. This service is delivered in wānanga as ‘He Whānau Pou’, referrals are open to whānau Māori who are on a transitional change of recovery and healing. 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 next steps to future proofing their housing situation. Referrals are 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

Te Āwhina Marae

Whānau Ora Services and Tu Pono Services.

Address: 133 Pah St, Motueka

Phone: 03 528 6061

Email: info@tam.org.nz

MATERNITY SERVICES IN NELSON

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

Website: www.findyourmidwife.co.nz

Nelson Hospital Community Midwife Team

Nelson Maternity Department have a Nelson Hospital Community Midwife Team that are dedicated to supporting women who are unable to find a midwife and specialise in supporting women with complex pregnancies due to physical, mental or social needs. They have a Self Referral Form that can be found under the Nelson Te Whatu Ora

Website -> Maternity Services -> How to Find and LMC or at this web address <https://www.nmdhb.govt.nz/health-services/family-health-services/maternity/how-to-find-a-lcm-self-referral-form/>

Nelson Hospital Maternity Unit and Nelson Community Midwife Team Phone:
03 546 1437

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/ whānau. Pop in when it suits you.

Address: 56 Oxford Street, Richmond (Richmond Plunket Rooms) on the last Wednesday of each month 09:30am - 11:30am; 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

Providing peer support and advocacy to anyone experiencing mental distress/and or addictions. All staff have their own lived experience, and we work using an intentional peer support approach.

Phone: 0800 212 798

Email: compass@healthaction.org.nz

Website: www.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)

CAT offers 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

Pathways Health Nelson/Marlborough - Mental Health Addiction Services

Pathways Health Nelson/Marlborough provides residential and community support services to young people and adults who experience significant difficulties as a result of mental illness and addictions. All referrals to Pathways Health Nelson/Marlborough 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

Website: pathways.co.nz

Perinatal Support Nelson

A free service that supports wāhine 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: 319a Hardy St, Nelson, New Zealand

Phone: (03) 548 3555

Email: hello@perinatalsupportnelson.org.nz

PADA (Perinatal Anxiety and Depression Aoteroa)

Championing perinatal wellbeing in our communities.

Website: 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. 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

Motueka Office

Address: 24A Tudor Street, Motueka

Phone: 027 921 4074

Tautoko 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 concerned

about friends or whānau. This helpline is staffed by highly experienced helpline counsellors with training in suicide prevention and intervention.

Phone: 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

Website: www.justathought.co.nz

MULTICULTURAL NELSON TASMAN

Multicultural Nelson Tasman 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: 544 Waimea Road, Nelson

Phone: 03 539 0030 or 0508 773 256

Email: admin@multiculturalnt.co.nz

NELSON BAYS PRIMARY HEALTH

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

Address: 281 Queen Street, Richmond.

Phone: (03) 539 1170 or 0800 731 317

Website: 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

PASIFIKA SERVICES

Nelson Tasman Pasifika Community Trust

Providing support and strengthening the Nelson Tasman Pasifika Community grow, achieve and prosper. Offering Whanau Ora services covering health, education, finances and social connections to focus on implementing the best course of action for long term change.

Address: 53 Collingwood Street, Nelson

Phone: 0508 PASIFIKA

Email: info@nelsonpasifika.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 hapūtanga, childbirth education, new parent classes, parenting workshops, and community events.

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

admin@parentscentre.org.nz (antenatal classes)

Space for you and your baby (SPACE)

Space supports Māmā 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@buttonspj.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

A family-run organization who provide comfort to New Zealand families who are experiencing/ have experienced the loss of a baby. We make special, customized Hearts to the weight of precious angels gone too soon.

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

Hapai Hapūtanga/ Pregnancy Support

Hapai Taumaha Hapūtanga 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. Offering free, confidential, emotional and practical care for wāhine who are unexpectedly pregnant or require support in their pregnancies. We 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 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

NOTES
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George Brown Charitable Trust
St Andrews Trust



www.crisispregnancysupport.org.nz

**There is an E-version of this handbook on the
website above**

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For suggestions and updates
please email
cps.stlukes@gmail.com

Hapai Hapūtanga
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

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