
COUNSELLING AND SUPPORT SERVICES IN THE HUTT VALLEY AND WELLINGTON

UPDATED: MAY 2018

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SOME COUNSELLING AND SUPPORT SERVICES IN THE HUTT VALLEY AND WELLINGTON

The Family Centre

Phone: 04 569 7112,

Address: 71 Woburn Road, Lower Hutt

Hours: Open Monday-Friday 9am-5pm, limited after hour's appointments available.

- Counselling for individuals, couples, and families. Funded by CYPS but open to everyone. Free service if you have children under 17 years old.
- There is no limit to sessions offered.
- Counselling for grief, anger, violence, abuse and relationship issues offered.
- Able to access Māori & Pacific counsellors when required. www.info@fc.org.nz

Folau Alofa Trust

Phone: 04 568 3761

Address: 34 Beach Street. Petone

- Folau Alofa Trust is a Pacific charitable organisation providing social and economic programmes for Pacific people.
- Counselling for adults with violence problems and a youth stopping violence programme (most referrals are received from corrections and courts)
- Counselling also for children & families.
- Parenting programmes & social work services available.

Vibe

Website: www.vibe.org.nz

Phone: 04 566 0525 (Lower Hutt)

04 528 6261 (Upper Hutt)

Address: 4 Daly Street, Lower Hutt

68-70 Ward Street, Trentham, Upper Hutt

- Hutt Valley's youth health and support service for young people aged 13-24 years.
- Counselling is available free of charge.
- The young person needs to see a nurse at Vibe, to be referred to a Vibe counsellor.
- Client issues include the following: Family violence - physical/verbal/emotional abuse,
- partner violence, sexual abuse/sexual assault, death of close family member, suicide of peer, youth justice/court involvement, limited success in education, bullying at school, harassment at work, financial stress, anger management, gender/sexuality issues, alcohol and other drug use, family history of alcoholism, body image stress, and family communication breakdowns.
- The service is free and confidential.

Skylight

Website: www.skylight.org.nz

Phone: 04 939 6767

Address: Based in Newtown with sessions also offered in Lower Hutt at 282 High St.

- A counselling service specialising in working with children and young people facing tough times, but works with adults as well, especially around issues of grief and loss.
- A fee of \$90 reduces to \$50 for Community Service Card holders or their children

Upper Hutt Women's Centre

Website: www.uhwc.co.nz
Phone: 04 527 0017
Address: 6 Sinclair Street, Upper Hutt.

- Low cost counselling: \$25 for women, \$40 for couples. Can assist with accessing WINZ funding for Community Service Card holders.
- Coffee Morning Tuesday 9:30 – 11 am during school terms (no cost)
- Offers groups – see the website or phone for details. May be free or low cost.

Wellington Post and Ante-Natal Distress Group (PND Wellington)

Website: www.pnd.org.nz
Phone: 04 472 3135

Supporting women and families affected by poste and ante-natal depression and distress PND information and resource directory

- Phone support line operates seven days a week, run by volunteers with PND experience
- Free counselling: up to 3 sessions available with supervised student counsellors who are parents themselves
- Low cost counselling: some qualified counsellors who work alongside the agency offer a low cost service to women and families referred by PND Wellington. Charges are usually between \$40- \$80
- Casual support/Coffee groups: fortnightly listening groups for parents who want space to relax and talk about the challenges of life with baby. See the website for venues, dates and times.
- There is a closed Facebook group for women to share their struggles and support each other. See the website or phone for how to join.

Lower Hutt Women's Centre

Website: www.lhwc.org.nz
Phone: 04 569 2711
Address: 186 Knights Road, Lower Hutt

Hours:

Monday 10AM–2PM
Tuesday 10AM–2PM
Wednesday 9:30AM–3:30PM
Thursday 9:30AM–3:30PM
Friday 9:30AM–3:30PM
Saturday Closed
Sunday

Provides support, encouragement and education in a safe environment for women.

- Self Esteem workshops run throughout the year on Friday mornings (\$2 per session) and Tuesday evenings (\$5 per session). See website or phone for pamphlet with weekly topics
- Other low cost self-development, therapeutic, educational and craft groups run throughout the year. Regular courses include depression and anxiety, assertiveness, anger, resilience. See website for current workshops, dates and costs.
- Free weekly support groups: general support (Wednesday) and alcohol and drug wellbeing support (Friday). See website or ring for times
- Self- esteem group for teens runs during some school holidays.
- Supervised trainee counsellor available throughout 2016 at no charge
- Very limited funded counselling is available for women with children under 17 years old, with an experienced and qualified counsellor. Caseloads are often full. Please phone for information.

Catholic Social Services

Website: <http://www.wn.catholic.org.nz/departments/catholic-social-services>

Phone: 04 385 8642

Address: 152 Brougham St Mt Victoria, Wellington

- General counselling including children and families.
- Operates a sliding fee scale of low cost counselling according to income

Wesley Counselling Services

Website: www.wesleyca.org.nz

Phone: 04 384 7695

Address: 75 Taranaki Street (behind Café Doria), Wellington, 6141

- Low cost service with sliding scale of fees depending on income. (minimum fee \$10, maximum \$68)

Victoria University Psychology Clinic

Phone: 04 463 6400

Address: Kelburn Campus

- Open to the public, this is not a student counselling service.
- A teaching clinic offering significantly reduced fees for assessments (including cognitive and neuropsychological assessments) and therapy sessions by closely supervised clinical psychology interns and senior students

Relationships Aotearoa (formerly Relationship Services)

Website: www.relationshipsaotearoa.org.nz

Phone: 0800 RELATE (0800 735 283)

Address: Level 5, Levin House, 330 High Street Lower Hutt

- Provides counselling for couple, individuals, adolescents & families affected by relationship stress, grief, depression, anger, and behavioural concerns.
- Now offers family therapy with home visits available in some cases.
- Usual counselling fee \$95.00 (reducing to \$70.00 if client has children); can apply for Family Court funding.
- From January 1st 2013, Family court referred clients are entitled to 3 free sessions which consist of either; an initial session of half hour per person, then two couples sessions or three individual half hour appointments.
- Family Court programmes for women dealing with domestic violence and anger management counselling for men.

Wellington Women's Health Collective

Website: www.wwhc.org.nz

Phone: 04 384 7709

Address: Floor 5, 175 Victoria Street Wellington ph. 384 7709

- Up to 12 sessions of counselling for woman on a benefit or low income.

Family Works

Website: <https://central.familyworks.org.nz/>

Phone: 04 528 4164

Address: 4 Exchange Street, Upper Hutt

- Counselling for children, adolescents, adults and families.
- Individual, couple and family therapy for family violence and abuse, anger, anxiety, grief, depression, drug and alcohol dependency, relationships, behavioural problems and bullying, and including youth focused work.
- Standard fee is \$120 but offers some free services to some low income/high needs clients in special circumstances.
- \$62 for people with children up to 17 years of age (funded via Ministry of Social Development)
- Will assist with applications for WINZ funded counselling.
- Also provides social work support, life skills and parenting programme.

Te Omanga Hospice

Website: www.teomanga.org.nz

Phone: 04 569 0686

Address: 38 Britannia Street, Petone

- Client issues – Multidisciplinary team provides support and care for the family and close friends during the patient's illness and in bereavement. Art, music and touch therapy are offered, and counselling in relation to change, loss and grief. Can be delivered in the home for all family members affected and commence from initial diagnosis.
- This service is available to anyone who has been referred to Te Omanga Hospice or their families

EAP – Employee Assistance Programme Counselling

- People should check availability with their workplace. Usually available for employees of government departments, DHBs etc. Most multinationals and many other businesses & NGOs offer EAP as well.
- Sessions are by counsellors, psychologists or other therapy professionals in private practice, who contract to an EAP company. Sessions are entirely confidential. Employees generally self-refer, though in some instances the employer can recommend EAP counselling and make a referral. You can request a CBT therapist or ask for a therapist with a specific skill set.
- Information is usually available via the workplace intranet, induction pack for new employees, Occupational Health & Safety or HR departments. In some instances a referral needs to be approved but in most instances the employee can self-refer without the need to involve anyone at work. Sometimes sessions can also be used by other family members.
- Usually 2-3 free sessions are available to employees of participating organisations, sometimes with discretion to extend the allocation

POSSIBLE FUNDING OPTIONS FOR COUNSELLING

EAP – Employee Assistance Programme

- Patients should check availability with their workplace. Sessions are entirely confidential.
- Usually 2-3 free sessions are available to employees of participating organisations

ACC Sensitive Claims

Website: www.acc.co.nz

Phone: 0800 735 566 – select option 1

- ACC funds up to 16 hours of counselling for people who lodge a new sensitive claim (that is, a sexual abuse or sexual trauma claim) with ACC while the claim is assessed. Further funding counselling may be funded if the claim is approved. The ACC website includes a list of registered providers in the Hutt Valley.

WINZ Funding

- Part-funding for beneficiaries needing counselling may be available through a Disability Allowance. Beneficiaries should enquire with their case manager.
- Can also apply for transport to other counselling sessions via the disability allowance.

Family Court

Website: www.justice.govt.nz/courts/family-court/what-family-court-does/counselling#fc2

Phone: 0800 268 787

- The Family Court can fund up to three hours of counselling for couples and individuals with relationship problems, where people cannot agree on parenting arrangements for children in their care, or where the arrangements are not working out.

STUDENT & YOUTH SERVICES

Victoria University Student Counselling Service

Phone: 04 463 5310

- Free to enrolled students

Massey University Student Counselling

Phone: 04 801 2453

- Free to enrolled students

WellTec

Phone: 0508 664 981

- Free to qualifying enrolled students, Up to 3 free sessions Free to enrolled students

Kidsline

Phone: 0800 kidsline (0800 543 7546) Call any time

Hours Any time, but 4.00 – 6.00pm trained young people giving online help with a mentor present.

Lifeline

Phone: 0800 543 354

Vibe

Website: www.vibe.org.nz

Phone: 04 566 0525 (Lower Hutt)

04 528 6026 (Upper Hutt)

Address: 4 Daly Street, Lower Hutt

Unit 7, Building 10, 68-70 Ward Street, Upper Hutt

- Hutt Valley's youth health and support service for young people aged 10-24 years.
- Counselling is available free of charge.
- The young person needs to see a nurse at Vibe to be referred to a Vibe counsellor.
- The service is free and confidential.

What's Up

Phone: 0800 942 878

Help for teenagers 5-18 years

Pregnancy Counselling service

Phone: 0800 773 462

Evolve (Wellington Youth Health Service)

Phone: 04 801 9150

Address: 5 Eva Street Wellington

Skylight

Phone: 04 939 6767

Address: Based in Newtown with sessions also offered in Lower Hutt at 282 High St

- A counselling service specialising in working with children and young people facing tough times, but works with adults as well, especially around issues of grief and loss.
- A fee of \$90 reduces to \$50 for Community Service Card holders or their children

Youth Town

Website: www.youthtown.org.nz

Phone: 04 527 9730 until 1.30pm

Address: Railway Ave, Upper Hutt and Maidstone Intermediate.

- After school and holiday programmes for Yrs 6-8, plus site in town for college students.

The Low Down

Online help and texting service. Online programme targeting depression and anxiety

Website: www.thelowdown.co.nz
Email: team@thelowdown.co.nz
Text: 5626

Big Buddy

Website: www.bigbuddy.org.nz
Phone: 04 384 4888

- **Mentoring fatherless boys**

PACT

Website: <http://www.pactgroup.co.nz/>
Phone: 04 570 2320
Address: Corner Cornwall and King Crescent

- **Youth service with support for alcohol, drug or mental health supports. Also provides services for clients with disability and supported employment needs.**

Family Works

Website: <https://central.familyworks.org.nz/>
Phone: 04 528 4264
Address: 4 Exchange Street, Upper Hutt

- Counselling for children, adolescents, adults and families.
- Individual, couple and family therapy for family violence, abuse, anger, anxiety, grief, depression, drug and alcohol dependency, relationships, behavioural problems, bullying, and including youth focused work.
- Standard fee is \$60 but offers some free services to some low income/high needs clients.
- Varying costs for people with children up to 17 years of age (funded via Ministry of Social Development)
- Will assist with applications for WINZ funded counselling.
- Also provides social work support, life skills and parenting programmes.

The Family Centre

Email: info@fc.org.nz
Phone: 04 569 7112
Address: 71 Woburn Road, Lower Hutt
Hours: Open Mon-Fri 9am-5pm, limited after hour's appointments available

- Counselling for individuals, couples, and families. Open to everyone with family. Free service available on Wednesdays.
- There is no limit to sessions offered.
- Counselling for grief, anger, violence, abuse and relationship issues offered.
- Able to access Maori & Pacific counsellors

Teen Parent

Address: 34 Miro Street, Upper Hutt
Email: tpuoffice@heretaunga.school.nz
Phone: 04 528 8977

- For teens up to the age of 18 who are pregnant or who have a child
- Child care facilities provided

CLINICAL PSYCHOLOGISTS IN PRIVATE PRACTICE

Email: office@nzccp.co.nz
Website: www.nzccp.co.nz
Phone: 04 801 6088
Address: Level 6, Logical House, 186 Willis Street, Wellington

COUNSELLORS IN PRIVATE PRACTICE

Email: admin@nzac.org.nz
Website: www.nzac.org.nz
Phone: 07 834 0220

HELP WITH ALCOHOL, DRUG AND GAMBLING PROBLEMS

Care NZ

Website: www.carenz.co.nz
Phone: 0800 385151
Address: Level 1, 40 Bloomfield Terrace, Lower Hutt
Individual and group counselling provided in the Hutt Valley.

- Client issues - Mild to severe alcohol or drug abuse or dependence which may or may not be accompanied by mild to moderate mental health issues.
- Intensive Outpatient Programme: 8 weeks, for 3 days per week, during the daytime.
- Individual Counselling

Alcoholics Anonymous

Phone: 0800 229 6757
<http://www.aa.org.nz/>

Alcohol and Drug National Helpline

Phone: 0800 787 797
<http://alcoholdrughelp.org.nz/about-us/>

Pact

Website: <http://www.pactgroup.co.nz/pact>
Phone: 04 570 2320
Address: Level one, Corner Cornwall and King Crescent

- Support people in the Hutt Valley who are recovering from mental illness in their own homes or in a community setting. We focus on people's goals to support them to recover, stay well, access clinical services and other specialists, and meet other needs such as access to alcohol and drug services, good housing, and support to get into training or employment. Personal cares can also be provided.

Wellington Tenth's Trust Nga Tekau Health Services

Phone: 04 473 2502
Address: 24D Marine Parade, Petone

- Provides assessment and counselling for people with alcohol, drug and gambling problems and for family and friends by the problem

Community Mental Health & Addiction Services

Phone: Lower Hutt: 04 570 9801
Upper Hutt: 04 587 2860
Address: Ground Floor, 40-42 Queens Drive, Lower Hutt
Level 1, CBD Tower, 84-90 Main Street, Upper Hutt

Salvation Army Alcohol and Drug Services Bridge Programme

Website: www.salvationarmy.org.nz
Phone: 04 527 3373
Address: 84-90 Main Street, Upper Hutt

- Provides an integrated, high quality treatment service to people whose lives have been affected by the harmful use of, or dependency on alcohol or drugs.
- Clients present with mild to moderate substance abuse issues
 - Individual counselling
 - day programme activities (Wellington)
 - 9 week residential services (Wellington)

Salvation Army Oasis Centre for Problem Gambling

Phone: 04 389 6566
84-90 Main Street, Upper Hut

- Provides free consultation and interventions for gamblers and their partners, affected family members and others affected by problem gambling.

Problem Gambling Foundation

Website <http://pgfnz.org.nz/contact-us/>
Phone: 0800 664 262
Address: 44 Queens Drive, Lower Hutt
4 Exchange Street, Upper Hutt

- A free service to problem gamblers

Gambling Helpline

Phone: 0800 654 655
www.gamblinghelpline.co.nz
<http://pgfnz.org.nz/contact-us/>

SEXUAL TRAUMA

Hutt Rape Crisis Network and Sexual Abuse Healing Centre

Phone: 04 566 5517

- Supports people dealing with acute and historic sexual trauma

Victim Support Services

Phone: 0800 842 0846

ACC Sensitive Claims

Website: www.acc.co.nz
Phone: 0800 222822

- From 16 August ACC is funding up to 16 hours of support with a counsellor for people who lodge a new sensitive claim with ACC to ensure their safety and wellbeing. The support is also available to people who have already lodged a claim and are waiting to find out if ACC will accept it.
- The ACC website includes a list of registered providers in the Hutt Valley.

Upper Hutt Women's Centre

Phone: 04 527 0017
Address: 6 Sinclair Street, Upper Hutt
www.uhwc.co.nz

- offers low cost counselling to women, workshops, groups, library, and free computer

Lower Hutt Women's Centre

Website www.lhwc.org.nz
Phone: 04 569 2711
Address:: 186 Knights Road, Lower Hutt

- Friendship group Thurs 10-12, women's support group Wed 1-2:30, self-esteem workshops run throughout the year Fri am and Tues evenings (\$2-5) per session.

Family Planning Clinic

Website www.familyplanning.org.nz/clinics/lower-hutt
Phone: 04 569 5025
Address: Level 2, 29 Waterloo Road

Kokiri Marae Woman's Refuge

Website: www.womensrefuge.org.nz
Phone: 04 566 5025

MEN'S SUPPORT

Menz Shed

Phone: Eastbourne Mike Parker 04 567 7753
Upper Hutt Phil Kidd 027 239 4828

- Socialise and share skills

Te Whanau o te Maungarongo

Website: <http://www.temaungarongo.co.nz>
Email: temaungarongo@xtra.co.nz
Address: 8 Aglionby Street
Phone: 04 5866023

- Mens support groups

Lower Hutt Mens Centre

Facebook: <https://www.facebook.com/Lower-Hutt-Mens-Centre-494381893956299/>
Email: lowerhuttmenscentre@gmail.com
Phone: 0221918908

- Weekly workshops for men
-

PRISONER INTEGRATION

Prisoners Aid and rehab programme

Phone: 04 527 7091

- Help and advice

Te Hikoitanga Prisoner Reintegration

Phone: 04 529 7419
Fax: 04 528 9415
Key Contact: George Kupa & Peter Marshall
Address: Orongomai Marae, 5-7 Railway Avenue, Upper Hutt

- Visit prisons, make parole submissions, social services, accommodation, counselling, A+D education, literacy help.
-

GAY AND LESBIAN SERVICES

Gay Help Line

Email: helpline@gaywellington.org

Phone: 04 473 7878

House Hours - Sunday 7.30pm-9.30pm
in addition there is a confidential voice message system and they make call backs

Gender Bridge Inc

Phone: 0800 844 357

Outline

Website: <http://www.outline.org.nz>

Phone 0800 OUTLINE (6885463)

- Confidential and gay-affirming GLBT telephone support and face to face counselling. Call us on 0800 OUTLINE
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MAORI SERVICES

Koraunui Marae

Email: kmtrust@koraunuimarae.co.nz
Phone: 04 939 6662
Fax: 04 939 6660
Address: 152N Stokes Valley Road, Stokes Valley, Lower Hutt

Kokiri Marae

Email: teresa@kokiri-hauora.org.nz
Phone: 04 939 4630
Fax: 04 939 4640
Address: 7-9 Barnes Street, Seaview, Lower Hutt

Kokiri Pukeatua Trust

Phone: 04 564 6814
Address: 17 Fraser Street, Wainuiomata, Lower Hutt

Orongomai Marae Health Services

Phone: 04 528 9639
Fax: 04 528 9640
Address: 5-7 Railway Avenue, Upper Hutt

- Undertake to support, advice, or assist in any way possible, people of any ethnic background who ask for our help.
- Aim to improve the circumstances and well-being for the children, youth and whanau

Te Runanganui O Taranaki Whanui Ki Te Upoko O Te Ika A Maui

Website: www.atiawa.com
Phone: 04 566 8214
Address: Cnr Riverside Drive and Guthrie st, Lower Hutt

Wainuiomata Marae

Website: www.wainuiomatamarae.org.nz
Email: wainui.marae@paradise.net.nz
Phone: 04 564 8395
Address: Corner Wellington/Fitzherbert Road, Wainuiomata, Lower Hutt

Waiwhetu Marae

Website: www.atiawa.com
Email: waimre@xtra.co.nz
Phone: 04 569 6063
Address: 4 Puketapu Grove, Waiwhetu, Lower Hutt

Te Paepae Arahi

Website: www.tepaepae.co.nz
Phone: 04 920 0696
Address: 60 Woburn Road, Lower Hutt

- Provides Mental Health Support Services and Drug and Alcohol Services for consumers and their Whanau of any ethnicity using Kaupapa Maori approach.
- Rangatahi Service- Youth workers helping young people reach their potential

Kahungunu Social Services Wellington Maori Counsellors

Phone: 04 384 6252

Kokiri Marae Woman's Refuge

Phone: 566 5025

Te Whanau O Te Maungorongo

Website: www.temaungarongo.co.nz

Email: temaungarongo@xtra.co.nz

Phone: 04 586 6023

Address: 8 Aglionby Street, Lower Hutt

- Offers programs & counselling for victims of family violence, group & individual programs for violent offenders, and parenting through separation, Care for Children's Act, men's & women's support groups, youth violence prevention and education programs.

SENIORS SUPPORT

Website for many groups: <http://www.thehutt.nz/clubs-for-seniors>

Grey Power

Phone: 04 939 4739 (Lower Hutt)

04 564 7132 (Wainuiomata)

Address: 176A Jackson Street, Petone, Lower Hutt

- Grey Power is an advocacy organization promoting the welfare and well-being of all those citizens in the 50 plus age group. Monthly meetings are held in Lower

Grey Skills

Phone: 04-920 1726

Address: 29 Kings Crescent, Lower Hutt

- Using seniors with Maintenance Skills

Senior Skills Ltd

Website: www.seniornet-huttcity.org.nz

Phone: 04 586 7500

Address: 4 Holly Grove, Maungaraki, Lower Hutt

- Helping people to find work, who have skills in the area of home maintenance

Lower Hutt Senior Friendship Club-

Phone: 04 938 1106 (evenings)

Address: 47 Laings Road, Lower Hutt

- elderly to elderly, morning tea, lunch, outings, speakers and entertainment

Upper/Lower Hutt Grandparents Raising Grandchildren

Phone: 04 526 4318 (Barbara Jefferies)

04 976 9475 (Margaret Pearson)

- Telephone support and meetings

Age Concern and Elder Abuse and Neglect Service

Website: <http://www.ageconcern.org.nz/>

Email: eo@acwellington.org.nz

Phone: 04 499 6646

Address: Suite 4 Level 1 Anvil House 138-140 Wakefield Street, Wellington

- Provides visiting service, education

FAMILY/DOMESTIC VIOLENCE

Hutt City Women's Refuge

Phone: 04 569 1040 (24 hours)
0800 733 843

Kokiri Marae Women's Refuge

Phone: 04 566 5025

Folau Alofa Trust

Phone: 04 568 3761
Address: 34 Beach Street, Petone. Lower Hutt

Te Whanau O Te Maungarongo Support Services

Phone: 04 586 6023
Address: 8 Aglionby Street, Lower Hutt

- Individual and groups counselling and education for victims of family violence (adults and children) and perpetrators of violence, relationship counselling and parenting programmes.
- This service incorporates a Tikanga Maori approach

Porirua Living without Violence

Phone: 04 237 6009
• Run a programme in the Hutt Valley from Woburn House, 40 Bloomfield Tce.

Alternative to Violence Project

Phone: 04 527 9380
04 389 6435
Address: 17 Penny Lane, Silverstream, Upper Hutt

Hutt Family Safety Team (c/- Lower Hutt Police Station)

Phone: 04 560 2600
Address: Lower Hutt Police Station, 19-23 Kings Crescent, Lower Hutt

Lower Hutt Police Family Violence Unit

Phone: 04 560 2600
Address: Lower Hutt Police Station , 19-23 Kings Crescent, Lower Hutt

- Family Violence Intervention Co-ordinator, community and family liaison

Shakti Ethnic Women's Support Group

Phone: 04 499 8603
0800 742 584 (24hr crisis line)

Family Violence Information Line

Phone: 0800 456 450
Hours • 9am – 11am information service, engage, assess and empower.

Child Youth and Family

Phone: 0508 326 459

GENERAL MENTAL HEALTH SUPPORTS

Atareira

Website: www.atareira.org.nz
Phone: 04 499 1049
Address: First Floor, 274 Taranaki Street, Wellington

- Mental Health Support for Family or Whanau of people with a mental illness

CATT Team – (Crisis Assessment & Treatment Team Hutt Hospital)

Phone: 04 566 6999

- And ask for the CATT team. If they are busy you may be triaged via the mental health line. Alternately go to A&E and ask to be seen by CATT.

Lower Hutt Community Mental Health & Addictions Service

Phone: 04 570 9801
Address: Level 1, CBD Towers, 84-90 Main Street, Upper Hutt

Upper Hutt Community Mental Health & Addictions Service

Phone: 04 587 2860
Address: 8 Sinclair Street Upper Hutt

PACT

Website: <http://www.pactgroup.co.nz/>
Phone: 04 570 2320
Address: Corner Cornwall and King Crescent

- Client issues predominately alcohol & drug, and/or mental health, and offer practical support. Q'niq also provides services for clients with disability, supported employment needs and a youth service.

The Low Down

Website: www.thelowdown.co.nz
Email: team@thelowdown.co.nz
Text: 5626

Lifeline Aotearoa

Website: www.lifeline.org.nz
www.lifeline.co.nz
Phone: 0800 543 354 (24hrs)

Kidsline

Phone: 0800 kidsline (0800 543 7546)
Hours 4.00 – 6.00pm Daily

Chinese Lifeline

Website: www.chineselifeline.org.nz
Phone: 0800 888 880

Refugee Trauma Recovery

Phone: 04 805 0361

- Any refugee with refugee status that is struggling with moderate to severe PTSD

Shakti Ethnic Women's Support Group

Phone: 04 499 8603
0800 742 584 (24hr crisis line)

Like Minds Support & Resource Life Line

Website: www.likeminds.org.nz
Email: likememinds@mentalhealth.org.nz
Phone: 0800 102 107
Hours 8.00am - Midnight

Warmline

Phone: 0800 200 207

WAS (Wellington Anxiety Specialists)

Email: info@w-a-s.co.nz
Website: www.w-a-s.co.nz
Phone: 04 386 3861
Address: Level 2, 108 The Terrace Wellington 6012

- 2 clinicians that worked at Phobic- have set up this service

PATHS

Phone: 04 380 2436

- providing access to health services for beneficiaries

Wellington Peoples Centre

Phone: 04 385 6594

Wellington City Mission

Website: www.wellingtoncitymission.org.nz
Email: enquiries@wgtncitymissin.org.nz
Phone: 04 389 2033
Fax: 04 389 2109
Address: 200 Riddiford Street, Newtown, Wellington

Wellesley Counselling Services

Phone: 04 384 7695

- general counselling, sliding scale of fees from \$10 - \$68 depending on income

Vakola Pacific Community Health Team (in partnership with Q-nique)

Phone: 04 570 2320
Address: Level 1, Corner Cornwall and King Crescent, Lower Hutt

- Pacific peoples with mental health difficulties are provided individual and family support

WellStop Support for Harmful or Concerning Sexual Behaviour

Website: www.wellstop.org.nz
Phone: 04 566 4745

- WellStop is a community-based organisation that provides specialist services for adults, adolescents and children who have engaged in concerning, harmful or abusive sexual behaviour. We provide support to family members, other professionals and community organisations involved with our clients.
- Services include specialist assessment and treatment, safety planning and management, education, support, and sexual abuse prevention programmes.
- We also provide ACC counselling for survivors of sexual abuse. This is intended to provide for the needs of our primary clients and their family members, however in Taranaki we provide services to any survivor of sexual abuse referred in that area.
- WellStop provides services in the Lower North Island, those regions being Taranaki, East Coast, Central and Wellington Region.

Oasis

Phone: 04 566 6185

- Peer support and advocacy for mental health consumers
- Wed afternoons there is a recovery focused education programme running, i.e. resilience and healthy eating sessions

Samaritans

Phone: 04 586 1048

Depression Helpline

Phone: 0800 111 757

Mothers Network

Phone: 04 383 8255

Parent Help Line

Phone: (Wellington) 04 499 9994
Freephone: 0800 568 856

Victim Support

Phone: 0800 842 846

Child, Youth and Family

Phone: 0508 326 459

WINZ

Phone: 0800 559 009

Healthline

Phone: 0800 611 116

Lower Hutt Police

Phone: 04 560 2600

Upper Hutt Police

Phone: 04 527 2300

Lower Hutt District Court

Phone: 04 914 0314

FAMILY SUPPORT

Naku Enei Tamariki – NET- (Pakeha, Maori and Pacific support)

Phone: 04 939 9257

- Parents as first teachers parenting programme
- Mum4mum breastfeeding support
- Supported Playgroups Supports parents of new babies to improve the long term health, social and education outcomes for their families.

Parent Help Wellington

Parentline 0800 568 856

Office 04 802 5767

Address: 175 Victoria Street, Te Aro, Wellington

- Also: Counselling, support for parenting of teens and children

Barnados Parent Helpline

Phone: 0800 472 736

Parents As First teachers (PAFT)

Phone: 04 939 2232

Address: c/-Kokiri Marae, 2 Barnes Street, Seaview, Lower Hutt

Trentham Community House

Website: <http://trenthamcommunitiyhouse.wordpress.com>

Facebook: www.facebook.com/TrenthamCommityHouse

Address: 7 Merton Street, Upper Hutt

Upper Hutt Time Bank

Phone: 04 527 8317

Knox Church

Phone: 04 569 9528

Address: 574 High Street, Lower Hutt

- church service, children's church, support group, home groups, café and playgroups, Christmas lunch

What's Up Children's Helpline

Phone: 0800 942 0787

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Salvation Army

Phone: 04 570 0273 Lower Hutt
04 528 6745 Upper Hutt

Mothers Alone

Phone: 04 801 6966

Parent to Parent

Phone: 04 569 9398

- Peer support for parents with children with disabilities

Wellington Post and Ante Natal Distress Group (PND Wellington)

Phone: 04 472 3135

- Offers information, support line, education and support groups to women and their partners facing depressions and anxiety through pregnancy or post-natal.
- Up to 6 free counselling sessions available with a student counsellor, who are professionally supervised and are parents themselves. A further 6 low cost sessions can be arranged if required.
- PND Wellington can offer referrals to qualified counsellors who work alongside the PND service. There is a charge ranging between \$40- \$80

Family Works

Website: <https://central.familyworks.org.nz/>

Phone: 04 528 4164

Address: 4 Exchange Street, Upper Hutt

- Counselling for children, adolescents, adults and families.
- Standard fee is \$120 but offers some free services to some low income/high needs clients in special circumstances.
- \$62 for people with children up to 17 years of age (funded via Ministry of Social Development)
- Will assist with applications for WINZ funded counselling.
- Also provides social work support, life skills and parenting programmes

Wellington Mission for Families

Phone: 04 389 2033

Address: 22 Riddiford Street, Newtown, Wellington

Supergrans Charitable Trust

Phone: 04 566 9778

Address: Level 2, Crest House, 92 Queens Drive, Lower Hutt

- Teaching life skills i.e. cooking, housekeeping, budgeting, menu planning

Strengthening Families

Phone: 04 570 3196 (Lower Hutt)

04 527 2799 (Upper Hutt)

Address: Te Puni Kokiri, 46-50 Bloomfield Terrace, Lower Hutt

- A strength based process involving family and support workers

Birthright

Phone: 04 567 5437

Address: 101 Copeland Street Eponi, Lower Hutt

Barnardos

Phone: 0800 227 965

04 569 1204

Address: Level 1, 29 Waterloo Road, Lower Hutt

Refugee Services

Phone: 04 566 9353

Toughlove

Phone: 938 7430

- Support for parents of teenagers

WEB RESOURCES

- www.kites.org.nz

 - Kites has a full directory of Mental Health Services and support groups in Wellington
- www.depression.org.nz

 - The National initiative and the John Kirwin Programme includes information email support and helpline and a structured self-help programme for overcoming depression.
- www.thelowdown.co.nz

 - The Low down is youth focused resources and support with multimedia content offering text chat and message board contact with support team
- www.churchurbro.co.nz

 - Chur chur bro is a bilingual mental health self-care website for Rangatahi Maori 12-18yrs includes links to low down, ALAC, NZ Drug foundation
- www.ecouch.anu.edu.au

 - E-couch provides evidence based intervention about emotional problems (including depression and anxiety) and teaches strategies to manage problems.
- www.cci.health.wa.gov.au

 - Centre for clinical interventions provides fact sheets and other resources for consumers, mental health practitioners and doctors, many of which are freely available
- www.respect.org.nz

 - Free resources for family, teachers etc., wanting to reduce youth (12- 17 years) violence
- www.urge.co.nz

 - Youthline web page and service
- www.beyondblue.org.au

 - Australian website explaining anxiety and depression
- www.adhd.org.nz

 - ADHD website
- www.nhs.uk

 - NHS Choices Moodzone
- www.livingsober.org.nz

 - Eight brief (6-15 minutes) **audio guides** by Dr Chris Williams, author of self-help books and developer of online courses. The audio guides cover common forms of mental distress and illness and provides self- help tips for overcoming them. Topics include depression and low mood, panic attacks, anxiety, sleep, practical problem solving, low confidence and unhelpful thinking. A good non-written self-help resource to recommend to patients or clients.
 - Free Community website supporting people who are working to reduce or stop alcohol use. Facebook: blog : MrsDisgoingwithout - community blog where people who are reducing drinking ask questions, get encouragement and talk about the tough days Writer, Lotta Dan talks about her own journey to alcohol reduction and encourages others to do the same