

A GUIDE TO
MENTAL HEALTH AND WELLBEING SERVICES AND RESOURCES
 AVAILABLE ONLINE OR IN TE WHANGANUI-A-TARA | WELLINGTON

(See back page for index)

****If you or someone you know are in immediate danger, please call 111**

MENTAL HEALTH ONLINE	
ALL RIGHT?	<p><i>“All right? is a health-promoting social marketing campaign... helping normalise conversations around wellbeing and mental health.”</i></p> <ul style="list-style-type: none"> • Mental health/wellbeing tools <ul style="list-style-type: none"> ○ Downtime activities ○ Māori breathing exercises ○ Kindness generator ○ Building habits ○ Parenting guides ○ Whānau activities ○ Finding your strengths ○ Rainbow filter • Two apps <ul style="list-style-type: none"> ○ “Tiny Adventures” = easy/fun activities to do with your kids ○ “All Right App” = daily mini-missions to boost wellbeing • “Sparklers” free wellbeing toolkit for primary students Year 1-8 • Online campaigns <ul style="list-style-type: none"> ○ Pacific Wellbeing ○ Manly As ○ More Than All Right (LGBT+) ○ Te Waioratanga ○ He Waka Eke Noa ○ Getting Through Together (Covid-19) ○ Chitter Chatter (kids 5+Y) • Free resources • Articles <p>W: allright.org.nz E: hello@allright.org.nz</p>
APPS	<ul style="list-style-type: none"> • See healthnavigator.org.nz <ul style="list-style-type: none"> ○ Apps>M> <ul style="list-style-type: none"> ▪ Mental health and wellbeing apps

	<ul style="list-style-type: none"> ▪ Mental health and wellbeing apps (pregnancy) ▪ Mental health and wellbeing apps (for teenagers and young people) ▪ Mental health and wellbeing apps overview
AROĀ	<p><i>“Nau mai, haere mai to Aroā Wellbeing – a space created by rangatahi for rangatahi. Every now and then, it’s important to check in with yourself. But we get that it’s not always easy. So here are some tools to help you get started. Do a breathing exercise, or maybe a cleansing karakia.”</i></p> <ul style="list-style-type: none"> • Cleansing karakia • Breathing exercises • Promotes connection with te taiao • Mental health support resources <p>W: aroawellbeing.co.nz</p>
AUNTY DEE	<p><i>“Aunty Dee is a free online tool for anyone who needs some help working through a problem or problems. It doesn’t matter what the problem is, you can use Aunty Dee to help you work it through.”</i></p> <ul style="list-style-type: none"> • Tool for working through problems and finding solutions <ul style="list-style-type: none"> ○ List your problems → Generate ideas → Find a solution • Library of problem-solving tips and tricks for common problems <ul style="list-style-type: none"> ○ E.g. trouble sleeping, relationship trouble, friend problems, school problems, etc. <p>W: auntydee.co.nz</p>
CLEARHEAD	<p><i>“Clearhead is your private wellbeing assistant who will help you with learning about your mental health.”</i></p> <ul style="list-style-type: none"> • Free 24/7 support received through mobile phone or computer • Develop Personalised Wellbeing Plan <ul style="list-style-type: none"> ○ Track your mood, learn skills, set personal goals • Mental wellbeing check-up • Find a therapist • Mental health resources <p>W: clearhead.org.nz</p>
DEPRESSION	<p><i>“This website helps NZers recognise and understand depression and anxiety. We want to reduce the impact that depression and anxiety have on the lives of NZers by encouraging early recognition and help-seeking.”</i></p>

	<ul style="list-style-type: none"> • Information on anxiety and depression • Self-tests • Advice and self-help tools • Helping others with depression or anxiety <ul style="list-style-type: none"> ○ As a friend/family member/co-worker/team-mate/etc. • Covid-19 information • Information specific to various groups of people: <ul style="list-style-type: none"> ○ Māori ○ Pasifika ○ Deaf ○ LGBTI+ ○ Men ○ Rural <p>W: depression.org.nz PH: 0800 111 757 (helpline) TXT: 4202 (helpline) Online contact form on website</p>
JUST A THOUGHT	<p><i>“Just a Thought offers evidence-based Cognitive Behavioural Therapy (CBT) online and is designed for people with mild-to-moderate symptoms of anxiety and depression.”</i></p> <ul style="list-style-type: none"> • Online CBT courses on: <ul style="list-style-type: none"> ○ Generalised anxiety ○ Depression ○ Staying on Track <p>W: justathought.co.nz E: hello@justathought.co.nz Online contact form on website</p>
KAI XIN XING DONG	<p>我們為您提供紐西蘭各精神健康服務機構的資料，這些機構設有華語服務。同時，我們還提供資訊，幫助您支持身邊正在或曾經經歷過精神疾病困擾的人。</p> <p><i>“We provide you with information on mental health service agencies in New Zealand, which have Chinese-speaking services. At the same time, we also provide information to help you support people around you who are or have experienced mental illness.”</i></p> <ul style="list-style-type: none"> • Information, advice, and resources for Chinese-speaking people • Recommendations for NZ mental health agencies with Chinese-speaking services <p>W: kaixinxingdong.nz Online contact form on website</p>

<p>MENTAL HEALTH FOUNDATION</p>	<p><i>“The Mental Health Foundation of NZ is a charity that works towards creating a society free from discrimination, where all people enjoy positive mental health and wellbeing.”</i></p> <ul style="list-style-type: none"> • An online A-Z of mental health conditions and information on them <ul style="list-style-type: none"> ○ Including: ADHD, anger, anxiety, autism, bipolar affective disorder, body dysmorphia, depression, eating disorders, gender dysphoria, grief, narcissistic personality disorder, OCD, panic disorder, personality disorders , phobias, PTSD, postnatal depression, schizophrenia, SAD, self-harm, suicide • Information on local supports groups for: <ul style="list-style-type: none"> ○ Specialised support (e.g. anxiety, bipolar disorder, depression, etc.) ○ Recovery and peer support ○ Whānau support ○ Suicide bereavement support • Library Info Hub – a library of resources on mental health and wellbeing • MHF’s own resources (posters, pamphlets, DVDs, etc.) on: <ul style="list-style-type: none"> ○ Suicide prevention ○ Five ways to wellbeing ○ Suicide loss ○ Getting through together ○ Workplace wellbeing ○ Etc. • Reviews and recommendations for books on mental health topics <ul style="list-style-type: none"> ○ Māori ○ Children/youth ○ Personal stories ○ Self-help ○ Fiction ○ Non-fiction • Personal stories <p>W: mentalhealth.org.nz PH: (09) 623 4810 (reception); (09) 623 4812 (resources/info) E: mhadmin@mentalhealth.org.nz Online contact form on website</p>
<p>RURAL SUPPORT</p>	<p><i>“Your Rural Support Trust is always available in ‘peacetime’ to help you out with chats, guidance, referrals and direction to professionals if needed. If more than a cup of tea and a yarn is needed, we can connect with professionals who can provide further support”</i></p> <ul style="list-style-type: none"> • Provide free support with the following:

	<ul style="list-style-type: none"> ○ Farming/business advice ○ Financial information ○ Health/mental health services ○ Counselling services ● Good Yarn Workshops <ul style="list-style-type: none"> ○ Tips for maintaining mental wellbeing ○ Recognising signs of stress and other common mental health problems ○ Practical tools for initiating conversations about mental health ○ How to access the right support services ● Information and resources for coping with natural disasters ● Nearest branches: Manawatu-Rangitikei; Ruapehu-Whanganui <p>W: rural-support.org.nz PH: 0800 787 254</p>
SMALL STEPS	<p><i>“Whether you’re here to maintain wellness, find relief, or get help for yourself, friends or whanau, we’re here with you, for you – he waka eke noa.”</i></p> <ul style="list-style-type: none"> ● Online courses on: <ul style="list-style-type: none"> ○ Stress ○ Anxiety ○ Low mood ● Toolbox to cover: <ul style="list-style-type: none"> ○ Active Listening ○ Mindful Watching ○ Balancing Mood ○ Deep Breathing ○ Reframing Thoughts ○ Identifying Signals <p>W: smallsteps.org.nz</p>
SPARX	<p><i>“SPARX looks like a game but it’s actually a self-help tool, designed to help young people with mild to moderate depression...SPARX uses proven therapeutic skills in a game-like way.”</i></p> <ul style="list-style-type: none"> ● Check Your Mood self-test ● E-therapy via SPARX online “game” <p>W: sparx.org.nz PH: 0508 477 279 (0508 SPARX) TXT: 3110 (free)</p>
THE JOURNAL	<p><i>“The Journal is a free, personalised online programme...I’m John Kirwan, and alongside some mental health experts, I’m going to</i></p>

	<p><i>take you through a series of online lessons: Positivity, Lifestyle and Problem Solving.”</i></p> <ul style="list-style-type: none"> • Online programmes/lessons for the following subjects: <ul style="list-style-type: none"> ○ Positivity ○ Lifestyle ○ Problem Solving <p>W: myjournal.depression.org.nz E: support@depression.org.nz PH: 0800 111 757 (Depression helpline) TXT: 4202</p>
<p>THE LOWDOWN</p>	<p><i>“If you’re stuck feeling bad we’ll help you figure out if it could be anxiety or depression. Whatever’s going on you’ll find ideas and people who can help you get unstuck.”</i></p> <ul style="list-style-type: none"> • Advice, information, videos, tips and tools for: <ul style="list-style-type: none"> ○ Anxiety ○ Depression ○ Grief/loss ○ Disabilities ○ Body image ○ Alcohol/drug use ○ Relationships (friends/whānau/dating/sex) ○ Sexuality ○ Gender identity ○ Cultural identity ○ Starting high school ○ Leaving school ○ Bullying ○ Study stress ○ Covid-19 worries ○ Money worries ○ Supporting a friend ○ Suicidal friends ○ “Life just sucks” • Self-test • 24/7 helpline • Text support service <p>W: thelowdown.co.nz PH: 0800 111 757 (helpline) TXT: 5626 Webchat and email available on website</p>
<p>THE MENTAL WEALTH PROJECT</p>	<p><i>“The Mental Wealth Project is a mental health literacy education programme for your people...to equip young people and their family with knowledge, tools and skills to reduce stigma, improve</i></p>

	<p><i>wellbeing, spot warning signs of mental distress, and enhance access to the right care and support when they need it.”</i></p> <ul style="list-style-type: none"> • Checking in • Depression • Anxiety • Alcohol • Bullying • Gaming <ul style="list-style-type: none"> ○ Mana Restore: mentalwealth.nz/manarestore/ • Grief <p>W: mentalwealth.nz</p>
TOGETHERALL	<p><i>“We’re an online service providing access to millions with anxiety, depression and other common mental health issues.”</i></p> <ul style="list-style-type: none"> • Clinically-managed online forums • Variety of self-guided group and individual courses on mental health topics • Resources/information <p>W: togetherall.com</p>
WHAT’S UP	<p><i>“We’re a free, nationally-available counselling helpline and webchat service for children and teenagers...Empowering children is central to our counselling practice.”</i></p> <ul style="list-style-type: none"> • Helpline and online chat service for children to talk about: <ul style="list-style-type: none"> ○ Loss/grief ○ Making friends ○ Embarrassment ○ Family violence ○ Feeling sad ○ Feeling angry ○ Bullying ○ Parents splitting up ○ Loneliness • Helpline and online chat service for teenagers to talk about: <ul style="list-style-type: none"> ○ Bullying (including cyber-bullying) ○ Depression ○ Family violence ○ Feeling angry ○ Friendships ○ Loss ○ Dating ○ Worries/anxiety ○ Suicide

	<ul style="list-style-type: none"> ○ Pornography ○ Gender identity ● Information for whanau ● Helpline available Mon-Fri 12PM-11PM; Sat-Sun 3PM-11PM ● Webchat available Mon-Fri 1PM-10PM; Sat-Sun 3PM-10PM <p>W: whatsup.co.nz PH: 0800 942 8787 E: whatsup@barnardos.org.nz Webchat on website</p>
<p>YOUTHLINE</p>	<p><i>“Youthline works with young people, their families and those supporting young people...We were established to ensure young people know where to get help and can access support when they need it.”</i></p> <ul style="list-style-type: none"> ● Youth-focused ● Counselling <ul style="list-style-type: none"> ○ Free phone ○ Free web chat ○ Free text ○ Skype-based ○ Email ● Mentoring with a youth worker <ul style="list-style-type: none"> ○ Online ○ Text ○ Phone ● E-therapy programme ● Employment mentoring ● Information and support for parents and whānau ● Information, advice and support for students ● Various workshops and programmes <p>W: youthline.co.nz PH: 0800 376 633 TXT: 234 E: talk@youthline.co.nz Webchat available on website</p>
IN-PERSON SUPPORT	
<p>**SEARCH FOR A COUNSELLOR**</p>	<ul style="list-style-type: none"> ● talkingworks.co.nz ● nzac.org.nz ● wellbeingsupport.health.nz
<p>ANXIETY NZ TRUST</p>	<p><i>“We aim to improve the recognition of anxiety disorders in Aotearoa, provide treatment and support to people with anxiety related conditions and their families.”</i></p> <ul style="list-style-type: none"> ● Auckland-based but offers services across NZ/virtually

	<ul style="list-style-type: none"> • Therapy with a psychologist • Therapy with a psychotherapist • Online therapy with registered psychologists (Zoom or phone) • Online Peer Support Groups • Free anxiety helpline <p>W: anxiety.org.nz E: reception@anxiety.org.nz PH: (09) 846 9776 (office); 0800 269 4389 (helpline) A: 77 Morningside Drive, St Lukes, Auckland</p>
CHANGEABILITY	<p><i>“If you are experiencing anxiety, grief or depression, or if you’ve been affected by family violence, ChangeAbility can help, We offer a non-judgmental, respectful, caring space where we help people through a process of change.”</i></p> <ul style="list-style-type: none"> • Wairarapa-based (Masterton) • Counselling services for individuals, couples, or whānau <ul style="list-style-type: none"> ○ Anxiety ○ Depression ○ Grief/loss ○ Parenting ○ Relationships • Family violence services <ul style="list-style-type: none"> ○ Whānau social workers ○ Women’s programme for building respectful relationships ○ Men’s programme for building respectful relationships ○ Family violence safety programme ○ Youth services <p>W: changewairarapa.org.nz PH: (06) 377 5716 (counselling services); (06) 377 0933 (family violence services) E: contact@changewairarapa.org.nz A: 7 Victoria Street, Masterton</p>
EMERGE AOTEAROA TRUST	<p><i>“Our mahi is focused on providing community-based mental health, addiction, disability, offender rehabilitation, peer, housing and wellbeing services across the country.”</i></p> <ul style="list-style-type: none"> • Free mental wellbeing day programmes (South Auckland- and Whangarei-based) • Residential and community mental health and addiction support services for children and youth • Culturally diverse support workers

	<ul style="list-style-type: none"> • Residential rehabilitation options (requires referral) • Deaf/hearing impaired mental health support (Whangarei→Hamilton-based) • Multi Systemic Therapy services • Supported Accommodation Service • Support Living Service <p>W: emergeaotearoa.org.nz PH: (04) 589 9442 (Wellington branch) A: 71-71 Port Road, Seaview, Lower Hutt (Wellington branch) Online contact form on website</p>
KAUPAPA HAUORA RANGATAHI (YOUTH HAUORA PROJECT)	<p><i>“Our Youth Hauora Project was built to help our rangatahi to enhance their wellbeing through physical activity.”</i></p> <ul style="list-style-type: none"> • For all youth aged 13-24 years • Access to qualified personal trainers • Access to Pōneke Hub’s gym and equipment in Kilbirnie • Access to 1 on 1 personal training sessions • Weekly classes Mon, Wed, Fri <ul style="list-style-type: none"> ○ High Intensity Interval Training ○ Weight sessions ○ Coach’s choice • Suitable for all fitness levels <p>W: evolveyouth.org.nz/youth-haurora-project A: 49 Kilbirnie Crescent, Kilbirnie, Wellington PH: 022 187 4828 E: projects@evolveyouth.org.nz IG: @youthhauroraproject</p>
MOSAIC TIAKI TANGATA	<p><i>“We work with male survivors of all ages in the Greater Wellington Region who have experienced trauma and sexual abuse.”</i></p> <ul style="list-style-type: none"> • Provides services for male/masculine sexual abuse and trauma survivors <ul style="list-style-type: none"> ○ Counselling ○ Individual peer support ○ Peer support groups ○ Chat support (text, Skype, Facebook) ○ Confidential email support ○ Support for couples or partners ○ Support for parents and families ○ Help to lay complaints with police ○ Help registering with ACC • An ACC-registered charity

	<ul style="list-style-type: none"> Inclusive – all above services are available to anyone who identifies with masculinity, including takatāpui, transmasculine people and transmen <p>W: mosaic-wgtn.org.nz PH: 0900 94 22 94 (11AM-8PM 7/7) E: enquiries@mosaic-wgtn.org.nz A: Level 1, Riddiford House, 94 Riddiford Street, Wellington; also sites in Porirua, Masterton, and Paraparaumu Online referral forms for services on website</p>
ORA TOA HEALTH UNIT	<p><i>“The Ora Toa Health Unit offers a wide range of free community health services for all people of all ages. Our vision is that the people we serve will enjoy optimum health and wellbeing.”</i></p> <ul style="list-style-type: none"> Kaumātua Group (meets weekly) Rangatahi/youth groups Tamariki/parents groups <p>W: oratoa.co.nz A: 24/26 Ngāti Toa Street, Takapūwāhia, Porirua PH: 04 237 0110</p>
ORA TOA MAURIORA	<p><i>“Ora Toa Mauriora is a kaupapa Māori Primary Mental Health and Addictions Service. We provide free services to assist and support rangatahi and their whānau.”</i></p> <ul style="list-style-type: none"> Tū Te Ihi (Safer Gambling) – free service for people/their whānau experiencing any form of gambling-related harm Tū Te Wehi (Primary Mental Health) – for whānau experiencing mild to moderate mental health difficulties (must be registered with Ora Toa) Tū Te Wana (Alcohol & Other Drug Service) – kaupapa Māori support service, provides counselling to whānau in Porirua and wider Wellington region Waka Ama Programme – 10 week programme for rangatahi integrating tikanga, mauriora, education, and awareness about risks of drug and alcohol use <p>W: oratoa.co.nz/mauriora A: 2 Ngāti Toa Street, Porirua; 227 Bedford Street, Cannons Creek, Porirua; 45 Rugby Street, Mount Cook, Wellington PH: 04 237 6057 and 04 238 4071 (Ngāti Toa St office only)</p>
PABLOS ART STUDIOS INC	<p><i>“Pablos Art Studios offers free arts opportunities such as materials, workshops, demonstrations, individual tuition, etc...outreach programmes, as well as individual and group therapy...Participants are Tangata Mātau ā- wheako (have a lived experience of mental health), they enter Pablos service to focus on supporting/maintaining mental wellbeing.”</i></p>

	<ul style="list-style-type: none"> • “Art is Healing” weekly art therapy group • Outreach programmes <p>W: pablosart.org.nz PH: (04) 382 8885 E: pablos.tutor@pablosart.org.nz A: 118 Tory Street, Wellington</p>
PACT	<p><i>“We provide support to anyone with a need so they can lead fulfilling lives in the community. We don’t care why you need our support or what that support looks like. It’s our job to figure that out with you.”</i></p> <ul style="list-style-type: none"> • Wellington and lower North Island services include: <ul style="list-style-type: none"> ○ Accommodation support ○ Addiction support ○ Community support for people living independently ○ Employment/vocational support to find work ○ Improving mental health in the justice system ○ Respite (crisis only) ○ Pasifika-centred support <p>W: luke.johnston.nswg.squarespace.com PH: (04) 570 2320 (Wellington) A: 6 Raroa Road, Lower Hutt (Wellington) Online contact form on website</p>
PATHWAYS	<p><i>“We walk alongside our tangata whai ora in their recovery journeys, harnessing the power of whanau and community to support them to achieve their goals. We provide a range of support services for adults and taiohi (young people) around practical daily living, leading a healthy life, employment and housing.”</i></p> <ul style="list-style-type: none"> • Wellbeing respites • Residential-based recovery (in-home help supporting people to living independently) • Wellbeing programmes <ul style="list-style-type: none"> ○ Including yoga, art, health cooking, nutrition, music, physical exercise, back to work help • Recovery from substance dependence • Peer-led services • Employment support • Housing support • Support to quit smoking • Wellington and Wairarapa offices

	<p>W: pathways.co.nz PH: (04) 473 9009 (Wellington) E: wellington@pathways.co.nz A: Level 2, 181 Thorndon Quay, Wellington</p>
PIKI	<p><i>“Piki’s vision is to enhance Rangatahi’s quality of life by equipping them with tools to overcome adversity and strengthen their wellbeing.”</i></p> <ul style="list-style-type: none"> • For Greater Wellington Region youth aged 18-25Y • Free counselling • Emotional wellbeing app (“Melon”) • Information on 24/7 phone and web services • Peer support <ul style="list-style-type: none"> ○ One-on-one ○ Groups • Resources <p>W: piki.org.nz E: piki@compasshealth.org.nz Online self-referral contact forms on website</p>
SKYLIGHT	<p><i>“Skylight is here to help you through difficult times. We can assist you in a variety of ways with information appropriate for your situation.”</i></p> <ul style="list-style-type: none"> • Counselling • Support packs (catered to your needs) • Support groups <ul style="list-style-type: none"> ○ Suicide support ○ Bereaved parents support ○ Children’s support • Sexual violence survivor advocacy services • Programmes <ul style="list-style-type: none"> ○ Travellers Programme for youth ○ Parenting Through Separation (PTS) • Workshops, e.g. on: <ul style="list-style-type: none"> ○ Anxiety/stress ○ Grief/loss ○ Family violence ○ Resilience ○ Anger ○ Bullying ○ Trauma • Webinars <ul style="list-style-type: none"> ○ Trauma series ○ Grief 101 for Parents/Parenting Through Grief ○ Practical Strategies for Self-Care and Resilience

	<ul style="list-style-type: none"> • Online resources <p>W: skylight.org.nz PH: 0800 299 100/(04) 939 6767 E: info@skylight.org.nz A: Level 3, 5-7 Vivian Street, Wellington Online contact form on website</p>
THE 502	<p><i>"Our Counselling services are rangatahi-friendly, non-judgmental, and 100% confidential!"</i></p> <ul style="list-style-type: none"> • Counselling for ages 10-24 years living in Porirua • Free group workshops/programmes to promote wellbeing of rangatahi living in Porirua • Social workers and youth workers for rangatahi living in Porirua <p>A: 3 Cobham Court, Porirua (9AM-5PM Mon-Fri) W: the502.c.nz PH: 0800 843 502 Online contact form on website</p>
THROUGH BLUE	<p><i>"Supporting and educating women with experience of depression."</i></p> <ul style="list-style-type: none"> • Weekly support groups in central Wellington (\$10 waged, \$5 unwaged) facilitated by professional counsellor <ul style="list-style-type: none"> ○ Mondays 6:30-8:30PM ○ Fridays 12:30-2:30PM <p>W: throughblue.org.nz E: throughbluenz@gmail.com Online contact form on website</p>
UPPER HUTT WOMEN'S CENTRE	<p><i>"Philosophy: to provide and maintain a Women's Centre which promote and encourages development and empowerment for all women in an educative and supportive environment."</i></p> <ul style="list-style-type: none"> • Counselling service for women <ul style="list-style-type: none"> ○ Which endeavours to have clients seen within one week • Women's education classes on a range of topics, including: <ul style="list-style-type: none"> ○ Managing anxiety ○ Coffee Club ○ Bellydancing ○ Singing ○ Stone carving ○ Oil painting ○ Pilates ○ Sewing spa ○ NZ Sign Language

	<ul style="list-style-type: none"> ○ WISE programme (for women affected by family violence) ○ Yoga <p>W: uhwc.co.nz PH: (04) 527 0017 E: uhwomen@xtra.co.nz A: 6 Sinclair Street, Upper Hutt</p>
VIBE COUNSELLING SERVICES	<p><i>"We have a team who are here to help support and talk to you about what is going on, teach new strategies for looking after oneself, and improve wellbeing by offering brief intervention sessions."</i></p> <ul style="list-style-type: none"> ● Counselling for youth aged 12-19 years living within Te Awakairangi/Hutt Valley ● Occasional therapeutic group sessions ● Alcohol and drug support for young people <p>W: vibe.org.nz/mental-health/services A: 4 Daly Street, Lower Hutt; Unit 3/22 Main Street, Upper Hutt E: info@vibe.org.nz PH: 04 586 2054 (LH); 04 528 6261 (UH)</p>
WELLELDER	<p><i>"WellElder provides physically and financially accessible specialist counselling for people aged 60 and over (55 and over if Maori or Pasifika)"</i></p> <ul style="list-style-type: none"> ● Affordable counselling rates for Maori or Pasifika people aged 55+Y or anyone else aged 60+Y <ul style="list-style-type: none"> ○ Can attend on your own, as a couple, or with whanau ● Counsellors available in Newtown, Johnsonville, Porirua, and Paraparaumu ● Home-visits and rest home-visits can be made when mobility is an issue ● Group meetings <ul style="list-style-type: none"> ○ "Saying Yes to Today" = living mindfully in the present ○ "Taming Anxiety" = developing strategies to manage anxiety ○ "Counselling Group" = current and ex-clients to further their therapy ○ Tailored groups, e.g. carers of partners, parents, etc. <p>W: wellelder.co.nz PH: (04) 380 2440 A: Level 1, Riddiford House, 94 Riddiford Street, Wellington (main office)</p>

WELLINGTON WOMEN'S HEALTH COLLECTIVE	<p><i>"The core service of the Collective is the provision of health information, referral and support to women throughout the Wellington area. All the Health Collective services are provided free of charge."</i></p> <ul style="list-style-type: none"> • Free counselling for women on low incomes (i.e. on a benefit/working part-time on low wages/unemployed) • Drop in for support/information (Mon-Fri 10AM-3PM) <ul style="list-style-type: none"> ○ Can also drop in for calm/quiet space if feeling overwhelmed in town ○ Breast-feeding there is welcome <p>W: wwhc.org.nz PH: (04) 384 7709 E: info@wwhc.org.nz (general enquiries); support@wwhc.org.nz (counselling enquiries) Online contact form on website</p>
HELPLINES	
ALCOHOL & DRUG HELPLINE	<ul style="list-style-type: none"> • 24/7 alcohol and drug helpline • Information/resources <p>PH: 0800 787 797 TXT: 8681 W: alcoholdrughelp.org.nz</p>
ANXIETY HELPLINE	<ul style="list-style-type: none"> • 24/7 helpline for all forms of anxiety <p>PH: 0800 269 4389 (0800 ANXIETY) W: anxiety.org.nz</p>
DEPRESSION/THE LOWDOWN/THE JOURNAL	<ul style="list-style-type: none"> • 24/7 helpline for anxiety and depression <p>PH: 0800 111 757 TXT: 4202 W: depression.org.nz; thelowdown.co.nz; myjournal.depression.org.nz</p>
LIFELINE	<ul style="list-style-type: none"> • 24/7 lifeline • 24/7 Suicide Crisis Helpline • Text support service • Information/resources <p>PH: 0800 543 354 (0800 LIFE LINE) – lifeline PH: 0508 828 865 (0508 TAUTOKO) – Suicide Crisis Helpline TXT: 4357 (HELP) W: lifeline.org.nz</p>
SAMARITANS AOTEAROA	<p><i>"As a diverse group we are open to all callers from all backgrounds. We care, we listen, we show respect and compassion. Our culture within Sams NZ reflects the way we work with our callers."</i></p>

	<ul style="list-style-type: none"> • 24/7 call line for: <ul style="list-style-type: none"> ○ Loneliness ○ Depression ○ Despair ○ Distress ○ Suicidal feelings <p>W: Samaritans.org.nz PH: 0800 726 666 Online contact form on website</p>
MATERNITY	
<p>GREENSTONE DOORS</p>	<p><i>“We provide education, counselling, resources and support for women and their families during and after pregnancy through an independent network of counselling and support professionals.”</i></p> <ul style="list-style-type: none"> • Specialising counselling for the following: <ul style="list-style-type: none"> ○ After pregnancy loss, including miscarriage, stillbirth, and abortion ○ Post-natal depression ○ Relationship issues ○ Post-abortion support group ○ Grief/loss ○ Significant life change • Open Arms remembrance service for families who have experienced the loss of a child in pregnancy • Free baby clothing service for families in need • Playgroups <ul style="list-style-type: none"> ○ Cicada Playgroup = Mandarin-speaking ○ Greenstone Doors Playgroups = to support young parents ○ Chanel Playgroup = all parents/caregivers welcome • “Greenstone Aunties” = volunteers who offer continuous support to pregnant people and their partners • “Tane Talks” = talk group for men • Young Parents Group (support for young parents) <p>W: greenstonedoors.co.nz PH: (04) 566 5037 (office) E: info@greenstonedoors.co.nz A: 15 Dudley Street, Lower Hutt (Greenstone Doors); 1285 Fergusson Drive, Upper Hutt (Chanel Family Centre)</p>
<p>LITTLE SHADOW</p>	<p><i>“At Little Shadow we offer affordable counselling and support for parents experiencing perinatal distress, including baby loss and infertility. We provide you with a safe, non-judgmental space to seek healing, resilience and empowerment.”</i></p>

	<ul style="list-style-type: none"> • Counselling for parents • Counselling for midwives • Information/resources <p>W: littleshadow.org.nz E: hello@littleshadow.org.nz</p>
MISCARRIAGE SUPPORT	<p><i>"Our site offers support and information to the many women and their families throughout New Zealand who grieve for the loss of their babies."</i></p> <ul style="list-style-type: none"> • Counselling • Support • Information/resources <p>W: miscarriagesupport.org.nz FB: "Miscarriage Support"</p>
MOTHER'S HELPERS	<p><i>Mother's Helper's vision is to prevent the occurrence, the longevity and the severity of postnatal depression and the significant effects these have on a mother and her family."</i></p> <ul style="list-style-type: none"> • "Out of the Fog" 10-week perinatal depression/anxiety recovery courses • Information and resources, for: <ul style="list-style-type: none"> ○ Perinatal depression/anxiety ○ Counselling ○ Housing ○ Marriage/relationship ○ Parent groups ○ Single parents ○ Dads ○ Young/teen parents • Preparing for parenthood antenatal course <p>W: mothershelpers.co.nz Online self-referral form on website</p>
PARENT HELP	<p><i>"We provide help with all parenting issues from the smallest to the most serious issue of child abuse."</i></p> <ul style="list-style-type: none"> • Free parent helpline 9AM-9PM Mon-Sun: 0800 568 856 • Counselling (face-to-face and Zoom) • Parenting courses (current course fully booked 04/05/2021) • Parenting advise/resources/information <p>W: parenthelp.org.nz PH: (04) 802 5767 (admin)/0800 568 856 (helpline)</p>

	<p>E: info@parenthelp.org.nz A: Level 4, 175 Victoria Street, Wellington</p>
PERINATAL ANXIETY & DEPRESSION AOTEAROA	<ul style="list-style-type: none"> Information/resources on anxiety and depression during any part of pregnancy <p>W: pada.nz</p>
RACHEL'S VINEYARD RETREATS	<p><i>"For many people the complicated effects of an abortion decision can feel impossible to resolve. At Rachel's Vineyard we are committed to walking with people on their journey to find healing and hope."</i></p> <ul style="list-style-type: none"> Free weekend retreats open to anyone affected by abortion Retreats located in Wellington (Island Bay) and Wairarapa (rural) Counselling services Information/resources on dealing with abortion <p>W: rachelvineyard.org.nz PH: (04) 974 8693 Online contact form on website</p>
ROOPU MAATUA (EVOLVE'S PARENTS GROUP)	<p><i>"Evolve's Parents Group is a social group for parents under 25-years-old...and is a space for young parents to connect with others in Wellington. The group is open to any parents, partners, parents to be, and tamariki."</i></p> <ul style="list-style-type: none"> Peer support for parents under 25 years old Support from a nurse Kai provided Don't need to be registered with Evolve to join <p>W: evolveyouth.org.nz/parents-group A: varies (Evolve clinic: Lvl 2, James Smith Building, corner of Cuba and Manners Streets, Wellington) E: projects@evolveyouth.org.nz</p>
SANDS WELLINGTON-HUTT VALLEY	<p><i>"Sands Wellington-Hutt Valley is a voluntary organisation that provides support and information to parents and families following the loss of a baby or infant."</i></p> <ul style="list-style-type: none"> Unstructured in-person support meetings ("cuppa and a chat") <ul style="list-style-type: none"> See website for various meeting locations and dates Online support meetings (Zoom) <ul style="list-style-type: none"> Open meeting for all bereaved parents and whanau "Empty Arms" for bereaved parents with no living children "Pregnancy After Loss Support" Resources/information

	<p>W: sandswellingtonhutt.org.nz PH: 022 398 3917 E: sandswgtnhutt@gmail.com FB: "Sands Wellington-Hutt Valley" on Facebook</p>
VIBE YOUNG PARENT SUPPORT	<ul style="list-style-type: none"> • Services available to young parents aged 24 and under: <ul style="list-style-type: none"> ○ Social worker ○ Weekly Chill n Chat playgroup (Upper Hutt) with children under 5 years, includes free lunch ○ Free antenatal course (information around labour, birth, early postpartum) ○ Young Parent Payment and youth coach (for 16-20 year olds) <p>W: vibe.org.nz/young-parent-support-info A: 4 Daly Street, Lower Hutt; Unit 3/22 Main Street, Upper Hutt E: info@vibe.org.nz PH: 04 586 2054 (LH); 04 528 6261 (UH)</p>
WHETŪRANGITIA	<p><i>"Information for family and whanau experiencing the death of a baby or child. Sending aroha to you."</i></p> <ul style="list-style-type: none"> • Information/resources <ul style="list-style-type: none"> ○ Miscarriage ○ Stillbirth ○ Foetal abnormality ○ Neonatal death ○ Infant/child death <p>W: wheturangitia.services.govt.nz</p>
ADDICTION	
CARE NZ	<p><i>"CareNZ supports anyone concerned about their own or someone else's use of alcohol or other drugs."</i></p> <ul style="list-style-type: none"> • Alcohol and drugs • Assessment • Individual counselling • Outpatient programme • Recovery groups • Peer support • Youth services • Whānau support • Impaired driving programmes <p>W: carenz.co.nz</p>

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