

Dunedin Services Directory

All services are free to access, self-referral, and are within Dunedin city unless indicated otherwise. Please note this list is not exhaustive. It does not list resources exclusive to tertiary students. Please contact bella.pullon@wellsouth.org.nz with any updates, queries, or requests for services to be removed.

Disclaimer: These services/resources have not been vetted. If information is out of date please contact the above.

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Domestic violence/abuse

| Name | Information | Contact | Address |
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| Dunedin Collaboration Against Family Violence (DCAFV) | Part of Stopping Violence Dunedin. Our Vision: Families free from violence. Our Purpose: To effect the reduction of family violence in Ōtepoti. | Phone 0800 474 1121 Phone 03 474 1121 Email dcafvadmin@stoppingviolencedunedin.org.nz https://www.stoppingviolencedunedin.com/ https://www.facebook.com/DunedinCollaborationAgainstFamilyViolencedcafvy/ | Level 4 31 Stafford Street Dunedin |
| In Your Hands | In Your Hands is for people using violence and looking to change their behaviour, and the people supporting them to do so. It has been created alongside family violence experts, frontline workers, and people with lived experience. Giving information to people who use violence can help them understand their experience and how to change, helping lower the barriers to them seeking help. | Family Violence Support Line 0800 456 450 https://www.inyourhands.org.nz/ | Nationwide. |
| Shakti Migrant Women's Refuge | Shakti Ethnic Women's Support Group (Dunedin) is a non-profit organisation which was founded in 2011 to assist ethnic women whose lives had been affected by domestic violence. We are committed to help ethnic women overcome the barriers of migration and to break | Phone (03) 477 1351 Crisis 0800 742 584 Email dunedin@shakti.org.nz https://shaktiinternational.org/ | Dunedin Community House 43 Princes Street Dunedin |

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| | the bonds of cultural oppression imposed on them for generations. | | |
| Shine | Shine provides a range of effective, practical and innovative services to achieve our mission to stop domestic violence in New Zealand. We directly help thousands of adult and child victims every year to become safe and stay safe through our frontline services, and we indirectly help thousands more through our professional training programmes; Shine RESPOND in communities, the DVFREE programme in workplaces, Shine in School, and our health sector partnerships. | Phone 0508 744 633 (24/7 helpline) https://www.2shine.org.nz/ Webchat also available | 95 Great South Road Epsom Auckland 1051 |
| Stopping Violence Dunedin | Stopping Violence Dunedin is a not-for-profit organization based in Dunedin, New Zealand. Our focus is stopping family violence and other damaging conflicts in our communities. We provide individual and group programmes for people with violence issues and family/whanau support through our Kaiwhakaruruhau service. Free referral through family court/corrections or self-referral at a cost. | Phone 0800 474 1121 Email admin@stoppingviolencedunedin.org.nz https://www.stoppingviolencedunedin.com/ | Level 4 31 Stafford Street Dunedin |
| Victim Support | Victim Support provides a free, nationwide support service for people affected by crime, trauma, | Phone 0800 842 846 https://www.victimsupport.org.nz/ | Dunedin Police Station 25 Great King Street Central Dunedin |

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| | and suicide in New Zealand. We help our clients to find safety, healing, and justice after crime and other traumatic events. | | Dunedin |
| Women's Refuge | <p>If you are living in fear in your relationship or in your family, or know someone who is, there are so many ways we can help you right now.</p> <p>We warmly welcome all women of New Zealand and their children to our free advice, emergency accommodation and confidential advocacy services provided by women.</p> | <p>Phone 0800 733 843 Email info@refuge.org.nz https://www.womensrefuge.org.nz</p> | <p>Nationwide. 15 Walter Street First Floor Te Aro Wellington</p> |

Sexual Harm

| Name | Information | Contact | Address |
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| Male Survivors Otago | <p>Male Survivors Otago is a member organisation of Male Survivors Aotearoa- the national advocacy and policy organisation for male survivors in New Zealand.</p> <p>We are committed to helping men who have suffered sexual, physical, or emotional abuse to discover and sustain their own recovery pathway.</p> <p>We work alongside men, sharing our knowledge and experiences, and moving towards a better future together.</p> | <p>Phone (03) 425 8018 Email info@mso.nz https://www.malesurvivorsotago.nz/</p> | <p>1/166 King Edward Street South Dunedin Dunedin</p> |

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| <p>Ōtepoti Communities Against Sexual Abuse (OCASA)</p> | <p>Based in Ōtepoti Dunedin, we are the Ōtepoti Communities Against Sexual Abuse (ŌCASA). Until a couple of years ago we were known as Rape Crisis Dunedin. We're a non-profit, community organisation run by a group of trained and dedicated professionals. We are committed to providing free, confidential, trauma-informed and holistic supports to people of all genders, on the journey towards healing. This can be for survivors of sexual violence, as well as whānau, friends, parents and communities. We also provide community sexual violence prevention and education.</p> | <p>Phone (03) 474 1592 Email support@ocasa.org.nz https://www.ocasa.org.nz/</p> | <p>Dunbar House 21 Dunbar Street Dunedin Central</p> |
| <p>Ōtepoti-Dunedin Whānau Refuge (Previously Te Whare Pounamu Dunedin Women's Refuge)</p> | <p>Ōtepoti-Dunedin Whānau Refuge advocates for women, whānau, tamariki (children) and rangatahi (youth) supporting a pathway to safety, regardless of ethnicity, gender identity, sexual orientation, or socio-economic circumstances. Our aim is to eliminate family violence in our community by providing support, advocacy, education, and awareness.</p> | <p>Phone (03) 466 3220 Crisis 0800 733 843 Email community@odwr.nz https://www.odwr.nz/</p> | <p>70a North Taieri Road Abbotsford Dunedin</p> |
| <p>Shakti Migrant Women's Refuge</p> | <p>Shakti Ethnic Women's Support Group (Dunedin) is a non-profit organisation which was founded in 2011 to assist ethnic women whose lives had been affected by domestic</p> | <p>Phone (03) 477 1351 Crisis 0800 742 584 Email dunedin@shakti.org.nz https://shaktiinternational.org/</p> | <p>Dunedin Community House 43 Princes Street Dunedin</p> |

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| | violence. We are committed to help ethnic women overcome the barriers of migration and to break the bonds of cultural oppression imposed on them for generations. | | |
| Shama | Shama Ethnic Women's Trust (commonly known as Shama) is a charitable trust formed in 2002 after the identification of a gap in available services for ethnic women and children that are run by ethnic women. The founding members of Shama recognised that the challenges faced by ethnic women are complex and unique, and their needs often sit outside what is catered for by mainstream social services and support programmes. If you have experienced sexual harm, Shama can connect you with a counsellor or therapist to provide ongoing support through our ACC service. We have therapists right across the country who can work with you. | Phone 07 843 3810 Email info@shama.org.nz https://shama.org.nz/ | Nationwide sexual harm support. 8 Liverpool Street Hamilton Central Hamilton |
| Survivors Network of those Abused by Priests (SNAP) | They are a charitable trust (50036443) based in Wellington, with peer support groups in Hawkes Bay, Nelson/Marlborough, Otago/Southland, Manawatu-Whanganui and Wellington. They also have peer support groups specifically for youth and | Contact Christopher Longhurst (Otago/Southland) Phone 022 344 0496 Email Aotearoa-NewZealand@SNAPnetwork.org Email chris.nz@snapnetwork.org https://www.snapnetwork.org/aotearoa_new_zealand | Nationwide. |

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| | transgender respectively. (see the contact tab on their website for contact details of these groups). Support is available nationwide face to face (where possible), or by telephone, email and online meetings. | | |
| Te Ohaakii a Hine – National Network Ending Sexual Violence Together (TOAH-NNEST) | Sexual violence should not be tolerated in any society. The vision of Te Ohaakii a Hine – National Network Ending Sexual Violence Together is for Aotearoa New Zealand to be free of sexual violence. This website is designed to provide you with information, research and gain access to sexual violence response and prevention services, representing members all over the country. | Phone (04) 385 9176 Email admin@toah-nnest.org.nz http://toah-nnest.org.nz/ | Nationwide. Floor 3 29 Waterloo Road Hutt Central Lower Hutt |
| The Harbour | The Harbour is a New Zealand-based web-portal that hopes to address all community members affected by sexual abuse or offending, their families and whanau. Jointly developed by SAFE, HELP and Rape Prevention Education, funded by the Lottery Grants Board and supported by the FACS, The Harbour aims at becoming a trusted resource and a point of hope for people currently living the ripple effects of harmful sexual behaviour. | http://www.theharbour.org.nz/ | Website only. |

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| Victim Support | Victim Support provides a free, nationwide support service for people affected by crime, trauma, and suicide in New Zealand. We help our clients to find safety, healing, and justice after crime and other traumatic events. | Phone 0800 842 846 https://www.victimsupport.org.nz/ | Dunedin Police Station 25 Great King Street Central Dunedin Dunedin |
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Employment support

| Name | Information | Contact | Address |
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| Aotearoa Labour Hire Recruitment (ALH) | ALH is a leading recruitment company dedicated to providing Aotearoa with the most dependable and trustworthy workforce. We specialise in sourcing and supplying skilled and experienced personnel to meet the diverse labor needs of our clients. Servicing many sectors, including warehousing, civil, rail, and the white-collar market. | Phone 021 240 8652 Email charlesw@alhld.co.nz https://alh.nz/ | 401 Moray Place Dunedin |
| APM NZ | APM is a leading health and human services organisation. Our purpose is to enable better lives. We help people overcome barriers to employment, support them to return to work following an injury or illness, provide health and psychological services, and so much more. Worldwide, we have assisted over two million people. | Phone 0800 967 522 Email nzreferrals@apmworkcare.co.nz https://apm-nz.co.nz/ | Nationwide. Ground Floor Cargill House 333 Princes Street Dunedin Otago |

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| | We deliver a wide range of services across New Zealand, including allied health, psychological intervention, employment support, physiotherapy, vocational rehabilitation, pain management, and community-based services. | | |
| Business South Inc | We believe that every business should have the best chance at being the best it can be, we optimise employers' health and growth potential through a wide range of support services, training and networking opportunities for whatever stage they are at and advocate for businesses with decision-makers in local and central government. | Phone 03 479 0181 Phone 0508 656 757 for advice Email info@business-south.org.nz https://business-south.org.nz/ | Level 3 Public Trust Building 442 Moray Place Dunedin 9016 PO Box 5713 Dunedin 9054 |
| Careers NZ | Careers.govt.nz is owned and maintained by the Tertiary Education Commission. We're responsible for supporting New Zealanders to have the skills, knowledge and training opportunities for lifelong success. We have a responsibility from the Education and Training Act 2020 "to provide a publicly available careers information service that includes a database of information about occupations and tertiary education and training." | Phone 0800 601 301 Email customerservice@tec.govt.nz https://www.careers.govt.nz/ | Nationwide. Level 9 44 The Terrace Wellington |

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| | So we provide tools and information to support people of all ages to make decisions about their career and education throughout life. | | |
| Connected NZ | Connected makes it easier to explore jobs, study, training or business support. The service helps a wide range of New Zealanders find the advice and support they need, including businesses, people looking for help to find a job or who are worried about keeping the one they have, and those looking for study and training advice and opportunities. | Phone 0800 264 737 Email connecteddunedin@msd.govt.nz https://www.connected.govt.nz/ | MSD/Work and Income Employment Centre John Wickliffe House in the Exchange 265 Princes Street Dunedin |
| Early Response Labour Market Advisors (MSD) | The Early Response Team (The Team) is a dedicated team of MSD staff who are responsible for delivering Redeployment Support. This involves identifying and supporting people who are disadvantaged in the labour market to retain their employment or transition to new good and appropriate employment or upskilling opportunities. Get in contact if you are needing support. | Emilia St Baker Email Emilia.StBaker001@msd.govt.nz Phone 03 955 6549 029 920 3375 https://www.workandincome.govt.nz | John Wickliffe House 265 Princes Street Dunedin |
| Employment New Zealand | Information on employment in New Zealand. | Phone 0800 20 90 20 Email info@employment.govt.nz https://www.employment.govt.nz | Nationwide. 15 Stout Street Wellington |

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| Hays Dunedin | Hays helps thousands of job seekers find excellent employment across all major industries from technology and finance to construction and engineering. Our local team of recruitment experts can work with you to identify the best opportunities that suit your needs. | Phone (03) 669 5542 Email tl.dunedin@hays.net.nz https://www.hays.net.nz/ | 218 George Street Dunedin Central Dunedin |
| New Zealand Labour Hire Dunedin | NZ Labour Hire has been providing Industrial Personnel to manufacturing, logistics, and construction. | Phone 0800 MUSCLE Email construction@nzlabourhire.co.nz https://www.nzlabourhire.co.nz/ | 44B Filleul Street Dunedin Central |
| NZDF Defence Careers Recruiting Office Dunedin | As New Zealand's Defence Force, we run deep. Our shared purpose and experiences forge unbreakable bonds. When you run with us, you'll work as part of a tight-knit team within the Navy, Army or Air Force, protecting your people, your country and the environment. We work shoulder-to-shoulder, always backing each other and proudly representing Aotearoa wherever we go. | Phone 0800 1 FORCE (0800 136 723) https://www.defencecareers.mil.nz/ | 248 Cumberland Street Dunedin |
| Select Recruitment | At Select, we're passionate about what we do. Equipped with 40 years of experience partnering with local businesses, we are a market leader with a long-standing history of delivering a complete range of employment and HR | Phone (03) 477 0873 Email info@select.co.nz https://www.select.co.nz/ | 28 Strathallan Street South Dunedin Dunedin 9012 |

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| | solutions throughout the South Island and beyond. | | |
| Skillsec | Skillsec provides free courses and training. We are here to help you to gain the skills, confidence and qualifications you need to pursue a career or go on to further training. | Phone (03) 455 2727 Email office@skillsec.co.nz https://skillsec.co.nz/ | 14 Bridgman Street Dunedin |
| Tradestaff Dunedin | At Tradestaff, we're here to help get work done, no matter how big or small your need is. We have a national presence with a local focus. Solving employers' problems throughout New Zealand, our database of temporary workers and employer client base is tough to rival. | Phone (03) 474 0655 Email otago@tradestaff.co.nz https://www.tradestaff.co.nz/ | 79 Princes Street Dunedin |
| Volunteer South | Kaitūao o te Taitonga Volunteer South is a charitable trust that engages and supports both tūao volunteers and volunteer involving organisations and community groups in the Southern region of Aotearoa New Zealand. | Phone (03) 471 6206 Email kiaora@volunteersouth.org.nz https://volunteersouth.org.nz/ | Dunedin Community House 1/43 Princes Street Dunedin |
| Work Opportunities Trust | Work Opportunities is a Dunedin-based community trust that supports and explores employment opportunities for people who experience mental health conditions and psychiatric disability. Our team of specialists work one on one with individuals | Phone 03 455 4357 Email admin@workopportunities.org.nz https://www.workopportunities.org.nz/ | 103 Melbourne Street South Dunedin |

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| | for as long as required for no fee. NOTE: Eligibility criteria apply. | | |
| Workbridge | Workbridge helps Kiwi jobseekers who have disabilities or health conditions to connect with employers who value their contributions. | Phone 0508-858-858 Email dunedin@workbridge.co.nz https://workbridge.co.nz/ | 155 Hillside Road South Dunedin |
| Workforce Central Dunedin | Workforce Central Dunedin is a free service to help you find employment and connect you to employers looking for work. | Phone 021 245 1562 Email kiaora@wfgd.co.nz https://www.wfgd.co.nz/ | 168 Castle Street Dunedin |
| Your People Recruitment | Based in Dunedin and provide leading recruitment services throughout New Zealand. We recruit the best talent available for all levels of employment with our speciality being mid and senior level positions. We provide both permanent and temporary employment services in a wide range of industries and job types. | Phone (03) 471 7000 Email info@yourpeople.co.nz https://www.yourpeople.co.nz/ | Level 2 Westpac House Cnr George Street & Moray Place Dunedin |
| Youth Employment Success | Youth Employment Success is an online platform that launched in 2016 with certified kaiwhakawhiwhi mahi (employers) from a variety of industries offering free employment-based opportunities to 16-24-year-olds and now connecting employers with like-minded rangatahi who are looking for mahi. | Phone (03) 477 3473 Email dunedin@youthemployer.nz https://youthemployer.nz/ | 123 Vogel Street Dunedin |

Financial Support

| Name | Information | Contact | Address |
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| Accident Compensation Corporation (ACC) | Everyone in New Zealand is covered by our no-fault scheme if they've been injured in an accident. The cover we provide helps pay for the costs of your recovery. | Phone 0800 101 996 (Claims) Email claims@acc.co.nz https://www.acc.co.nz/ | Cnr Maclaggan Street & Clark Street Dunedin Central |
| Christians Against Poverty (CAP) | Living with unmanageable debt feels like being caught in a fast-flowing river. Families in poverty share that before coming to CAP they had the sense that they were drowning. They swim bravely... but are soon exhausted, isolated, losing hope of rescue. Together with the church, CAP prevents New Zealanders being swept away. CAP's services are free – made possible through our partnerships with over 200 local churches across Aotearoa. The ministry is supported by donors, who give what they can. Each client has a support friend from a church community to walk alongside them, as well as experts who advocate for them every step of the way. | Phone 0508 227 111 Email info@capnz.org https://www.capnz.org/ | Nationwide PO Box 12041 Penrose Auckland 1064 |
| Dunedin Budget Advisory Service Inc | A free and confidential service who work with families and | Phone (03) 4716 158 Email enquiries@budgetingdunedin.co.nz | Dunedin Community House 43 Princes Street |

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| | individuals in the greater Ōtepoti area who are at risk of, or in financial hardship, to educate, support and empower. | https://www.budgetingdunedin.co.nz/ | Dunedin |
| Family Works – Presbyterian Support Otago | We support both families and individuals (any age) offering help that ranges from food parcels, social work, financial mentoring to group programmes for both children and adults. We also support adults and youth with mental health. | Phone (03) 477 7116 Email enquiries@psotago.org.nz https://familyworks.org.nz/ | 407 Moray Place Dunedin Central |
| FinCap | FinCap is non-government organisation which supports 200 free financial mentoring services in their work. We advocate for change in the building financial capability sector to help prevent people from getting into financial hardship in Aotearoa. Financial mentoring services can help anybody who wants to gain control of their money – with FinCap, you’ve got it together. | Phone (04) 471 1420 Email kiaora@fincap.org.nz https://www.fincap.org.nz/ | Nationwide. Level 4, 276 Lambton Quay Wellington Central Wellington |
| Good Shepherd NZ | We are a not-for-profit organisation working to improve the financial and social wellbeing of New Zealanders. Financial support, resources, Economic | Phone 0800 466 370 Email infonz@goodshepherd.org.nz https://goodshepherd.org.nz/ | National Office Good Shepherd NZ Level 14, 22-28 Willeston St Wellington 6011 |

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| | Harm Support Service, DEBTsolve, loans, and advice. | | |
| Ngā tāngata microfinance | We're a small, non-profit organisation focused on helping financially vulnerable New Zealanders get ahead with money. We provide ethical, interest-free loans that give Kiwis a 'hand up', not a 'hand-out'. | Email info@ntm.org.nz https://www.ngatangatamicrofinance.org.nz/ | Nationwide PO Box 99-890 Newmarket Auckland 1149 |
| Sorted | For free trusted independent money guidance visit our website & make tomorrow a better day. We've got you covered, start your plans with Sorted guides. Sign up for free today! | Email info@sorted.org.nz https://sorted.org.nz/ | Nationwide. |
| Work and Income (Ministry of Social Development) | Get help finding work, see current job vacancies, and find out how we can support you if you're on a low income or unemployed. | Phone 0800 559 009 https://www.workandincome.govt.nz/ | 265 Princes Street Dunedin Or 127 Hillside Road South Dunedin |

Food and transport

Please see <https://wellsouth.nz/community/health-promotion/low-cost-food-and-transport-map/> for a map of affordable (free or lower cost) food (including community gardens) and transport options available.

Taken from the Taieri Network Community Connector:

In September a group of individuals and organisations sat around the table at Taieri Network to discuss what transport options are available for those who are elderly, disabled and unable to drive or are not very mobile.

How do these people get to the supermarket to get essentials? How do they get out and socialise and connect with family, friends or attend clubs or hobby groups?

There are options, and they cover rural areas like Allanton and Outram, so here we go....

[Plus Bus](https://plusbusdunedin.co.nz/): offers a safe reliable and friendly service taking clients to the supermarket. They assist with carrying your groceries. Operating in Mosgiel on Wednesday. New and temporary users welcome. To book phone 03 455 4050. Please leave a message if no one is in the office. Website <https://plusbusdunedin.co.nz/>

[Big Johns Mobility Service](http://www.bigjohns.co.nz/): is a proud locally owned and operated supplier who assists eligible people with long-term impairments to meet their daily needs with door to door service. Drivers understand unique requirements of each passenger and are a registered vendor with ACC as well as being a provider for the Total Mobility scheme. They can provide a wheelchair accessible vehicle upon request. To book call 0800 566 893 or 022 524 4564, website <http://www.bigjohns.co.nz/>.

[Driving Miss Daisy](#): covers the area from St Clair, down the eastern seaboard to Milton, and encompassing Mosgiel/Outram and the greater Taieri area. The reliable and trustworthy Daisy team caters to all of your needs, and can provide a wheelchair accessible vehicle on request. They are a registered vendor with ACC as well as being a provider for the Total Mobility scheme. Fares are charged by time (not distance). To book, phone Dunedin South: 03 486 2033 or 021 503 498.

[St Johns Health Shuttle](#): Friendly and fully trained St John volunteers pick you up and take you to where you need to go. Depending on your location they can pick you up from your home or from a dedicated meeting point and take you to doctors visits, dental appointments, specialist appointments, day-surgery, or any other type of health and wellbeing appointment. Some shuttles are fitted with hoists or wheelchair access, for clients with limited mobility. A daily shuttle passes through Allanton. At this stage they do not go to Outram. Once registered, book 24 hours prior appointment by phone 0800 103 046. There's no charge but a koha (donation) is appreciated.

[Freedom Companion Drivers Dunedin](#): able to help and support others in the community in a compassionate and non-judgemental way, providing great customer service driving people from A to B. Able to drive wheelchair users, as long as they can self-transfer into the car. As a registered vendor with ACC as well as being a provider for the Total Mobility scheme, they can drive you to your appointments or to the supermarket. They also offer a personal driving service for tourists visiting Dunedin and surrounding areas, hired for a half or full day and make long distance trips to Central Otago. To book, contact Sally ph 03 471 8177 or email dunedinnorth@freedomdrivers.co.nz.

[Mobility Vehicles Dunedin](#): the majority of clients use wheelchairs, but non-wheelchair clients also enjoy our service with seating arrangements for easy access for people with limited mobility or with walking frames or sticks. They are a registered vendor with ACC as well as being a provider for the Total Mobility scheme. To book, phone 022 089 3665 or email book@mvd.co.nz.

[Dunedin Cancer Society](#): this volunteer service is available to those with a cancer diagnosis who for any reason are facing difficulty in getting their own transport to treatment. The driving service is delivered by registered volunteer drivers who gift their time and use their own vehicle to provide transport for patients to cancer related appointments. To book a driver or seek further information, call 021 241 9660 (please give 48 hours notice prior to the appointment date when booking). There is no cost for the service.

How much does it cost?

Costs vary depending on length of trip so it is best to contact each organisation and ask for a quote or estimate. You can reduce your fare if you are eligible for the ORC Total Mobility Scheme - details are [here](#).

Night Shelters

| Name | Information | Contact | Address |
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| Dunedin Night Shelter Trust | The Night Shelter is located at 18 Lees Street, Dunedin. It offers free emergency accommodation to anyone in need. The shelter is open from 6pm-9am every day. Bookings are not required. | Phone 0800 745 569 Email info@dunedinnightshelter.co.nz https://dunedinnightshelter.co.nz/ | 18 Lees Street Dunedin |

Information and Advice/Advocacy

| Name | Information | Contact | Address |
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| Acclaim Otago | Acclaim Otago (Inc) is a support group for injured New Zealanders and their families. We are an incorporated society based in Dunedin with members throughout New Zealand. Established in 2003, we have been advocating for systemic change to improve the lives of injured people ever since. We are active in the | Phone (03) 455 4878 Email acclaimotago@gmail.com https://acclaimotago.org/ | ACCLAIM Otago P.O Box 375 Dunedin |

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| | area of human rights in New Zealand. | | |
| Citizens Advice Bureau Ōtepoti Dunedin | <p>Free, confidential information and advice about your rights under the law and how to resolve your issues.</p> <p>A universal service for anyone about anything.</p> <p>Phone, email, or face-to-face service available in Dunedin.</p> <p>Hours Monday to Thursday 10.00 am – 4.00 pm Friday 10.00 am – 1.00 pm</p> | <p>03 471 6166 Dunedin Direct dial</p> <p>0800 367 222 Nationwide Freephone (may be answered elsewhere)</p> <p>Email enquiries via online enquiry form: https://www.cab.org.nz/find-a-cab/contact-us/</p> <p>www.cab.org.nz – answers to thousands of questions (online chat also available here see bubble in the bottom right corner)</p> | <p>Rodgers House Ground Floor 155 Princes Street Dunedin</p> |
| Community Law Otago | <p>We provide free legal information, assistance, representation and education to the people of Otago.</p> <p>Walk in Monday, Tuesday, Wednesday evenings 5.30-7.30pm; Tuesdays, Thursdays, Fridays 12.30-2pm. Advisors</p> <p>Help with traffic, employment, tenancy, police, consumer/debt, criminal, ACC, neighbours, government depts and family matters.</p> <p>Cannot help with wills, trusts and estates (other than general information), buying or selling property, business or commercial matters.</p> | <p>Phone 03 474 1922</p> <p>Email reception@dcl.org.nz</p> <p>https://communitylawotago.com/</p> | <p>Dunedin Dental Building Floor 1 169 Princes Street Dunedin</p> |

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| Health & Disability Commissioner | The Health and Disability Commissioner promotes and protects people's rights as set out in the Code of Health and Disability Services Consumers' Rights. This includes resolving complaints in a fair, timely, and effective way. | Phone 0800 11 22 33 Email hdc@hdc.org.nz https://www.hdc.org.nz/ | Nationwide. PO Box 1791, Auckland 1140 |
| Nationwide Health & Disability Advocacy Service | The Nationwide Health and Disability Advocacy Service offers free, independent, and confidential advice and support to help you resolve issues with health and disability services. Our advocates are here to let you know about your rights, answer your questions and talk through your options for making a complaint. We will support you through the whole process. | Phone 0800 555 050 Phone (03) 479 0265 - Dunedin Email advocacy@advocacy.org.nz https://advocacy.org.nz/ | Nationwide. |
| Netsafe | Netsafe is New Zealand's independent, non-profit online safety charity. Taking a technology-positive approach to the challenges digital technology presents, we work to help people in New Zealand take advantage of the opportunities available through technology by providing practical tools, support and advice for managing online challenges. | Phone 0508 NETSAFE (0508 638 723) Text 'Netsafe' to 4282 Email help@netsafe.org.nz https://netsafe.org.nz/ Chatbot also available on the website. | Netsafe – PO Box 124 Shortland St Auckland 1140 |
| Office of the Ombudsman | The Ombudsman helps the community in its dealings with | Phone 0800 802 602 Email info@ombudsman.parliament.nz | Nationwide. Level 7 |

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| | government agencies. They handle complaints against government agencies and undertake investigations and inspections, where they see the need. | https://www.ombudsman.parliament.nz | 70 The Terrace Wellington 6011 |
| Te Kāhui Tika Tangata Human Rights Commission | Te Kāhui Tika Tangata Human Rights Commission and Office of Human Rights Proceedings offer free and confidential services for individuals, Tangata whenua, schools, employees, employers and the public sector. Dispute resolution, wayfinding, community peacebuilding, and legal representation. | Phone 0800 496 877 Email infoline@hrc.co.nz https://tikatangata.org.nz/ | Nationwide. PO Box 10424 Wellington 6140 |
| Tenancy Services | We provide information on your rights and responsibilities as a landlord, tenant or unit title owner. | Phone 0800 836 262 (0800 TENANCY) https://www.tenancy.govt.nz/ | Nationwide. PO Box 76469 Manukau 2241 |
| Victims Information | To provide support to help you or your family/ whānau to deal with the practical and emotional effects of the crime and information to help you understand the legal process. | Phone 0800 650 654 https://www.victimsinfo.govt.nz | Nationwide. |

Parent, Youth, and Whānau Support

| Name | Information | Contact | Address |
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| ADL | ADL is a not-for-profit youth services provider working with young people and their whānau across the lower South Island. | Phone 0800 292 988 Email admin@adlnz.org.nz https://www.adlnz.org.nz/ | 599 Princes Street Dunedin |

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| Thrive Services | <p>We see clients either in person (face-to-face) as well as online (video) or by phone – and can work with you at one of our service delivery sites, or at your school, in the community or at home.</p> <p>Thrive is a free professional counselling service for young people aged 12 to 24 and their whānau living in the lower South Island. It's a safe, non-judgmental and completely confidential service offering between one to six sessions of coaching, talking and problem solving to help you cope with life's ups and downs. Self-referral available.</p> | | |
| Barnardos New Zealand | <p>As New Zealand's largest children's charity, we offer a broad range of services for children, families and whānau throughout Aotearoa.</p> | <p>Phone (03) 214 7751 (Dunedin) Phone 0800 227 627 (General Enquiries) Email invercargill@barnardos.org.nz https://barnardos.org.nz/</p> | <p>8 Jones Street Dunedin</p> |
| Breastfeeding Support Otago & Southland | <p>Breastfeeding Support Otago and Southland (BFSOS) is a Peer Support programme created by WellSouth Primary Health Network. This programme aims to help women in our Southern communities to access FREE, friendly, and non-judgemental support to establish, maintain and continue breastfeeding and help with common feeding challenges. All Peer Supporters have completed</p> | <p>https://www.breastfeedingsos.co.nz/</p> | <p>Otago and Southland.</p> |

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| | accredited training and have been police vetted. | | |
| CanTeen Otago | Cancer affects everyone differently. That's why Canteen provides a wide range of free support services to help rangatahi manage the specific challenges they're dealing with. | Phone 0800 Canteen (2268 336) Email info@canteen.org.nz https://www.canteen.org.nz/ | 218 George Street Dunedin Central |
| Child, Adolescent and Family Mental Health Service (CAFMHS) Te Whatu Ora Southern | CAFMHS is a specialised service providing assessment and treatment to children and young people aged 0 to 14 years and their families. Our CAFMHS services in Waitaki, Balclutha and Dunstan can see young people up to the age of 18 years. For Dunedin youth over 14 years we will refer to our Southern DHB Youth Specialty Service. Our service caters for children, young people, and their families in the Southern DHB district of Otago who are experiencing moderate to severe mental health difficulties, suspected psychiatric disorders, or severe emotional and behavioural disturbance. Our service is free of charge for New Zealand citizens and permanent residents, and is voluntary. Referral required from community professional. | Phone (03) 471 7105 Phone 0800 44 33 66 https://www.southernhealth.nz/services/child-and-youth-mental-health-services-southern-te-whatu-ora | 9 Moray Place Dunedin |
| Comcol | We provide a FREE Youth Service for 16-19 year olds Offering guidance and support to help young people | Phone 0800 887 005 Email info.ot@comcol.ac.nz https://www.comcol.ac.nz/ | 23 Dowling Street Dunedin Central |

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| | <p>into education, training, work based learning and more.</p> <p>Our focus is on supporting our taiohi into education, training and work-based learning- but we do much more. Our youth coaches provide intensive, tailored support to identify their goals and find the best path to reach them.</p> | | |
| Dunedin Parents Centre | <p>Dunedin Parents Centre is part of a nationwide voluntary organisation set up by parents for parents. Parents Centre are a not-for-profit organisation who supports parents with knowledge and skills to better prepare them for birthing and parenting. Dunedin Parents Centre is one of 52 Parents Centres across the country.</p> <p>We are a friendly group whose aim is to support parents in the community and offer fun learning and social activities for them and their children to enjoy. Parents join for a coffee group or antenatal class and leave feeling rejuvenated, supported and understood.</p> | <p>Email dunedin@parentscentre.org.nz https://dunedin.parentscentre.org.nz/</p> | <p>155 Kenmure Road Mornington Dunedin</p> |
| Family Dispute Support Services | <p>FDSS – Family Dispute Support Services provides separated whānau with tailored support services using a community-centred holistic approach. FDSS work is focused on</p> | <p>Phone 028 8515 4259 by appointment Email admin@fdss.org.nz https://www.fdss.org.nz/</p> | <p>Nationwide.</p> |

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| | empowering whānau to resolve their parental disputes amicably on their own out of the court, if possible. | | |
| Family Mental Health Service | <p>Based in Mosgiel, Family Mental Health Service is WellSouth's community mental health service for individuals of all ages and families experiencing moderate to severe mental health difficulties. FMHS clinicians work with people and families with for a period of up to six to eight months – along with their GPs and other health professionals.</p> <p>Māori, Pacific Island and high-needs populations are prioritised for the service.</p> <p>Accessing FMHS is principally by GP referral, but other community agencies, schools or, in some instances, self-referrals are accepted as well.</p> | <p>Phone 03 489 3728 Email fmhsadmin@wellsouth.org.nz https://wellsouth.nz/community/mh-concerns/family-mental-health-service-fmhs/</p> | <p>3 Wickliffe Street Mosgiel</p> |
| Family Works | <p>Family Works supports young adults and individuals who face short, or longer-term challenges in their lives. Our services include social work, foodbank, emergency response, financial mentoring, parenting support, youth development and community development programmes.</p> <ul style="list-style-type: none"> • Welfare and Foodbank | <p>Phone 0508 396 678 Email enquiries@psotago.org.nz https://psotago.org.nz/contact/family-works/</p> | <p>407 Moray Place Dunedin</p> |

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| | <ul style="list-style-type: none"> • Stepping Stones • YouthGrow • All Things Money <p>Our programmes focus on building skills and resilience so that individuals can create a brighter future for themselves.</p> <p>Run by Presbyterian Support Otago. Complete the self-referral form online.</p> | | |
| Heart Kids NZ | <p>Heart Kids Otago is one of the affiliated branches of Heart Kids NZ and we support 476 heart members in the greater Otago region.</p> <p>We are a small and passionate team that works together to support our heart families by offering emotional, educational and practical support. We are fully committed to helping all heart families on their journey throughout life and to empower our heart members. We love hearing from you and hearing your ideas for how to improve our services, so please feel free to get in touch.</p> | <p>Phone 021 848 743 Email otago.ssc@heartkids.org.nz https://www.heartkids.org.nz/</p> | Nationwide. |
| Kidz Need Dadz | <p>Kidz Need Dadz' mission is to help New Zealand men be the best fathers they can be. Through education and support we help dads to play an active part in their children's lives. As well as supporting fathers, we educate the broader community about the need</p> | <p>Phone 0800 563 123 Email christchurch@kidzneeddadz.org.nz https://www.kidzneeddadz.org.nz/</p> | <p>Risingholme Community Centre 22 Cholmondeley Avenue Opawa Christchurch 8023</p> |

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| | <p>for dads to be involved with their children.</p> <p>We can help with parenting, relationship separation, assistance with legal guidance and mentoring, information on health and wellbeing services for men, and events for dads (and families) to meet up.</p> <p>Note services not available in Dunedin.</p> | | |
| La Leche League NZ | <p>Questions or worries about breastfeeding? Our accredited La Leche League Leaders are parents like you, who have been trained to provide lactation information and support. We can help over the phone, you can come along to our informal meetings, or ask a question via email and on social media. All of this is free and confidential.</p> | <p>Email help@lalecheleague.org.nz Email LLL.dunedinwest@gmail.com (Dunedin) https://lalecheleague.org.nz/</p> | <p>Meetings are held monthly in Dunedin and nationwide. See website for locations.</p> |
| Mirror Services | <p>Mirror Services is an Otago based organisation that delivers counselling and treatment programmes for children, young people and their whānau in the Otago/Southland region. Mirror offers counselling services and a youth day programme, and consists of a primary care team and youth addiction service.</p> | <p>Phone (03) 479 2970 Email reception@mirrorservices.org.nz https://www.mirrorservices.org.nz/</p> | <p>7th & 8th Floor Evan Parry House 43 Princes St Dunedin Central</p> |
| Mothers Helpers | <p>Mothers Helpers can support you. Whether you are a mum of young children or expecting a baby, we can</p> | <p>Email info@mothershelpers.co.nz https://www.mothershelpers.co.nz/</p> | <p>Nationwide.</p> |

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| | <p>help you find hope and joy in your family life again. Talk to one of our clinicians. All our initial assessments are free and we endeavour to keep our other services as low-cost and in some cases, free of charge.</p> | | |
| Oranga Tamariki | <p>We are dedicated to supporting any child in New Zealand whose wellbeing is at significant risk of harm now, or in the future. We also work with young people who may have offended, or are likely to offend. Anyone who is worried about a child or young person can make a report of concern to us or the Police. You can also contact us for enquiries about our services, or to contact a site or social worker.</p> | <p>Phone 0508 326 459 (to make a report of concern) Phone 0508 326 459 (General enquiries) Email contact@ot.govt.nz https://www.orangatamariki.govt.nz/</p> | <p>Level 1 Philip Laing Building 144 Rattray Street Dunedin</p> |
| Otago Youth Wellness Trust | <p>The Otago Youth Wellness Trust is a free, not-for-profit community-based service that works alongside rangatahi aged 11 to 18 with multiple needs to create positive change in their lives and that of their family/whānau. These can include health, education, welfare and justice. Their case workers and mentors employ an intense wrap-around service to improve educational outcomes, strengthen family/whanau relationships and improve well-being.</p> | <p>Phone (03) 474 9547 https://www.oywt.org.nz/</p> | <p>20 Parry Street West Dunedin</p> |

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| Parent to Parent | We are a nationwide not-for-profit organisation formed in 1983 by parents and professionals to support the families of babies, children, teens and adults with any type of disability or health impairment. | Phone 0508 236 236 Phone 027 808 3949 (Otago) Email otago@parent2parent.org.nz https://parent2parent.org.nz/ | 30 Portsmouth Drive Dunedin |
| Plunket Clinics and Dunedin Pregnancy and Parenting Education (PPE) | Tamariki and whānau are at the heart of everything we do at Whānau Āwhina Plunket. We're dedicated to helping all children in Aotearoa New Zealand have the best possible start to life. | Phone 0800 184 803 Email southern.region@plunket.org.nz https://www.plunket.org.nz/ | Visit https://www.plunket.org.nz/plunket-near-me for the closest centre to you. |
| Pregnancy Help Ōtepoti Dunedin | Information, advice, and practical support including baby baths, baby clothing, bassinets, bedding, pregnancy clothing, and pēpi-pods. All services are free. Pregnancy Help information is available in Arabic, English, and Te reo Māori. | Phone (03) 455 5892 Email otago@pregnancyhelp.org.nz https://pregnancyhelp.org.nz/dunedin/ | Shop 2a Ground Floor South City Mall Hillside Road South Dunedin Dunedin |
| Sands NZ | We are a voluntary, parent-run, non-profit organisation set up to support parents and families who have experienced the death of a baby at any stage during pregnancy, as a baby or infant. We offer empathy and understanding. We are not counsellors and do not give professional advice but we do offer an opportunity and environment to share experiences, to talk and to listen. We promote awareness, understanding and support for | Email info@sands.org.nz http://sands.org.nz/ | Nationwide. No meetings in Dunedin currently. Sands NZ PO Box 136 Hamilton 3240 |

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| | those dealing with the death of a baby in pregnancy, birth or as a newborn, and due to medical termination or other forms of reproductive loss. | | |
| SIDS and Kids | SIDS and Kids is dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and supporting bereaved families. We deliver on our vision through world class research; evidence based education and bereavement support; and advocacy. | Phone 0800 164 455 (24-hour Sudden Infant Death Helpline) http://www.sidsandkids.org.nz/ | Nationwide. SIDS and Kids PO Box 350 Waiuku 2681 |
| Southern Youth Development | Founded in 1987 by Malcolm Cameron on the premise that young people can and do 'make a difference', the Southern Youth Development believes that resilience in young people is built through positive life experiences. We work to empower youth to realise their potential and achieve stronger communities. We work alongside our young people and role model quality work ethics in a supportive environment assisting young people to make successful transitions. | Phone (03) 477 4175 Phone 027 431 0252 Email info@syd.org.nz https://syd.org.nz/ | 45 Māori Road Mornington Jubilee Park |
| Space for You and Your Baby | At Space, you and your baby will connect with other new parents and their babies as you explore parenting and children's | Phone (03) 473 0014 Email trust.valleybaptist@gmail.com https://valleyspace.wordpress.com/ | 270 North Road North East Valley Dunedin |

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| | development in a safe, facilitated environment. NOTE: Costs may apply. | | |
| Taieri Parents Centre | <p>Taieri Parents Centre is a volunteer organisation run by parents for parents. We are part of Parents Centre New Zealand and are one of 52 Centres nationwide.</p> <p>Parents Centre are a not-for-profit organisation who supports parents with knowledge and skills to better prepare them for birthing and parenting.</p> <p>At Taieri Parents Centre, we offer:</p> <ul style="list-style-type: none"> • Childbirth Education & Early Parenting Classes • Playgroups and coffee groups • Music & Movement sessions • Parent Support • Parent Education • Family Socials • Car Seat Hire and advice • Venue Hire | <p>Phone (03) 489 3075</p> <p>Email parentscentretaieri@gmail.com</p> <p>https://taieri.parentscentre.org.nz/</p> | <p>17 Green Street Mosgiel Dunedin</p> |
| The Breast Room | <p>The Breast Room hosts a free drop-in clinic in Dunedin, and also provides home visits in the wider Dunedin City area. For the rest of New Zealand, you can access free online, zoom, text, email, social media support.</p> | <p>Phone 027 476 1339 Phone 027 891 1270</p> <p>Email denise.ives@thebreastroom.org</p> <p>https://www.womens-health.org.nz/breastfeeding-support/the-breast-room/</p> | <p>South City Mall Cargills Corner South Dunedin</p> |

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| YouthGrow | YouthGrow is a 'life ready, work ready' programme for 16 - 24 year olds. We help young people to build on their skills, while learning other useful life skills like cooking, planning and budgeting. Run by Presbyterian Support Otago. Complete the self-referral form online. | Phone 03 473 1334 Email youthgrow@psotago.org.nz https://psotago.org.nz/services/individuals/youthgrow/ | 9 Centennial Avenue Helensburgh |
| Youth Specialty Services | YSS is a specialised adolescent and family mental health service providing assessment and treatment for young people 14 years up to 19 years. Our service caters for young people, and their families who live in the Southern DHB Otago district, who are experiencing moderate to severe mental health problems, suspected psychiatric disorders, or severe emotional and behavioural disturbance. Our service is voluntary and free of charge for New Zealand citizens and permanent residents. Some charges can apply to people from other countries. Family and self-referral or referral from community professional. | Phone (03) 474 5601 Phone 0800 44 33 66 https://www.southernhealth.nz/services/child-and-youth-mental-health-services-southern-te-whatu-ora | Level 3 8 Moray Place Savoy Building Dunedin |

Rainbow support

| Name | Information | Contact | Location |
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| Adhikaar Aotearoa | Adhikaar Aotearoa is a charity that provides education, support and | https://www.adhikaaraotearoa.co.nz/ | Nationwide. |

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| | advocacy services for and on behalf of queer and trans people of colour, especially South Asians. | | |
| Burnett Foundation Aotearoa (formerly New Zealand AIDS Foundation & Ending HIV NZ) | <p>With the same passion and commitment as those who came before us, Burnett Foundation Aotearoa continues to prevent HIV transmission, combat stigma and maximise the wellbeing of those most affected by HIV.</p> <p>We have centres in Tāmaki Makaurau Auckland, Whanganui-a-Tara Wellington and Ōtautahi Christchurch. We provide HIV and STI testing, counselling, group support and other services at these centres as well as remotely for people anywhere in New Zealand.</p> | <p>Phone 0800 802 437</p> <p>Email contact@burnettfoundation.org.nz https://www.burnettfoundation.org.nz/</p> | <p>Nationwide.</p> <p>31 Hargreaves Street St Marys Bay Auckland</p> |
| Dunedin Pride | <p>We're a volunteer-run organisation that's all about connecting and supporting Ōtepoti's local takatāpui and rainbow community 🌈</p> <p>To connect with Dunedin Pride, we invite you to join us at Pride Night, held on the last Friday of every month, from 4-7pm</p> <p>Pride Night is always free, all ages and kai is provided for free too. It's family friendly and welcomes all our community and allies, young and old</p> | <p>Email contact@dunedinpride.org.nz https://dunedinpride.org.nz/</p> | <p>Dunedin-wide.</p> |
| Gender Minorities Aotearoa | Gender Minorities Aotearoa is a nationwide transgender | <p>Phone (04) 385 0611</p> <p>Phone 020 404 92568</p> | <p>Nationwide.</p> <p>Level 1</p> |

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| | <p>organisation. It is run by and for transgender people; including binary and non-binary, intersex, and irawhiti takatāpui.</p> <p>We support transgender people of all ages, cultures, and backgrounds, and provide one-to-one peer support and information nationwide.</p> <p>Our vision is for all takatāpui, transgender, and intersex people to be empowered by a full range of choices across all aspects of their lives, and to be able to participate fully in society.</p> | <p>Email</p> <p>support@genderminorities.com</p> <p>https://genderminorities.com/</p> | <p>130 Riddiford Street Newtown Wellington</p> |
| Hohou Te Rongo Kahukura – Outing Violence | <p>We are dedicated to building Rainbow communities in Aotearoa New Zealand free of family, partner and sexual violence. Our work is underpinned by an acknowledgment of Te Tiriti o Waitangi and the impact of colonisation on understandings of sex, sexuality and gender diversity in Aotearoa New Zealand.</p> | <p>Email</p> <p>lovingrainbowlove@gmail.com</p> <p>https://www.kahukura.co.nz/</p> | <p>Nationwide. Based in Waikato.</p> |
| I'm Local | <p>The I'm Local Project aims to help queer & gender diverse youth all over Aotearoa to feel valued, recognised and supported in their local communities. We also have an awesome region-by-region map of all the queer and gender diverse support groups for young people in</p> | <p>https://www.imlocal.co.nz/</p> | <p>Nationwide. Run by Rainbow Youth.</p> |

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| | Aotearoa. Pick your region and find your whānau! | | |
| Indian Origin Pride | Indian Origin Pride New Zealand works with Indian community leaders and organisations to ensure the community is inclusive of diversity and is safe for Indians who are part of the rainbow community. | Email info@iopnz.org https://iopnz.org/ | Nationwide. |
| Inside Out | InsideOUT Kōaro is a national charity providing education, resources, consultation and support for anything concerning rainbow and takatāpui communities. We offer guidance, professional development and workshops for schools, workplaces and community organisations across Aotearoa. | Phone 027 331 4507 Email hello@insideout.org.nz https://insideout.org.nz/ | Nationwide. Level 3, Anvil House 138-140 Wakefield Street Wellington |
| Intersex Aotearoa | Intersex Aotearoa is an intersex-led non-profit organisation that provides affirmation, advocacy and referral for intersex people and their whānau. Our advocacy means we work alongside peer human rights and health organisations, with government legislative bodies, researchers, academics and healthcare professionals to create the change we want to see for ira tāngata/intersex communities. | Phone Email info@intersexaotearoa.org https://www.intersexaotearoa.org/ | Nationwide. P.O. BOX 9196 Wellington New Zealand |
| NZ Parents of Transgender and Gender Diverse Children (NZPOTC) | A parent-led group where you can find the information, guidance, advice and companionship to help | Email nzparentsoftransgenderchildren@gmail.com | Nationwide. |

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| | you and your family safely and happily navigate your journey, knowing you are never alone. | https://transgenderchildren.nz/ | |
| OutLine | OutLine is an all-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning. We provide a nationwide, free and confidential 0800 support line for people who want to speak to a trained volunteer from the rainbow community. We also provide specialist rainbow counselling and an Auckland based trans and non-binary peer support service. | | |
| Rainbow Path | Rainbow Path is an advocacy and peer support group for the rights of Rainbow refugees and asylum seekers living in Aotearoa New Zealand. | Email rainbowpath@protonmail.com https://rainbowpathnz.com/ | Based in Auckland. |
| Rainbow Violence Prevention Network | RVPN is a Nationwide collective of organisations and individuals who work in various stages of Violence prevention. Our membership includes not for profit social services that work directly with and for the Rainbow community and mainstream organisations. | Email camellia@insideout.org.nz https://rvpn.nz/ | Nationwide. |
| Rainbow Youth | We work towards creating social change by providing support, information, resources and advocacy for queer, gender diverse, | Phone 09 376 4155 Email info@ry.org.nz https://ry.org.nz/ | Nationwide. 10 Abbey Street Auckland |

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| | takatāpui and intersex young people across Aotearoa. | | |
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Mens Shedz

For more information about Mens Shedz, please visit <https://menzshed.org.nz/>

| Name | Information | Contact | Location of shed |
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| East Otago Blokes Shed | We have 25 members. New Members especially welcome. | Chris Watson Treasurer/Secretary 021 2461946 eoblokesshed@gmail.com | 10 Duncan Ave Karitane |
| Green Island Shed | <p>Aims and Objectives</p> <ul style="list-style-type: none"> • To have a safe environment for men and women to meet • To provide tuition for people to learn new skills or improve their skills • Ability to mentor younger people in older skills, wood working, construction, tool handling, etc (all young people and children require a caregiver to attend with them please). • Ability to do community projects to enhance Greater Green Island • To contribute to the continuation of Greater Green Island Community Network. | <p>Phone 027 624 4070 Email info@greatergreenisland.nz . https://www.facebook.com/TheGreenIslandShed/</p> | <p>End of Shand St behind St Peter Chanel School 242 Main South Road Green Island</p> |

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| | <ul style="list-style-type: none"> • Foster understanding between and including the community • To assist building a more connected community • To provide a safe place to develop own home projects and also to contribute to community projects. • Open Saturday 10am – 1pm | | |
| North Dunedin Shed | We meet on Wednesday and Saturday mornings from around 9.30 am until 1.30 pm and visitors are very welcome. We are a Shed open to men and women with a focus on the retired or the near retired. | Scott Muir (President) 021 440 160 or Marc Schallenberg (Secretary) 027 712 4400 Email northdunedinshedsoc@gmail.com https://www.facebook.com/NorthDunedinShed/ | 35 Bonnington Street North East Valley North Dunedin |
| South Dunedin Blokes Shed | Opened 2009. | Lloyd Rowley, President Phone 03 455 8140 Email sdbnsnz@gmail.com Email lrowley@hotmail.co.nz George Munro, Project Manager Phone 03 455 8670 Email patgeorgemunro@gmail.com | King's High School 270 Bay View Road South Dunedin |
| Taiari Blokes Shed | The Taiari Blokes Shed is located at the Taiari Aerodrome in Mosgiel, Dunedin. The shed brings men (commonly retired) together to provide opportunities for practical community or personal projects, mahi, the sharing of knowledge, laughter and friendships. Overall, | Email taiariblokesshed@gmail.com https://taiariblokesshed235004615.wordpress.com/ | Taiari Aerodrome Stedman Road Mosgiel North Taiari Dunedin |

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| | creating a community that supports men's health and well-being. NOTE: Membership fee applies. | | |
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Elderly Support

| Name | Information | Contact | Address |
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| Age Concern Otago | Age Concern Otago began as a community-based organisation founded in 1948 by the then Mayor of Dunedin and a number of public-spirited people to promote the well-being and to serve the needs of older people in Otago. Age Concern Otago promotes well-being, rights, respect and dignity for older people. Age Concern Otago offers a wide range of services that are available to all of its members. These services include; Falls Prevention Classes - Steady as you Go, Tai Chi, and Aligned to Go. | Phone (03) 477 1040 Email agecon@ageconcernotago.co.nz https://ageconcernotago.com/ | Age Concern Otago 9 The Octagon Dunedin Central |
| Alzheimers Otago | Alzheimers Otago is community-based NGO organisation founded in 1982 and has been helping people live well with dementia throughout Otago. Our mission is to support people in the community who are affected by dementia, by providing support and services that are responsive to the individual's needs. We service Dunedin, South & North | Phone (03) 4716154 Email still.me@alzheimersotago.org.nz www.alzheimersotago.org.nz Socials: https://www.facebook.com/alzheimersotago | Alzheimers Otago, Burns House, Ground Floor, Dunedin Central |

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| | <p>Otago, Central Otago, and Queenstown Lakes area.</p> <p>We meet people at the beginning of their dementia journey to walk alongside them for as long as they need us. Our core services are free and range from navigation, carer support, being a listening ear, providing information and resources, facilitating care-partner support groups, various brain activity programme for people with a dementia diagnosis and ensuring anyone living with dementia receives the right support at the right time, in their own community.</p> | <p>https://www.instagram.com/alzheimersotago</p> | |
| Club Enliven | <p>Club Enliven meets three times a week at The Manse in Dunedin and five days a week in Mosgiel; connecting older people in a friendly and fun environment. Run by trained staff and volunteers, Club Enliven offers a varied programme of activities which includes baking, crafts, gentle exercise, music, indoor games, as well as guest entertainers and outings. Each session includes a two course lunch, and morning and afternoon tea.</p> | <p>Club Enliven Dunedin Phone (03) 477 7115 Email enliven@psotago.org.nz</p> <p>Club Enliven Taieri Phone (03) 489 0075 Email taieri.clubenliven@psotago.org.nz</p> <p>https://psotago.org.nz/services/in-your-community/club-enliven/</p> | <p>Club Enliven Dunedin The Manse 415 Moray Place Tue, Wed and Fri 10am-3pm Dunedin</p> <p>Or Club Enliven Taieri 171 Gordon Road Mosgiel Monday - Friday</p> |
| Dunedin Sixties Plus | <p>The Dunedin 60+ Club is a voluntary, not-for-profit organisation with</p> | <p>Phone 027 330 1696</p> | <p>Meetings held at Blind Low Vision Social Hall</p> |

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| | <p>membership open to retired or semi-retired people. Most of the club's activities are during the daytime. The role of the Club is to promote friendship, fellowship and fun, and to encourage members to remain active and contributing members of the whole community. Dunedin 60+ is independent of any political party, trade union, religion, or other retired person organisation.</p> <p>NOTE: Membership fee may apply.</p> | <p>Email secretary@dunedin60plus.co.nz https://www.dunedin60plus.co.nz</p> | <p>458 Hillside Road Enter via Law Street South Dunedin</p> |
| Eldernet | <p>The Eldernet Group is New Zealand's most trusted provider of information for older people and their support networks. Our aim is to empower older kiwis to make decisions that are right for them, by allowing them to access a wealth of information for free via our suite of online services and our hardcopy Where from here He ara whakamua handbook. As we are entirely independent, the information we offer is unbiased and impartial.</p> | <p>Phone 0800 162 706 Email team@eldernet.co.nz https://www.eldernet.co.nz/</p> | <p>Nationwide. 175 Shaw Avenue New Brighton Christchurch 8083</p> |
| GreyPower Otago | <p>Grey Power is an advocacy organisation promoting the welfare and well-being of all those citizens in the 50 plus age group. We monitor what the government is doing and how that will affect our members – meeting with influential</p> | <p>Phone 0800 473 979 Phone (03) 456 1685 - Otago Email greypowerotago@gmail.com https://greypower.co.nz/</p> | <p>211A King Edward Street South Dunedin</p> |

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| | people including politicians, to make our views known. | | |
| Needs Assessment and Service Co-ordination Te Whatu Ora Southern | <p>Health of Older Persons Needs Assessment and Service Coordination is a district-wide service that is based in Dunedin, Invercargill and the Rural Hospitals. The service provides assessment to identify the level of need for ongoing support in the home and community settings. Services are allocated based on this identified need.</p> <p>The service provides support for elderly people with an ongoing disability.</p> | <p>Phone 0800 627 236 Phone (03) 470 9300 https://www.southernhealth.nz/services/needs-assessment-service-coordination-dunedin-southern-te-whatu-ora</p> | 201 Great King Street Dunedin |
| Older Persons Mental Health Services Te Whatu Ora Southern | <p>The Mental Health for Older Person's service provides assessment and treatment for those aged 65 and over, in the Southern DHB region, who have an identified moderate to severe mental illness (including Dementia with behavioural and psychological disturbance) which is causing significant dysfunction and / or enduring disability. Dunedin Hospital provides inpatient services for older people at Ward 6C and a day-based service at the Gibson Day Unit. Community Psychiatric Nurses and Nurse Practitioners also support Older Persons' Mental Health</p> | <p>Phone (03) 470 9867 (Ward 6C) Phone (03) 470 9876 (Gibson Day Unit) https://www.southernhealth.nz/services/older-persons-mental-health-services-southern-te-whatu-ora</p> | Dunedin Hospital 201 Great King Street Dunedin |

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| | Services in the community. Referral required from GP or other health professional. | | |
| Seniorline | Seniorline is a national information service to help older people and their whanau navigate the health system. It is funded by all 20 District Health Boards in New Zealand. Seniorline provides information to assist older people to make decisions about staying at home, support for carers and residential care. | Phone 0800 725 463 Email seniorline@adhb.govt.nz https://www.seniorline.org.nz/ | Nationwide. Greenlane Clinical Centre Building 17 PO Box 92 189 Auckland Mail Centre 1142 |
| Taieri Age Connect | Run by Age Concern. Taieri Age Connect (previously known as Mosgiel Seniors) is an information and social hub designed to bring together the senior citizens of Mosgiel and Taieri in a fun and social setting. | https://ageconcernotago.com/mosgiel-seniors | Senior Citizens Hall 5A Hartstonge Avenue Mosgiel |

Cultural Support

| Name | Information | Contact | Address |
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| Asian Family Services | AFS provides free, professional, confidential, nationwide face-to-face or telephone support to Asians living in New Zealand. For clients with gambling issues AFS is contracted by the Ministry of Health to only provide support for gamblers, family members and anybody else who are negatively | Phone 0800 862 342 (Monday – Friday 9am – 8pm) to speak with a counsellor. Text 832 for confidential advice and emotional support (Monday – Friday 9am – 5pm). Email help@asianfamilyservices.nz https://www.asianfamilyservices.nz/ | Nationwide. 1 st Floor 128 Khyber Pass Road Grafton Auckland |

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| | <p>affected by someone's problem gambling in the past or present. These services include one-on-one counselling services, couple counselling, group counselling and other social work services. These services are free for those who have been affected by gambling harm.</p> <p>For clients with non-gambling issues</p> <p>AFS understands that most migrant families experience high levels of stress as they settle into New Zealand. This can lead to a wide range of issues, including anxiety, depression and conflict within family relationships. AFS provides three free counselling sessions for those who experience such issues to help them to manage their difficulties and to succeed in their migration.</p> | | |
| Cedars of Lebanon Club Inc | <p>Ahlan Wa Sahlan Bekum! Welcome to the world's southernmost Lebanese community.</p> <p>Between 1860 and 1900 thousands of hardy young Lebanese left their homes to travel to the furthest reaches of the world seeking fame and fortune.</p> <p>This site has been developed as a resource to retain these links, to provide backgrounds to the families</p> | <p>Phone (03) 477 5557 Email vixjoseph@gmail.com https://www.cedarsoflebanon.org.nz/</p> | <p>PO Box 998 Dunedin</p> |

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| | that have made the journey, and to nourish a greater awareness of the New Zealand Lebanese, and their proud Lebanese heritage. NOTE: Membership fee may apply. | | |
| Dunedin Korean Language & Culture Society | We are a Korean culture - centered community organization. Our purpose is to provide Korean migrants with a platform of learning English and Kiwi culture along with creating new style of Korean culture adapted to Kiwi life style in NZ. This platform also serve for Kiwis who are interested in Korean drama, music, foods to learn Korean culture and language. Membership not limited to Koreans. We are inclusive. All welcome. | Email dkscommittee@gmail.com https://www.facebook.com/dunedin-koreanlanguageculture | Dunedin |
| Dunedin Korean Society Inc | The purpose of the Dunedin Korean Society Inc is: to facilitate meetings and strengthen the bonds between the Society's members; support the members' rights; to promote cooperation and friendship between the Republic of Korea and New Zealand; to assist settlement and assimilation of the Korean immigrants in New Zealand society; to help Korean immigrants to become contributing members of New Zealand society. | Phone 021 938 118 Email koreansociety@gmail.com http://dunedin.korean.net/ https://www.facebook.com/dunedin-korean/ | Dunedin |
| Dunedin Multi-Ethnic Council | The Dunedin Multicultural Council (DMCC) is a non-profit organisation | Phone 021 727 473 Email president@dmecc.org.nz | 135 Frederick Street Dunedin |

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| | that works to support the multi-ethnic communities in Dunedin. Supports the multi-ethnic communities by enabling people to openly express their commitment and pride in New Zealand while at the same time protecting and sharing their national heritage and identity. | https://dmec.org.nz/ | |
| Dunedin Pakistan Society | The mission of our society is to foster collective resilience between New Zealand and Pakistan community by promoting social and community services. Our aim is to contribute towards an inclusive, diverse, multicultural and resilient Aotearoa New Zealand. We look forward to working with multicultural communities in Dunedin. | Phone 021 0299 3353 Email dunedinpakistansociety@gmail.com https://dunpak-society.org.nz | North Dunedin 9016 |
| Dunedin Senior Chinese Association | The purpose of the Otago & Southland Chinese Association (OSCA) is to support Chinese living in NZ and in particular, Otago and Southland. This includes organising and participating in events that develop friendships and promote goodwill with the Chinese community and the wider community in Otago, NZ and overseas. We are part of the New Zealand Chinese Association (“NZCA”), the largest Chinese | https://www.facebook.com/DunedinSCA | Dunedin |

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| | association in NZ, both in members and geographically. | | |
| Dunedin Swiss Committee | Aims to keep in touch with the various Swiss families in the Otago area. Swiss National Day (1st Aug) is celebrated. | Phone (03) 473 0037 Email helmfamily@actrix.co.nz | 14 Northfield Avenue Opoho Dunedin |
| Dunedin Tamil Society Inc | Dunedin Tamil Society (DTS) is a community organisation to foster understanding, friendship and goodwill among the Tamil speaking community in Dunedin. Built on the three pillars of Tamil Language: Literature (Iyal), Music (Isai) and Drama (Nadagam). | Email vanakkam@dunedintamilsociety.org.nz https://dunedintamilsociety.org.nz/ | Dunedin |
| Ministry for Ethnic Communities | The Ministry for Ethnic Communities is the chief advisor to the government on ethnic diversity and inclusion in New Zealand society. We provide information, advice and services to ethnic communities, and give out funds to support community development and social cohesion. The website also has a directory for ethnic groups/organisations. | Phone 0800 656 656 Email info@ethniccommunities.govt.nz https://www.ethniccommunities.govt.nz/ | Nationwide. Ministry for Ethnic Communities PO Box 805 Grant Thornton Building 215 Lambton Quay Wellington Central Wellington 6011 |
| Otago & Southland Chinese Association | The purpose of the Otago & Southland Chinese Association (OSCA) is to support Chinese living in NZ and in particular, Otago and Southland. This includes organising and participating in events that develop friendships and promote goodwill with the Chinese | Email president@osca.org.nz https://otago.nzchinese.org.nz/ | 279 King Edward Street South Dunedin Dunedin |

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| | community and the wider community in Otago, NZ and overseas. We are part of the New Zealand Chinese Association (“NZCA”), the largest Chinese association in NZ, both in members and geographically. NOTE: Membership fee may apply. | | |
| Otago Muslim Association | By 1995, the number of Muslim families permanently residing in Dunedin and the number of overseas students had grown rapidly and there was a need to establish a mosque in Dunedin. The Otago Muslim Association Incorporated (OMA) was thus established in that year with the aim of catering for the needs of Muslims in the city of Dunedin and the provincial regions of Otago and Southland. NOTE: Membership fee may apply. | Email shura.otago@gmail.com https://www.otagomuslim.com/ | 21 Clyde Street Dunedin |
| Otago Scottish Heritage Council | The aim of the Otago Scottish Heritage Council was to bring together all of the Scottish Societies of Dunedin under one banner to represent their interests at a regional level. This remains the aim. Membership has increased markedly and in 2021 there are more than 20 affiliated Scottish groups within the Council. Membership ranges from | Phone (03) 454 5510 http://oshc.org.nz/ | Spencer Street Andersons Bay Dunedin |

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| | representatives of local clans, dancing and piping organisations to the Dunedin-Edinburgh Sister City Society. | | |
| Pacific Trust Otago | Pacific Trust Otago (PTO) is a charitable organisation based in Dunedin that provides support to Pacific communities in the Otago region. Our support services include: health, social, education and cultural which are available for our Pacific communities. | Phone (03) 455 1722 Email office@pto.nz https://www.pto.nz | 350 South Road Caversham Or 16 McBride Street South Dunedin |
| PACIFICA Inc | A National organisation for Pacific Island Women but open to all. Counselling, budgeting, moral support, advice, encouragement. | Email pacificainc.dunedinbranch@outlook.com Email pacificadunedincentral@gmail.com https://www.pacifica.org.nz/ | Nationwide. Branches in Dunedin and Dunedin Central. |
| Pakistan Association of Otago | The Pakistan Association of Otago(PAO) is a community organization based in the Otago region of New Zealand. The organization was founded to promote cultural awareness and understanding between the Pakistani community and other communities in the area. PAO aims to support the settlement and integration of Pakistani migrants in Otago by providing information, advice, and support services. | Email pa.otagonz@gmail.com https://www.pao.co.nz/ | Otago |
| Red Cross | Each year we help hundreds of former refugees settle into their | Phone 0800 RED CROSS (0800 733 27677) | 31 York Place Dunedin |

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| | <p>new lives in Aotearoa New Zealand. Find out about refugee resettlement and the role of New Zealand Red Cross.</p> <p>Aotearoa New Zealand now welcomes refugees from more than 20 different countries. In the last two decades, New Zealand Red Cross has helped more than 7,500 people to rebuild their lives here.</p> | https://www.redcross.org.nz/ | |
| Shakti New Zealand | <p>Shakti provides immediate support to women, children and youth of Asian, African and Middle Eastern origin who have experienced sexual abuse, family/domestic violence and discrimination.</p> | <p>Phone (03) 477 1351 Crisis 0800 742 584 Email dunedin@shakti.org.nz https://shaktiinternational.org/</p> | <p>Dunedin Community House 43 Princes Street Dunedin</p> |
| SIAOLA | <p>Vahefonua Tonga Methodist Mission Charitable Trust, SIAOLA is the Mission arm of the Vahefonua Tonga O Aotearoa, Methodist Church of NZ. It is a Social Service Provider providing educational, social service, financial wellbeing, cultural services to Pacific families nationally to thrive and be successful and safe.</p> | <p>Phone 0800 742 652 Email info@siaola.org.nz https://siaola.org.nz/</p> | <p>Nationwide. 636 Great South Road Ellerslie Auckland 1051</p> |
| Te Kāika Migrant Support Services | <p>This service works to reduce the number of migrant families that experience hardship and adverse life outcomes while preventing vulnerability and harm. We focus on mental health and emotional wellbeing, connectedness with the</p> | <p>Phone (03) 471 9960 Email reception@tekaika.nz https://www.tekaika.nz/services/migrant-support-services</p> | <p>25 College Street Caversham Dunedin</p> |

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| | <p>community, celebration of diversity, independence, and the ability to earn an income. Our team support you with facilitation and coordination of social services, and to build relationships that enable families to adapt to New Zealand life and become active citizens involved in their local communities. Participants may self-refer and/or be referred to this service. NOTE: Charges may apply.</p> | | |
| <p>The Asian Network Incorporated (TANI)</p> | <p>TANI supports Asian New Zealanders enjoy optimal quality of life and well being and develop strong and healthy Asian communities in Aotearoa New Zealand by:</p> <ul style="list-style-type: none"> • Networking and creating connections between diverse Asian communities • Advocating for, and promoting the welfare of these communities • Ensuring their active participation in policy making • Liaising with local and central government entities, as well as other stakeholders | <p>Phone (09) 815 2338 Phone 021 274 7448 Email info@asiannetwork.org.nz https://www.asiannetwork.org.nz/</p> | <p>Nationwide (online workshops available). 101 Church Street Onehunga Auckland</p> |

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| | <ul style="list-style-type: none"> • Identifying further opportunities for collaboration • Responding to the changing needs of Asian communities and stakeholders • Being a credible national voice for Asian communities | | |
| The Polish Heritage of Otago and Southland Charitable Trust (POHOS) | POHOS was formed by the descendants of Polish Settlers into NZ (the first substantial, in numbers, group arrived on “Palmerston” into Port Chalmers, Dunedin in 1872), descendants of 1st & 2nd World War refugees, Polish born emigrants arriving in NZ in 1970th and 1980th and Polish born young generation of people working and/or studying in Dunedin and Otago Region. | Phone (03) 477 5552 Email info@polesdownsouth.org.nz https://polesdownsouth.org.nz/ | Dunedin-based |
| Threading Whare Charitable Trust | We have a safe equipped craft workspace for adult women migrants who already have a craft skill but lack space, equipment, and materials to create. Plus we are a place for community based social connection between non-refugees and non-migrants (our Workspace Supporters) and our ‘new’ New Zealanders. Monday, Friday, Saturday from 10am to 4pm and Thursday from 10.00am to 1pm. | Phone 021 102 6854 Email threadingwhare42@gmail.com | 270 North Road North East Valley Dunedin |
| Vaka Tautua Limited | Vaka Tautua provides information and support for Pacific families in | Phone 0800 825 282 Email enquiries@vakatautua.co.nz | 83 Moray Place Dunedin Central |

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| | the areas of disability, older people, mental health and financial capability. Please get in touch if you would like more information on our services. | https://www.vakatautua.co.nz | |
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Māori Kaupapa Services

| Name | Contact | Information | Further details |
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| A3 Kaitiaki Ltd | https://www.a3k.co.nz/ 03 471 5485 77 Macandrew Road, South Dunedin, Dunedin | Specialising in people involved with corrections. | For organisations that have Maori clients, we offer a variety of professional training courses that give the participants relevant information and teachings to increase engagement and produce more effective results. |
| Aukaha (East and North Otago inc Oamaru) Also known as Kai Tahu ki Otago (KTKO Ltd) | https://www.aukaha.co.nz (03) 477 0071 Level 2, 266 Hanover Street, Dunedin Central | Aukaha provides a range of whānau health services and clinics to the greater Otago community. | The Aukaha team works with people across Otago providing a range of services that will help make ours a better place to be. This includes a range of initiatives that will link our communities together, providing shared understanding and enhanced benefits for us all. These include: trade training for Māori and Pasifika, social procurement, health services, resource management and planning on behalf of Kāi Tahu as a Treaty Partner, translation services, cultural workshops, public art and cultural narratives. |
| Hokonui Rūnaka (Gore) | https://www.hokonuirunanga.org.nz | Hokonui Rūnaka Health and Social Services provide support and run | Services include: <ul style="list-style-type: none"> • COVID-19 |

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| | <p>hokonui.office@ngaitahu.iwi.nz (03) 208 7954 140 Charlton Road PO Box 114 Gore 9740</p> | <p>projects that benefit the health, social, spiritual, cultural, educational, moral and economic well-being of our members.</p> | <ul style="list-style-type: none"> • Whānau Ora Navigators <ul style="list-style-type: none"> ○ Mental health education and support ○ Health and fitness activities and education ○ Wae wae clinics ○ Mirimiri ○ Smoking cessation ○ Crisis intervention ○ Advocacy and referrals ○ Transport and mobility services ○ Cultural support • Community youth worker and advocacy service • Kaumatua Health Day • Te Kakano - Nurse-led Clinics |
| <p>Ngā Kete Pounamu Charitable Trust</p> | <p>https://www.kaitahu.maori.nz Level 4, 333 Princes Street, Dunedin (03) 244 8209 Free Phone: (0800) 925 242 admin@kaitahu.maori.nz</p> | <p>Community Health & Social Services, We are a not-for-profit organisation providing health and social services in Southland. Mon – Fri 9am – 5pm.</p> | <p>Services in Ōtepoti include:</p> <ul style="list-style-type: none"> • COVID Community Connection • Mahana Southern Māori Mental Health & Addiction Service: <ul style="list-style-type: none"> ○ One-on-one counselling support ○ Peer support groups (information below) |

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| | | | <ul style="list-style-type: none"> ○ Cultural wellbeing activities that focus on building cultural resilience, connections and inclusion - site/community based, Creative arts, Wananga-based interventions ○ Pou Whirinaki cultural advisor support ○ Mobile service options - Clinics in Te Anau, Queenstown, Oamaru, Milton ● Addiction Services: Gambling Harm Support ● Southern Stop Smoking Service ● Disability Information and Advice ● Māori Cancer Kaiarahi Service ● Restorative Justice |
| Southern DHB - Te Ara Hauora (Māori Liaison Services) / Physical Care | Te Ara Hauora is situated in the Whānau Room on the ground floor of Dunedin Hospital. Open 8:00am - 4:30pm Monday to Friday, phone 03 4740999 ext 8649 pager 6691 to | The Māori Health Unit provides nursing and social support services to Māori and non-Māori patients and their whānau/family. Whānau accommodation is provided at Flat 3, Helensburgh | |

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| | make an appointment or speak to Te Ara Hauora. | Flats, Wakari Hospital, Helensburgh Rd. Contact the kaiawhina for further information. | |
| Southern DHB - Te Oranga Tonu Tanga / Māori Mental Health | Te Oranga Tonu Tanga is situated at Te Taiahoaho on the Wakari hospital site. Open 8.00am to 4.30pm, Monday to Friday, phone 03 474 0999 extn. 5510 to make an appointment or speak to Te Oranga Tonu Tanga. | Te Oranga Tonu Tanga (a pathway to healing) is a free kaupapa driven Maori service for adults and children providing awahi, manaaki and tautoko to those individuals and whanau who are experiencing a significant mental health issue. A range of services are provided by the Kaioranga Hauora Maori to tangata whaiora (clients). Services are provided for both hospital (for all tangata whaiora who are receiving clinical mental health services within the Southern DHB) and community. | |
| Te Hou Ora Whānau Services | https://www.thows.org.nz (03) 474 0266 78 Carroll Street, Dunedin info@thows.org.nz | Te Hou Ora Whānau Services is a community-based whānau driven Kaupapa Māori service provider. We provide services that will equip and empower young people and their whānau to fulfill their potential in the context of their cultural heritage, their whānau, and their community. Open Mon – Fri, 9-5. | Services are free to New Zealand citizens. Parenting programmes, rangatahi programmes, youth justice services, Mauri Mahi, Mauri Ora, Whānau Ora navigation, whānau tautoko, wellbeing for tamariki, Oranga Tamariki transition services, resilience programmes and more. |
| Te Kāika (Arai Te Uru Whare Hauora) | https://www.araituru.co.nz 03 471 9960 reception@araituru.co.nz 60–66 Tennyson Street, Dunedin | Arai Te Uru Whare Hauora support whānau to access health, social and education services with a focus on wellbeing, health and healthy living. Arai Te Uru Whare Hauora have a team of well trained and qualified | Note that this is run through Te Kaika. Services include Mauri Ora – Community Health gym, Tamariki Ora/Well Child, Manaaki Ora Nursing Service, Māori & Pacific |

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| | | workers including nurses, social workers, teachers, herbalist and antenatal and breastfeeding facilitator. Monday – Friday: 9am – 5pm. | Cancer Pathways Kaiārahi, and Health Coach/Community Support. Also Family Harm services, whānau ora navigation, Tū Pono Connect, Mokopuna Ora, migration services, whānau resilience, and Middle Eastern Integrated Support Services. |
| Te Kāika (Dunedin) | https://www.tekaika.nz 03 471 9960 25 College Street, Caversham | Te Kāika provides high-quality, low-cost healthcare and social services for all Māori, Pasifika and low-income communities across the Otago region. 9AM - 5PM, Mon – Fri. | See Arai Te Uru Whare Hauora |
| Te Roopu Tautoko Ki Te Tonga | https://www.facebook.com/TeRoopuTautokoKiTeTongaInc 03 477 4670 6 Wolseley Street, Dunedin admin@tautoko.maori.nz | Community Health & Social Services. Empowering and strengthening whānau within our community. Open Monday to Thursday 9:00am - 5:00pm. | We are community health organization, who work in collaboration with specific community providers and agencies to ensure you receive relevant services for the needs of your child and family / whanau. All our services are FREE as well as mobile, which means we can come to you PROBLEM GAMBLING A support service to help those who are struggling with gambling WHANAU ORA We offer support for whanau/families, and tailor a plan to address the specific needs of the whanau. RONGOA/MAORI MASSAGE |

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| | | | Mirimiri/Maori Massage is a healing process which clears, releases and energizes ones entire being. It is in short the deep manipulation of muscle, tissue, blood, bones, skin. |
| Tokomairiro Waiora (Lawrence/Milton) | https://www.tokowaiora.co.nz 03 417 7430 or freephone 0800 769 648 4 Shakespeare Street, Milton 9220 office@tokowaiora.co.nz | Tokomairiro Waiora Incorporated is a Kaupapa Māori Health Service providing Whānau Ora services in the South Otago rohe. We support whānau to achieve healthy, safe and independent living by providing a holistic service using tikanga Māori practices to address health and social needs. Open Monday to Thursday 9:00am - 3:30pm. | Whānau Ora Workers <ul style="list-style-type: none"> • One on one sessions with whānau to discuss and develop health plans to address needs. • Planned approach to achieve steps to a healthier lifestyle. • Information and resources. • Co-ordinating community services and agencies. • Te Kakano Nurse led clinics. • Links to Drug and Alcohol Counselling and Mental Health practices. • Links to Social Service Agencies. • Links to Smoking Cessation. Assistance and Support <ul style="list-style-type: none"> • Advocacy and support attending hospital or doctor or providers, to support you and your whānau. • Assist and work with you to make responsible choices that impact positively on your lifestyle. |

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| <p>Tumai Ora Whānau Services (Waikouaiti)</p> | <p>https://www.ktkoltd.co.nz 03 465 7651 TeAomihia@tumaiora.co.nz</p> | <p>Tumai Ora Whanau Services ensure existing health professionals and providers are coordinated and that Māori are assisted to better utilise the services that are available. Health and disability services include one-on-one sessions with whānau to discuss and develop health plans to address needs, support to attend appointments and coordinate community services, supply health education and information, and promote an understanding of the Māori view of health.</p> <p>Our office is based in the Waikouaiti Event Centre, Waikouaiti. We are largely community based. The premises are generally staffed from 9am on Mondays, Tuesdays, Wednesdays & Fridays. Thursdays we are based at Te Whare Koa Marae, 19 France Street, Oamaru. If we are not in the office to receive your call, you will be redirected to Kai Tahu ki Otago Limited, Dunedin.</p> | <p>In collaboration with KTKO Ltd, A3K and Te Kakano, we also provide:</p> <ul style="list-style-type: none"> • Te Ara Hou Navigation • Te Kakano Monthly “free” Nurse clinics @ Puketeraki Marae & Te Whare Koa. • Building Awesome Whanau Parenting Programme. • Smoking Cessation support • Breastfeeding Peer Counsellor support • Mirimiri & koreorero |
| <p>Whakaruruhau</p> | <p>https://www.whakaruruhau.com/ 022 046 4707 whakaruruhaultd@gmail.com 56A Cutten Street, South Dunedin</p> | <p>Our mission statement is to support the intellectual, emotional, and social development of our whānau based on the values of Manaakitanga, Whanaungatanga, Wairuatanga.</p> | <p>Programmes are free to join and open to everyone. Guitar/ukulele lessons, waiata/kapa haka, Te Reo Māori classes, swimming lessons, Mau Rākau, Junior youth spiritual empowerment programme, Kōanga</p> |

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| | | | kai, boxing classes, Na rau o te nahere, and more. |
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Health & Disability Support

| Name | Information | Contact | Address |
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| ADHD Association Inc | Formed in 1979, we are the largest and longest-standing non-profit organisation committed to supporting those living with ADHD in New Zealand. We connect people and organisations, enabling our members to collaborate on solutions and successfully live with ADHD. We inspire our members to succeed through learning events and sharing their stories. And we help them act through expert advice and support. | Phone (03) 625 1754 Email info@adhd.org.nz https://www.adhd.org.nz/ | Nationwide. ADHD New Zealand PO Box 9063 Newmarket Auckland 1149 |
| Allergy Awareness | Allergy New Zealand is a national membership-based, not-for-profit society whose primary role is to provide information, education, and support to the many thousands of New Zealanders living with allergies, including those at risk of anaphylaxis. We also represent their interests particularly to government, policy makers and the media, provide information and guidance to the health, education and food sectors, and support research. | Phone 0800 34 9899 Email allergy@allergy.org.nz https://www.allergy.org.nz/ | Nationwide. |

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| <p>Altogether Autism</p> | <p>Altogether Autism is a free, nationwide autism information and advisory service. We're funded by Whaikaha Ministry of Disabled People in partnership between Your Way Kia Roha and Parent to Parent New Zealand. With the vast amount of information available online, finding credible information on autism is a challenge. Altogether Autism can provide you with the information you need.</p> <p>We strive to provide information that meets the needs of each specific request and is informed by lived experience, professional best practice and trusted research.</p> | <p>Phone 0800 273 463 https://www.altogetherautism.org.nz/</p> | <p>Nationwide. 20 Palmerston Street Hamilton 3204</p> |
| <p>Amputee Society of Otago & Southland Inc</p> | <p>The Otago/Southland Society was established in 1944 - one of the first of the current eight affiliated Societies of the Amputees Federation of New Zealand Inc. Provides hospital and home visits, quarterly newsletter and national magazine, Purpose, information on support available, some financial assistance to members in need, social functions. NOTE: Annual fee.</p> | <p>Phone (03) 455-6347 Email lorrystan@xtra.co.nz https://www.amputee.co.nz/</p> | <p>213A Bay View Road St Clair Dunedin</p> |
| <p>Arthritis NZ</p> | <p>We are a national charity that provides information, advice and support to people diagnosed with any of the more than 140 forms of arthritis. Arthritis affects more than</p> | <p>Phone 0800 663 463 Email info@arthritis.org.nz https://www.arthritis.org.nz/</p> | <p>Nationwide.</p> |

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| | <p>700,000 New Zealanders and is a leading cause of disability. There is no cure, but the condition can usually be managed effectively. Most people with arthritis continue to lead productive and fulfilling lives.</p> | | |
| Asthma Society Otago | <p>The Asthma and Respiratory Foundation NZ is New Zealand's not-for-profit sector authority on all respiratory conditions including asthma, bronchiectasis, childhood bronchiolitis, childhood pneumonia, chronic obstructive pulmonary disease (COPD), lung cancer and obstructive sleep apnoea.</p> | <p>Phone 03 471 6167 Phone 027 471 6162 (After Hours) Email otagoasthma@xtra.co.nz https://www.asthmafoundation.org.nz/</p> | <p>Dunedin Community House 1st Floor 43 Princes Street Dunedin</p> |
| Autism New Zealand | <p>Autism is a neurodevelopmental condition that affects approximately 93,000* New Zealanders. The traits associated with autism span a wide spectrum and lead to a different way of seeing the world and interacting with others. Autism New Zealand has worked continuously with the community to deliver thousands of educational programmes that increase public understanding of autism. We assist autistic people and those who make up their support network to learn about autism and find the supports and services they would like to access.</p> | <p>Phone 0800 AUTISM or 0800 288 476 Email info@autismnz.org.nz https://autismnz.org.nz/</p> | <p>Nationwide. 20 Sydney Street Petone Lower Hutt 5012</p> |

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| Blind Low Vision NZ | Blind Low Vision NZ provides support and services to people throughout New Zealand, from infancy to old age. Our clients have a range of visual impairments from low vision to blindness. | Phone 0800 24 33 33 Phone (03) 466 4230 Email generalenquiries@blindlowvision.org.nz https://blindlowvision.org.nz/ | Hillside Road & Law Street Caversham Dunedin |
| Brain Injury Association Otago | At Brain Injury Otago we understand that a brain injury affects not only the injured person but the whole family – from financial challenges, to social upheaval, isolation and job loss. It creates stress and pressure on those with the injury and their loved ones. Brain Injury Otago is the only community based organisation who is independent, available and keen to support individuals and families. | Phone (03) 471 6156 Email admin.dunedin@braininjury.org.nz https://braininjuryotagocanterbury.org.nz/ | 10 George Street Cnr George & Nath Street (Upstairs at Livingwell) Dunedin |
| Cancer Society Otago and Southland | Our services are available to anyone diagnosed with cancer and their family / whānau. We're here to help, so please make contact so we can discuss what is right for you and your whānau. | Phone (03) 477 7447 Email supportivecare@cansoc.org.nz Email admin@cansoc.org.nz https://www.cancer.org.nz/ | 283 Great King Street Dunedin North |
| CCS Disability Action | CCS Disability Action is the largest pan-disability support and advocacy organisation in Aotearoa New Zealand. We have been working alongside disabled people since 1935 and are now at the forefront of service provision, advocacy and information | Phone (03) 477 4117 Phone 0800 227 2255 Email otago@ccsDisabilityAction.org.nz https://www.ccsdisabilityaction.org.nz/ | 30 Portsmouth Drive Dunedin |

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| | sharing in the disability sector. We partner with disabled people, their families and whānau to enable them to have choice and control in their lives. Our vision means that every disabled person will be included and participates in the life of their family and community. | | |
| Choices NZ (IHC) | At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives. Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to. | Phone 0800 723 154 Email talktous@choicesnz.org.nz https://www.choicesnz.org.nz/ | 42 King Edward Street Kensington Dunedin |
| Cleft NZ | If you are a young person born with cleft, an adult, a parent or family member or a professional working in the field – Cleft NZ is for you. You'll find all the practical information you need as new parents, children, teens, adults or professionals on this website, but most importantly you'll feel that sense of belonging, of being part of a larger community who cares about you and your family. | Phone (03) 470 9871 (Dunedin) Phone 0800 425 338 Email info@cleft.org.nz https://www.cleft.org.nz/ | ENT Department Dunedin Hospital Dunedin |
| Cystic Fibrosis Association of NZ Otago Branch | The Otago Branch is here to help individuals and families living with cystic fibrosis. Whether you need a new nebuliser, a listening ear, information or help with | Phone 0800 651 122 Email otago@cfnz.org.nz https://www.cfnz.org.nz | Nationwide. 64 Grafton Road Grafton Auckland 1010 |

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| | <p>understanding an aspect of CF, welfare or financial assistance – we're here for you. Personal or family support: Provide personalised support, including emotional guidance, practical advice or financial assistance, to individuals and their families with cystic fibrosis.</p> | | |
| Deaf Aotearoa | <p>Deaf Aotearoa is a national organisation representing the voice of Deaf people, and the national service provider for Deaf people in New Zealand.</p> <p>Deaf Aotearoa also works closely with Deaf communities, government agencies and other organisations to increase awareness, promote New Zealand Sign Language and strengthen the rights of Deaf people.</p> | <p>Phone 0800 33 23 22 Email hello@deaf.org.nz https://www.deaf.org.nz/</p> | <p>Ground Floor, Investment House 462 Moray Place Dunedin</p> |
| Diabetes NZ Otago Branch | <p>If you're looking for information on diabetes and likely symptoms, you've come to the right place. Diabetes New Zealand is a Charitable Trust that represents and supports people with diabetes. We've been supporting Kiwis with information and resources to help identify and manage diabetes symptoms for more than 50 years.</p> | <p>Phone (03) 474 0240 Phone 0800 342 238 Email otago@diabetes.org.nz https://www.diabetes.org.nz/</p> | <p>135 Frederick Street North Dunedin</p> |

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| Eating Disorder Carer Support NZ (EDCS) | EDCS supports and represents parents/whanau and carers of people who have eating disorders. | Email edcs.nz@gmail.com https://www.facebook.com/EDCSNZ | Nationwide. |
| Eating Disorders Association of New Zealand (EDANZ) | The Eating Disorders Association of New Zealand (EDANZ) is a non-profit organisation dedicated to supporting people caring for a person with an eating disorder. EDANZ provides support, information and education as well as awareness raising and advocacy for better access to quality care. | Phone 0800 233 269 Phone 09 5222 679 Email info@ed.org.nz https://www.ed.org.nz/ | Nationwide. P.O Box 128 020 Remuera, Auckland 1541 |
| Epilepsy New Zealand | Epilepsy New Zealand is committed to reaching and supporting people who live with epilepsy. We are also here to assist individuals and organisations who support, care for or work with people who live with epilepsy. NOTE: Membership fee may apply. | Phone 0800 37 45 37 Email national@epilepsy.org.nz https://epilepsy.org.nz/ | Nationwide. Epilepsy New Zealand Epilepsy House 6 Vialou Street Hamilton Central Hamilton 3204 |
| Sexual Wellbeing Aotearoa (Formerly Family Planning) | We provide a range of services including sexual and reproductive health information, clinical services, education and training and research. | Phone (03) 477 5850 https://www.familyplanning.org.nz/ | 96 Hanover Street Dunedin |
| Food Addicts in Recovery Anonymous | Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous (AA). There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are | Email fa@foodaddicts.org https://www.foodaddicts.org/ | International. 400 West Cummings Park Suite 1350 Woburn MA 01801 |

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| | recovering from the disease of food addiction. | | |
| Green Prescription – Otago & Southland | Green Prescription is a free intervention programme aimed at those aged 17 and above. Our trained Green Prescription (GRx) staff provide free personalised support for you to begin your journey to a healthier, more active you. The programme is designed to enhance physical, mental and social wellbeing through free physical activity and healthy eating support. We will work with you to find the best solution for your circumstances, whether you are new or returning to physical activity. Self-referral available. | Phone (03) 474 6350 Email grx@sportotago.co.nz https://www.sportotago.co.nz/health/green-prescription-1 | 40 Logan Park Drive Dunedin |
| Hearing Support Otago | Hearing loss is a hidden disability that affects all age groups. It affects not just those with hearing loss but those around them. At Hearing Support Otago, we seek to support those who are experiencing difficulties in their everyday life as a result of hearing loss. Come along, have a chat and see how we can help. We also offer FREE hearing tests | Phone (03) 487 7641 Email hear.dn@xtra.co.nz https://www.hearing.org.nz | 2 Playfair Street Caversham Dunedin |
| Information about Hoarding | Hoarding – how to help a hoarder Healthify | | |

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| | When collecting becomes hoarding. Is it a problem? Te Whatu Ora - Waitaha Canterbury | | |
| IDEA Services – Otago (IHC) | <p>IDEA Services is New Zealand’s largest provider of services for more than 3,000 people with intellectual disabilities.</p> <p>At IDEA Services we will support you to:</p> <ul style="list-style-type: none"> • Set goals and achieve them • Have great experiences and take advantage of opportunities • Have as much independence as possible, balanced with the right support • Make meaningful connections with others • Live the life you want | <p>Phone (03) 341 9299 Email southern@idea.org.nz https://www.idea.org.nz/</p> | <p>42 King Edward Street Kensington Dunedin</p> |
| Livingwell Disability Resource Centre | <p>We are here for people with disability, older people, their family/whanau and the community. We enable access to disability and health related information, advice and resources.</p> | <p>Phone 0800 115 891 or (03) 471 6152 Email info@livingwellcentre.nz https://www.livingwellcentre.nz/</p> | <p>10 George Street Cnr Goerge & Bath Streets Dunedin</p> |
| ME Information and Support Services (Otago) - MEISS | <p>Myalgic Encephalomyelitis Information Support Service (MEISS) is an ME/CFS information and support service. They have monthly support groups, a library, coffee mornings, and newsletters and provide information and advocacy</p> | <p>Phone (03) 471 6169 Email meiss.support@gmail.com https://sites.google.com/site/meiss2inc</p> | <p>Dunedin Community House 43 Princes Street Dunedin Central</p> |

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| | for our members. Information sheets and doctors' booklets are available. | | |
| Mosgiel Abilities Resource Centre (MARC) | MARC aims to empower people with disabilities and their families to maximise the opportunities that exist in the community, by fostering the development of skills, so that people can actively participate in their community in ways that are meaningful to them. | Phone (03) 489 0029 https://marc.org.nz/ | 16 Green Street Mosgiel |
| Muscular Dystrophy South Island Te Waipounamu | Muscular Dystrophy South Island Te Waipounamu is a branch of the Muscular Dystrophy Association of NZ. We cover the South Island and support people affected by rare neuromuscular conditions. There are over 60 conditions under our umbrella. | Freephone: 0800 800 337 Office Phone: 022 304 6840 Fieldworker Phone: 022 473 6434 Office Email: southern@mda.org.nz Fieldworker: lisa.mora@mda.org.nz Website: www.mda.org.nz | |
| National Heart Foundation | The Heart Foundation is New Zealand's heart charity, leading the fight against our country's single biggest killer – heart disease. | Phone (03) 477 3999 Email dunedinoffice@heartfoundation.org.nz https://www.heartfoundation.org.nz/ | 206 Hanover Street Dunedin Central |
| New Zealand Needle Exchange Programme | The New Zealand Needle Exchange Programme is a nationwide programme, where people who are injecting drugs can access needles, syringes and other equipment to support safe injecting practice. We | Phone (03) 366 9403 Email info@nznep.org.nz https://www.nznep.org.nz/ | Nationwide. PO Box 22-176 Christchurch |

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| | <p>are funded by the Ministry of Health.</p> <p>We are a peer-based organisation, and committed to a health and human rights based service approach for people who use drugs.</p> | | |
| Otago Multiple Sclerosis Society | <p>MS Otago Mission’s mission is to empower people and their whānau living with MSRC to participate actively in their community in ways that are meaningful to them. No charge to join.</p> | <p>Phone (03) 455 5894 Phone 027 88 99 035 Email info@msotago.org.nz https://msotago.org.nz/</p> | <p>Dunedin Community House 43 Princes Street Dunedin</p> |
| Overeaters Anonymous South Island | <p>Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. We have face to face OA meetings in Christchurch, Dunedin, and Nelson – and many on Zoom.</p> | <p>Phone 027 389 2644 (Tracy – Dunedin) Email oa.dunedin@gmail.com https://oasouthisland.nz/</p> | <p>Face to face meetings: Knox Church Annex, Room 4 449 George Street Dunedin</p> |
| ParaFed Otago | <p>ParaFed Otago is the leading sport and recreation organisation in the Otago region for those with a physical disability. We offer quality sport and recreation services, facilities and equipment for people with physical disabilities (including visual impairments). NOTE: Membership fees may apply.</p> | <p>Phone 022 043 3768 Email sdo@parafedotago.co.nz https://www.parafedotago.com/</p> | <p>Sargood Centre 40 Logan Park Drive Logan Park Dunedin</p> |
| Polio NZ | <p>Polio NZ Inc is an Incorporated Society dedicated to supporting</p> | <p>Phone 0800 4 POLIO or 0800 476 546</p> | <p>Nationwide. PO Box 20</p> |

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| | <p>people who have had poliomyelitis. The society seeks to provide information relating to various aspects of polio and its late effects, it looks for collaborative relationships with organisations and professionals with like interests, it advocates for the betterment of New Zealanders who had polio and works to improve or develop services and opportunities that would be of assistance.</p> | <p>Email secretary@polio.org.nz https://polio.org.nz/</p> | <p>New Plymouth 4340</p> |
| <p>Prostate Cancer Foundation Dunedin Support Group</p> | <p>Provides support and education for men with prostate cancer. The Prostate Cancer Foundation has a significant role in promoting public awareness of this disease. With over 3000 New Zealander men being diagnosed each year, and with early detection leading to better outcomes, it is important that men are aware of the signs of potential disease and also of the checking and screening tests that are available from their doctor.</p> | <p>Phone 0800 477 678 (Helpline) Email dunedin@prostate.org.nz prostate.org.nz/</p> | <p>Nationwide.</p> |
| <p>Sexual Health Clinic Dunedin</p> | <p>We provide a confidential service for people of all ages, cultures, gender and sexual orientation. The service is free of charge to New Zealand residents. Non-Residents can also access the service free of charge for STI testing and treatment.</p> | <p>Phone 0800 742 546 ext 1 https://www.southernhealth.nz/getting-help-you-need/sexual-health</p> | <p>201 Great King Street Dunedin</p> |

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| Southern Support Eating Disorders (SSED) Service Otago | The SSED Service in the community and primary health sector is a free service that provides early identification, assessment, treatment and referral for people with symptoms and / or behaviours consistent with an eating disorder. The service also provides advice for families/whanau to access support networks. Education, training and information for a range of professionals, about eating disorders is a key focus. | Phone 0800 328 744 Phone 03 476 2092 Email southernsupport@ashburn.co.nz | 496 Taieri Road Dunedin |
| SPELD NZ Inc | SPELD NZ is a not-for-profit organisation that specialises in assisting people with dyslexia and other specific learning disabilities. For more than 50 years, we've helped many thousands of New Zealand children and adults nationwide. NOTE: Membership fee may apply. | Phone 0800 773 536 (Ext 1 then Ext 3 for Southern) Email southern@speld.org.nz https://www.speld.org.nz/ | PO Box 27 253 Shirley Box Lobby Christchurch 8640 |
| Sport Otago | Love sport and recreation? So do we! Join us on our journey to make every Otago whānau active every day. | Phone (03) 474 6350 Email sporto@sportotago.co.nz https://www.sportotago.co.nz/ | Sargood Centre 40 Logan Park Drive Dunedin |
| Stroke Foundation of New Zealand Community Stroke Navigator Service | Community Stroke Navigators provide information, support, service navigation, advocacy and education to people and/or their whānau that have experienced a stroke. | Free phone 0800 STROKE (0800 78 76 53) Or email help@stroke.org.nz | PO Box 12-482 Thorndon Wellington 6144 |

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| Sweet Louise | Sweet Louise is the only charity in New Zealand that solely focuses on improving the quality of life for hundreds of women and men living with advanced breast cancer. We offer information, advice, support and access to a range of practical and therapeutic services free of charge. | Phone 0800 11 22 77 (Support Line) Email members@sweetlouise.co.nz sweetlouise.co.nz/ | Sweet Louise PO Box 137 343 Parnell Auckland 1151 (Support Coordinators Nationwide) |
| Your Way Kia Roha – Connections & Funding | Your Way Kia Roha Connections & Funding provides Needs Assessment Service Coordination (NASC) for people under 65 years old with a long-term physical, intellectual or sensory disability. | Phone 0800 758 700 Email otago@yourwaykiaroha.nz https://www.yourwaykiaroha.nz/ | Ground Floor, Burns House 10 George Street Dunedin |

GPs and Clinics

Visit <https://www.healthpoint.co.nz/> for up-to-date information about healthcare providers, referral expectations, services offered and common treatments in your area.

Some GPs offer Access & Choice Services (Health Improvement Practitioners, Health Coaches, and Community Support Workers).

- Health Improvement Practitioners (HIPs) are registered health professionals who specialise in behavioural health. They assist people, of all ages, to take positive steps in improving their physical, social, and mental wellbeing.
- Health Coaches (HCs) work alongside people to support understanding of their health and help set goals for leading a healthy lifestyle.
- Community Support Workers walk alongside people in the community offering practical support for leading a healthy lifestyle, connecting with services, social engagement and achieving goals.

Visit <https://www.wellbeingsupport.health.nz/> for a list of GPs with these services.

Your GP can also refer you to Brief Intervention Services, which provide up to five 1-hour sessions with a registered health professional. BIS assists with mild to moderate health needs, including stress, anxiety, low mood and depression. This is a free service. Both adult and youth services are available.

Mental Health

| Name | Information | Contact | Address |
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| Able Minds - supporting a better life experience | Able Minds supports those affected by mental distress or addiction and their whānau by building resilience, providing advocacy and imparting skills needed for a better life experience. Services include one-on-one support sessions, activity & peer groups and, programmes for tamariki, rangatahi and adults covering all aspects of mental wellbeing. Our services are free, mobile and confidential with offices based in Dunedin, Oamaru, Alexandra, Queenstown, Gore and Invercargill. You can self-refer or refer someone (with their consent). Go to www.able.org.nz and click on "Refer to our services" to make a referral. | Phone 0800 494 262 Email admin@able.org.nz https://www.able.org.nz | 34 Prince Albert Road St Kilda Dunedin |
| Adult Community Mental Health Services Te Whatu Ora Southern | The Community Mental Health Teams are made up of health professionals who provide a range of specialist mental health services for people aged 18 years and over who have been diagnosed with a significant mental illness. We will also see people aged 16 or 17 if they have left school. Appointments will be at the Community Mental Health office nearest you and/or when | Dunedin North Community Mental Health Team Phone (03) 470 9429 Freephone 0800 44 33 66 Email northcmht@southerndhb.govt.nz Dunedin South Community Mental Health Team Phone (03) 476 9660 Freephone 0800 44 33 66 | Dunedin Hospital 140 Hanover Street Dunedin Central 1 st Floor Helensburgh House Wakari Hospital 371 Taieri Road Halfway Bush |

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| | appropriate, in your home or workplace. We also see people at Medical Centres if appropriate. May require GP referral. | Email southcmht@southerndhb.govt.nz | Dunedin |
| Adult Inpatient Mental Health Services Te Whatu Ora Southern | Inpatient Units at Wakari Hospital and Southland Hospital support clients in an acute phase of a mental health disorder and/or with associated intellectual disabilities. Southern DHB Adult Inpatient Mental Health Services are provided by Inpatient Units at Wakari Hospital and Southland Hospital. Wakari Hospital provides acute inpatient care through Ward 9C and Ward 9B and provides further non-acute care through Ward 11. Inpatient care for individuals with dual-diagnosis mental health and intellectual disabilities is provided through Ward 10A. Referrals required through Emergency Psychiatric Service/Community Mental Health Services/other Mental Health Units. | Ward 9C – (03) 476 9930 ext 55930 Ward 9B – (03) 476 9628 Ward 11 – (03) 476 9579 Ward 10A – (03) 476 9558 Helensburgh Cottage – (03) 476 9989 https://www.southernhealth.nz/services/adult-inpatient-mental-health-services-southern-te-whatu-ora | Wakari Hospital 369 Taieri Road Halfway Bush Dunedin |
| Anxiety New Zealand | Anxiety New Zealand Trust supports people living with anxiety and other mental health experiences. We offer specialist clinical services, ongoing peer support groups, educational resources, and immediate help via our free 24/7 national 0800 ANXIETY Helpline. | Phone 0800 269 438 (24/7 Helpline) Email reception@anxiety.org.nz (Clinic) https://anxiety.org.nz/ | Nationwide. 77 Morningside Drive St Lukes Auckland 1025 |

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| | <p>We are passionate about working with children, youth, adults, and whānau across Aotearoa to help grow resilience and positive mental wellbeing strategies. We also advocate, partner, and provide leadership in mental health to empower and support our communities to thrive. NOTE: Charges may apply for clinical services.</p> | | |
| Artsenta | <p>Artsenta is an art studio for tangata whaiora - people seeking wellbeing. They provide a range of free creative activities and resources for people to try, with the support of their talented Art Workers. If you are interested in being creative, are over 17 years old, and are receiving support for a mental health or addiction issue, you are eligible to access this free community service.</p> | <p>Phone (03) 477 9566 Email info@artsenta.org</p> | <p>462 Princes Street Dunedin Central</p> |
| CanInspire Otago | <p>CanInspire was set up to provide a supportive environment that distracts through creative activities, which build well-being for those experiencing illness, trauma and loss. Jewelry making workshops are run through host agencies like the cancer society or other support groups. If you are interested in a</p> | <p>Email dunedin@caninspire.org.nz https://www.caninspire.org.nz/</p> | <p>Nationwide. Postal address: 44 Cass Street Ashburton 7700</p> |

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| | workshop, volunteering or donating beads please get in touch. | | |
| Clinical Psychology Centre | The Centre provides a referral-based mental health service to the community as part of its professional training activities. It provides services to assess and treat children and adults experiencing behavioural, emotional and health-related psychological problems. All attendees are seen by senior psychology students training toward registration as clinical psychologists. The Centre accepts referrals from organisations and individuals engaged in the provision of psychological, psychiatric, health care, education and welfare services. | Phone (03) 479 7627 Email psy.clinicaladmin@otago.ac.nz https://www.otago.ac.nz/psychology/clinicalpsychologycentre/ | Level 5 William James Building 275 Leith Walk North Dunedin |
| Early Intervention in Psychosis Service | The Early Intervention in Psychosis Service treats young people aged 18 - 30 experiencing first-episode psychosis, and mothers experiencing postpartum psychosis for the first time irrespective of age. The treatment is provided through intensive therapy, education, and support, to recovery in a safe and supportive environment by a highly skilled specialised multidisciplinary team. We strive to involve the client's family and whanau as a key element of the client's recovery. | Phone (03) 470 9950 Freephone 0800 44 33 66 https://www.southernhealth.nz/services/adult-inpatient-mental-health-services-southern-te-whatu-ora | Ground Floor 154 Hanover Street Dunedin Central |

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| Emergency Psychiatric Service | The Emergency Psychiatric Service is a 24 hours a day, 7 days a week mobile service providing urgent assessment and intervention in times of mental health crisis for all people of all ages. It is preferred that referrers contact the team by telephone as this is a mobile team and staff may not always be on-site to attend to walk-in referrals. | Phone 0800 46 78 46 (Option 2) https://www.southernhealth.nz/services/mental-health-emergency-services-southern-te-whatu-ora | Dunedin Hospital 201 Great King Street Dunedin |
| Mental Health Needs Assessment and Service Co-ordination Te Whatu Ora Southern | Our team aims to identify your areas of need and provide a coordinated approach to accessing the necessary support services. Needs assessment is a process of identifying what supports you require to live a fulfilling life in the community. Assessments are completed in partnership with your Southern DHB MHAID Service key worker/case manager and the support people of your choice. Needs assessment aims to identify your areas of need and provide a coordinated approach to accessing the necessary support services. Service coordination is the process of agreeing on the best mix of services to support you in your current situation. | Phone (03) 470 9429 https://www.southernhealth.nz/services/mental-health-needs-assessment-and-service-co-ordination-southern-te-whatu-ora | 154 Hanover Street Dunedin |
| Ōtepoti Community Wellness Hub | A safe social space! Non-judgemental support, wellbeing planning. | Phone 027 207 3608 https://www.facebook.com/OCWHub | 150D Kaikorai Valley Road Dunedin |

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| | Come join us for coffee and a chat! Every Tuesday 9-3pm Every Thursday 1-8pm | | |
| Synergy Wellness | Synergy Wellness is a mental health needs assessment and service co-ordination service (NASC). We work with people experiencing disability as a result of a significant mental health issue, for which there is treatment provided by a suitably qualified practitioner. Synergy Wellness does not provide treatment for mental health or any other disorders. | Phone (03) 476 2577 Email info@synergywellness.co.nz https://www.synergywellness.co.nz/ | 150D Kaikorai Valley Road Dunedin |
| WEKA Dunedin | WEKA provides pragmatic mental health support to anyone who says they need it. WEKA education sessions run 6 till 8 on a Monday night. Wellbeing is a main focus with a subject chosen each week to focus on. | Email wekadunedin@gmail.com https://www.wekanewzealand.org/ https://www.facebook.com/WEKADUNEDIN | 2 nd Floor 31 Stafford Street Dunedin Central |
| Yellow Brick Road | Formerly Supporting Families NZ, we're Yellow Brick Road; a national organisation that provides mental health support for families who have a loved one experiencing mental health challenges. After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and | Phone 0800 876 682 (South Island) Email admin@yellowbrickroad.org.nz https://yellowbrickroad.org.nz/ | Nationwide. 3/21 Birmingham Drive Middleton Christchurch 8024 |

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| | <p>empowered, the path they walk leads to increased wellbeing for the whole whānau.</p> <p>We will walk alongside any family in New Zealand who needs support, knowledge, advocacy and empowerment as they journey towards mental wellbeing.</p> <p>If you are concerned about a family member experiencing mental health challenges, we can help you.</p> | | |
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Alcohol and Other Drugs/Addictions Support

| Name | Information | Contact | Address |
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| Al-Anon | Al-Anon has one purpose: to help families of alcoholics. We do this by practising The Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic. We believe that alcoholism is a family illness and that changed attitudes can aid recovery. | Email office@al-anon.org.nz https://al-anon.org.nz/ | Nationwide and international. Meetings held in person in Dunedin or online. See here for locations and times: https://al-anon.org.nz/al-anon-meetings/ |
| Alcohol and Drug Services Te Whatu Ora Southern | We are a multidisciplinary team comprising alcohol and drug clinicians, nurses, medical officer, psychiatrist and clinical psychologist, all with considerable experience in addiction work. We are a bi-cultural service. We also do some of our work in community | Phone (03) 476 9760 https://www.southernhealth.nz/services/alcohol-and-drug-services-southern-te-whatu-ora | Main Block Wakari Hospital Dunedin |

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| | settings. For those who are 18 years or over and are significantly affected by their own or another's substance use. | | |
| Alcoholics Anonymous Aotearoa | Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. | Phone 0800 229 6757 (0800 AA WORKS) Email help@aa.org.nz https://aa.org.nz/ | Nationwide. Meetings take place in Dunedin or online. |
| DIVO (Dunedin Intravenous Organisation) | Not-for-profit organisation with a focus on harm reduction for intravenous drug users. DIVO provides a dedicated community health service that looks after the needs of people who inject drugs, leading on to the wider community. Free drug testing service. | Phone (03) 479 2300 Email divodunedin@xtra.co.nz https://www.facebook.com/DIVO.NewZealand/ | 278D King Edward Street South Dunedin |
| Drug Foundation | We take the lead in Aotearoa New Zealand educating, advising and standing up for healthy approaches to alcohol and other drugs. | Phone (04) 801 6303 Email admin@drugfoundation.org.nz https://www.drugfoundation.org.nz/ | Nationwide. 4th floor 265 Wakefield Street Wellington 6011 |
| Family Drug Support Aotearoa | Family Drug Support Aotearoa is a New Zealand wide organisation set up to support family/whānau & friends impacted by the alcohol and other drug use of people they care about. The aim is to provide support based on science, compassion and human rights. We support a harm reduction model. | Phone 0800 337 877 (Support line 9am – 10pm weekdays) Email office@fds.org.nz https://fds.org.nz/ | FDS Aotearoa New Zealand 213 Lichfield Street Christchurch 8011 |

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| Living Sober | Living Sober is a friendly online community where adult medium to high-risk drinkers gain support after deciding to stop drinking alcohol. | Email admin@livingsober.org.nz https://livingsober.org.nz/ | Nationwide. |
| Mahana Southern Māori Mental Health & Addiction Service | Mahana provides support to individuals and whānau experiencing mild to moderate issues with mental health and addiction. Mahana offers Mental Health services, Alcohol and Drug Addiction services and Gambling Harm Counselling. Please note: If you are engaged with a secondary service, you are not eligible for entry into Mahana. Mahana is NOT a crisis intervention service. | Phone (03) 244 8209 (Dunedin) Phone 0800 925 242 Email admin@kaitahu.maori.nz https://nkmp.maori.nz/ | Level 4 333 Princes Street Dunedin Central |
| Mapu Maia | Mapu Maia is a Pasifika Gambling Support Service providing a holistic service to individuals, families and communities that is culturally appropriate and effective. We offer free, professional, and confidential counselling services and education. Our team of professional counsellors and health promoters work with you and your family. We can provide support in English, Samoan and Tongan languages. | Phone 0800 21 21 22 Text 3022 Email help@mapumaia.nz https://www.mapumaia.nz/ | Nationwide. Level 1 128 Khyber Pass Road Newmarket Auckland 1023 |
| Mirror Services | Whakaata Tohu Tohu Mirror HQ Youth Addiction Service provides alcohol and other drug services for young people aged between 12 and | Phone (03) 479 2970 Email reception@mirrorservices.org.nz https://www.mirrorservices.org.nz/ | 7th & 8th Floor Evan Parry House 43 Princes St Dunedin Central |

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| | 25 years of age. As young people are often coping with a range of issues this team works from a co-existing problem enhanced approach. We have a diverse team of practitioners providing a range of evidence based and culturally responsive approaches to meet the diverse needs of the young people and whānau we work with. | | |
| Narcotics Anonymous New Zealand | Narcotics Anonymous (NA) is a global organisation of recovering addicts. NA members are men and women from all walks of life for whom drugs had become a major problem, who meet regularly to help each other stay clean, and recover from the effects of addiction in their lives. | Phone 0800 628 632 Email help@nzna.org https://www.nzna.org/ (Under maintenance at time of writing) | Nationwide. PO Box 26-002 North Avon Christchurch 8148 |
| Problem Gambling Foundation (PGF) Services | We know it can be hard to ask for help, but if gambling is affecting your life, we can help you get back on track. At PGF Services we provide free, professional and confidential support for gamblers and their loved ones. We also run education and support groups and help with self-exclusion from gambling venues. Self-referral available. | Phone 0800 664 262 (M-F 8.30am – 5pm) Text 5819 (M-F 8.30am – 5pm) Email help@pgf.nz https://www.pgf.nz/ | Dunedin Community House 43 Princes Street Dunedin |
| Quitline | We're here to support you to beat your smoking addiction. An advisor | Phone 0800 778 778 (24/7) Text 4006 | Nationwide. PO Box 105 346 |

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| | will talk you through the three parts of the smoking addiction - chemical, emotional and habitual. Through Quitline you can order subsidized nicotine patches, gum or lozenges - \$5 for a 4 week supply (with the option of a free repeat). We'll also send you a Quit Pack with resources to support you. | Email quit@quit.org.nz https://quit.org.nz/ | Auckland |
| Salvation Army Bridge Centre (Alcohol and Drug Support) | The Salvation Army Bridge provides a range of effective support services that help reduce the harmful effects of alcohol and other drugs in people's lives. We provide tāngata whaiora (people seeking wellness) and their whānau (family) with a safe place to belong where personal choice is encouraged and supported. We provide recovery information and practical tools communicated in meaningful ways which are culturally appropriate that supports healthy wellbeing. Self-referral available. | Phone 0800 530 000 Phone (03) 477 9852 (Dunedin) Email dunedin.bridge@salvationarmy.org.nz https://bridge.salvationarmy.org.nz/ | 160 Crawford Street Dunedin |
| Salvation Army Oasis Centre (Gambling Support) | At The Salvation Army Oasis, we welcome people of all genders, cultures, and religions who are concerned about gambling harm. Family and whānau are welcome to attend in their own right for support or as part of a family session with or without the gambler present. | Phone (03) 477 9852 ext 72024 Phone 021 803 167 Email dunedin.oasis@salvationarmy.org.nz https://oasis.salvationarmy.org.nz/ | 160 Crawford Street Dunedin |

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| | We provide a supportive, caring, and non-judgemental environment to share your story and receive the support you need. Self-referral available. | | |
| Southern Stop Smoking Service | Southern Stop Smoking Service provides free stop smoking assistance: clinics one-on-one support free nicotine replacement therapy resources including gum, lozenges and patches. specialist programme for families, specialist programme for pregnant women Please call to make an appointment. They have eight coaches covering the Southern regions. This is a service of Ngā Kete Matauranga Pounamu Charitable Trust. | Phone 0800 925 242 Phone (03) 214 5260 Email admin@stopsmoking.nz https://nkmp.maori.nz/service/southern-stop-smoking-service/ | Level 4 333 Princes Street Dunedin |
| Specialist Addiction Services Te Whatu Ora Southern | For those 18 years or over and are significantly affected by their own or another's substance use. Screening, assessment, treatment, and community support. NOTE: Referral required from GP or health professional. | Phone (03) 476 9760 Phone 0800 44 33 66 https://www.southernhealth.nz/services/alcohol-and-drug-services-southern-te-whatu-ora | Main Block Wakari Hospital Dunedin |
| Whakaata Tohu Tohu Mirror HQ Youth Addiction Service | Whakaata Tohu Tohu Mirror HQ Youth Addiction Service provides alcohol and other drug services for young people aged between 12 and 25 years of age. As young people are often coping with a range of issues this team works from a co-existing problem enhanced | Phone (03) 479 2970 ext 3 Email hq@mirrorservices.org.nz https://www.mirrorservices.org.nz/ | 4 th Floor Evan Parry House 43 Princes Street Dunedin Central |

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| | approach. We have a diverse team of practitioners providing a range of evidence based and culturally responsive approaches to meet the diverse needs of the young people and whānau we work with. | | |
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Reintegration and Justice Support

| Name | Information | Contact | Address |
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| Anglican Family Care Restorative Justice | A community-based justice process that offers victims of a crime an opportunity to participate in addressing the harm done, and what can be done realistically by the offender to put things right. All referrals are received through the Justice system. | Phone (03) 477 0801 Phone 0800 FAM CARE Email enquiries@familycare.org.nz https://anglicanfamilycare.org.nz/ | 266 Hanover Street Dunedin Central |
| Forensic Services Te Whatu Ora Southern | The Southern DHB Forensic Mental Health Service provides clinical expertise in assessment, treatment and rehabilitation for people who are involved in the criminal justice system. Using contemporary forensic models of care which are characterised by mutual respect and an individualised approach with an emphasis on the least restrictive level of care possible. | Ward 9A – (03) 476 9621 Community Team – (03) 476 9680 Freephone 0800 44 33 66 https://www.southernhealth.nz/services/forensic-services-southern-te-whatu-ora | Wakari Hospital 369 Taieri Road Halfway Bush Dunedin |
| Moana House | Moana House is a well-established residential therapeutic community for adult male offenders who want to change their lives. Many of our residents may also have a history of | Phone (03) 477 0842 Email info@moanahouse.org.nz https://www.moanahouse.net/ | Moana House PO Box 619 Dunedin |

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| | alcohol and/or drug abuse. We wish to provide a supportive family environment and a safe place to change. Self-referral available and finance available through Work and Income. | | |
| Pact | <p>We have three services in Dunedin that support people who have been released from prison or forensic services.</p> <p>Te Whare Manaaki (a Corrections contract) provides intensive support and personal monitoring of people who have multiple and complex reintegrative and rehabilitative needs and benefit from Pact's approach to support.</p> <p>Te Whare Awhina (also Corrections) is for people who have been in prison for a long time and need support to reintegrate back into the community. It can include support for their mental health but also with practical things like getting photographic ID and bank accounts.</p> <p>Ahuru Mowai (funded through the Southern District Health Board) is a four-bed forensic step-down service. Our support staff coach and support them to ensure they have what they need to live in the community. This can include practical things like ID, bank</p> | <p>Phone (03) 477 4312</p> <p>https://www.pactgroup.co.nz/</p> | <p>Pact Otago – Head Office</p> <p>80 Filleul Street</p> <p>Dunedin</p> |

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| | accounts and a CV. Referral required. | | |
| PARS (The Prisoners' Aid & Rehabilitation Society) Otago | <p>PARS is one of New Zealand's longest standing charities, founded in Dunedin in 1877. We are an incorporated society and registered charity.</p> <p>We strive to provide support services that meet the reintegration needs of our clients, while also offering our staff a positive and challenging work environment.</p> <p>PARS Otago exists to offer meaningful and effective reintegration support to people who are or have been in the criminal justice system – particularly men and women who have served an extended prison sentence.</p> | <p>Phone (03) 474 1811 Email admin@parsotago.co.nz https://www.parsotago.co.nz/</p> | <p>5 Percy Street Kensington Dunedin</p> |
| Pillars | <p>Pillars Ka Pou Whakahou is a charity that actively supports the tamariki and whānau of people in prison or those serving a community-based sentence. Our Social Workers and Mentoring Coordinators are committed to supporting children and young people to work towards their goals and stride into the future with confidence.</p> | <p>0508 745 527 (0508 PILLARS) Email reception@pillars.org.nz https://www.pillars.org.nz/</p> | <p>13/303 Blenheim Road Unit 1b Upper Riccarton Christchurch 8041</p> |

Counselling

See helplines for other telephone-based Counselling services.

| Name | Information | Contact | Address |
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| Aoake Te Rā | <p>We are a free service that provides support and manaaki to individuals and whānau who have lost someone to suicide.</p> <p>Through a brief therapeutic response our network of Providers will support our hāpori (community) in honouring their grief and letting it find a place in their adjusted future. Aoake te Rā means 'a new sun rises' - the emerging light being a symbol of hope as whānau adapt to their loss. Our name was gifted by Hon. Peeni Henare, Minister for Whānau Ora, Associate for Māori Health and reflects the many voices of individuals, whānau and communities who have shared their knowledge and experience in creating a service that helps people navigate life after suicide loss.</p> | <p>Phone 0800 000 053</p> <p>Email referrals@aoake-te-ra.org.nz</p> <p>https://www.aoaketera.org.nz/</p> | Nationwide. |
| Asian Family Services | <p>AFS provides free, professional, confidential, nationwide face-to-face or telephone support to Asians living in New Zealand.</p> <p>For clients with gambling issues</p> <p>AFS is contracted by the Ministry of Health to only provide support for gamblers, family members and anybody else who are negatively affected by someone's problem gambling in the past or present.</p> | <p>Phone 0800 862 342 (Monday – Friday 9am – 8pm) to speak with a counsellor.</p> <p>Text 832 for confidential advice and emotional support (Monday – Friday 9am – 5pm).</p> <p>Email help@asianfamilyservices.nz</p> <p>https://www.asianfamilyservices.nz/</p> | <p>Nationwide.</p> <p>1st Floor</p> <p>128 Khyber Pass Road</p> <p>Grafton</p> <p>Auckland</p> |

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| | <p>These services include one-on-one counselling services, couple counselling, group counselling and other social work services. These services are free for those who have been affected by gambling harm.</p> <p>For clients with non-gambling issues</p> <p>AFS understands that most migrant families experience high levels of stress as they settle into New Zealand. This can lead to a wide range of issues, including anxiety, depression and conflict within family relationships. AFS provides three free counselling sessions for those who experience such issues to help them to manage their difficulties and to succeed in their migration.</p> | | |
| The Kōwhai Centre | <p>Student counsellors from the Bachelor of Social Services programme offer supportive counselling to members of the public in a training environment under NZAC supervision. Students are supported by lecturing staff who are also counsellors, to provide free counselling that is professional, supportive and accessible.</p> | <p>Phone (03) 479 6198 Email kowhai centre@op.ac.nz https://www.op.ac.nz/services/kowhai-centre/</p> | <p>Kōwhai Centre 153 St David Street College of Community Development and Personal Wellbeing Otago Polytechnic</p> <p>Hours of service:</p> <ul style="list-style-type: none"> • Wednesday 3pm - 7pm • Thursday 11am - 7pm • Friday 9am - 3pm |

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| | <p>The Kōwhai Centre is not available to Otago Polytechnic students for counselling.</p> <p>The Kōwhai Centre is open to the public. We accept donations and do not charge for services.</p> | | |
| Mirror Counselling | <p>Mirror Services is an Otago based organisation that delivers counselling and treatment programmes for children, young people and their whānau in the Otago/Southland region. Mirror offers counselling services and a youth day programme, and consists of a primary care team and youth addiction service.</p> | <p>Phone (03) 479 2970 Email reception@mirrorservices.org.nz https://www.mirrorservices.org.nz/</p> | <p>7th & 8th Floor Evan Parry House 43 Princes St Dunedin Central</p> |
| Puāwaitanga | <p>Puāwaitanga means to blossom, to flourish, to break through, and is a phone and web-based service to support Kiwis to improve their emotional wellbeing – their hauora. The service is an alternative to face to face counselling for Kiwis who are struggling but face challenges in accessing traditional counselling. All our staff are trained professionals and counselling sessions are private, confidential and free.</p> | <p>Phone 0800 782 999 to make an appointment. https://puawaitanga.nz/</p> | <p>Referral only available for University/Polytechnic Students or those on a Work and Income Benefit.</p> |

Loss and Grief

| Name | Information | Contact | Address |
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| After A Suicide | A website offering practical information and guidance to people who have lost someone to suicide. | https://afterasuicide.nz/ | Nationwide. |
| Aoake te Rā | Free counselling for people bereaved by suicide. | Phone 0800 000 053 to make an appointment. Not a crisis line. https://www.aoaketera.org.nz | Nationwide. |
| Sands NZ | We are a voluntary, parent-run, non-profit organisation set up to support parents and families who have experienced the death of a baby at any stage during pregnancy, as a baby or infant. We offer empathy and understanding. We are not counsellors and do not give professional advice but we do offer an opportunity and environment to share experiences, to talk and to listen. We promote awareness, understanding and support for those dealing with the death of a baby in pregnancy, birth or as a newborn, and due to medical termination or other forms of reproductive loss. | Email info@sands.org.nz http://sands.org.nz/ | Nationwide. No meetings in Dunedin currently. Sands NZ PO Box 136 Hamilton 3240 |
| Skylight Trust | Dealing with trauma, change, loss and grief can be very hard at times. You don't have to do it alone. Having someone working alongside you can make a difference. We offer counselling for adults, children, young people, and family/whānau who are experiencing any kind of | Phone 0800 299 100 Email info@skylight.org.nz https://www.skylight.org.nz | Nationwide. Online counselling available, or in-person services in Kapiti, Porirua, Lower Hutt, and Wellington. |

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| | grief, loss and trauma. Online resources available. NOTE: Charges apply for counselling services. | | |
| The Grief Centre | Our services are designed to offer loss and grief support to youth, adults, families or whanau experiencing any form of significant loss. We also provide professional training, community talks and events and partnerships with funeral homes to provide bereavement support. Online resources available. NOTE: Charges apply for counselling services. | Phone 0800 331 333 Email admin@griefcentre.org.nz https://www.griefcentre.org.nz | 92 Hinemoa Street Birkenhead Auckland 0626 |

Peer Support

See the Helplines section for peer support over the phone.

| Name | Information | Contact | Address |
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| Corstorphine Baptist Community Trust (CBCT) | CBCT (Corstorphine Baptist Community Trust) has been providing mental health support services in Dunedin since 1974. CBCT has peer support workers who are available to provide peer support to adult service users. Peer support workers have their own experience of mental distress and they work as peers alongside the service user – not as experts. | Phone (03) 487 8707 Email info@cbct.org.nz https://cbct.org.nz/ | 336 South Road Caversham |

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| | Peer support workers form relationships with service users and their work focuses on the relationship between the two people. Both people can give help and support to each other, share their knowledge and beliefs and experience different ways of relating to other people. Self-referral available. | | |
| Life Matters Suicide Prevention Trust | Life Matters Suicide Prevention Trust Te Whare Oranga Ngākau is a Peer-Governed and Peer-Led organisation striving to help members of our community who are at risk of, or affected by, suicide. We provide Peer Support for tangata whaiora/people in mental distress or in crisis. We also provide Bereavement Support to whānau who have experienced a suicide, as well as delivering mental health workshops such as safeTALK. | Phone 027 240 0114 Email teamleaders@lifematters.org.nz https://www.lifematters.org.nz/ | 63 Hanover Street Dunedin Central |
| Mirror HQ Service | Whakaata Tohu Tohu Mirror HQ Youth Addiction Service provides alcohol and other drug services for young people aged between 12 and 25 years of age. As young people are often coping with a range of issues this team works from a co-existing problem | Phone (03) 479 2970 Email reception@mirrorservices.org.nz https://www.mirrorservices.org.nz/ | 7th & 8th Floor Evan Parry House 43 Princes St Dunedin Central |

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| | enhanced approach. We have a diverse team of practitioners providing a range of evidence based and culturally responsive approaches to meet the diverse needs of the young people and whānau we work with. | | |
| Otago Mental Health Support Trust | Otago Mental Health Support Trust provides peer support, advocacy & information for people affected by mental distress and addictions. We will walk alongside you. We will listen to you and hear what you say. We do not need to know a diagnosis, if you have one, and we are here for families, whānau and friends too. Our service is free, confidential, independent and needs no referral. | Phone 0800 364 462 Email info@omhst.org.nz https://omhst.org.nz/ | 1 st Floor Dunedin Community House 43 Princes Street Dunedin |

Community Services and Supports

| Name | Information | Contact | Address |
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| Anglican Family Care | Anglican Family Care offers professional social, therapeutic, and restorative justice support to Otago tamariki and their whānau. We visit families at home and work with parents to ensure the safety, health and well-being of their children. | Phone (03) 477 0801 Phone 0800 FAM CARE Email enquiries@familycare.org.nz https://anglicanfamilycare.org.nz/ | 266 Hanover Street Dunedin Central |

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| | <p>We also offer counselling to parents and play therapy to children and adults.</p> <p>Our services are free of charge and voluntary.</p> | | |
| Artsenta | <p>Artsenta is a shared art studio for people accessing support for their mental health or addiction. We provide materials and equipment for a range of creative activities.</p> <p>If you are interested in being creative, are 17 years old or over, and are seeing someone for a mental health or addiction issue, you are eligible to access Artsenta. There is no charge to come to Artsenta.</p> | <p>Phone (03) 477 9566 Email info@artsenta.org https://www.artsenta.org</p> | <p>462 Princes Street PO Box 5986 Dunedin</p> |
| Catholic Social Services | <p>CSS is the Social Services agency of the Catholic Diocese of Dunedin and as such provide a caring and supportive environment based on respect for all who seek our assistance.</p> <p>Offers counselling, social work/community support, parenting support, Best Start, and children's programmes.</p> <p>Self-referral available.</p> | <p>Phone 0800 CSSNOW or 0800 277 669 Phone (03) 455 3838 (Dunedin) https://www.cathsocialservices.org.nz/</p> | <p>42 Macandrew Road P O Box 2047 South Dunedin</p> |
| Community Care Trust | <p>Community Care Trust is a not-for-profit charitable trust that supports youth and adults with intellectual disabilities and/or autistic spectrum disorders in Christchurch, Dunedin,</p> | <p>Phone (03) 466 3055 Phone 0800 800 001 Email info@cct.org.nz https://cct.org.nz/</p> | <p>278 King Edward Street South Dunedin</p> |

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| | Central Otago and Southland to live as participating and valued members of their communities. | | |
| Corstorphine Baptist Community Trust | The Corstorphine Baptist Community Trust (CBCT) is an Incorporated Charitable Trust that offers a range of community-based and residential support services for adults, youth and children affected by mental health issues and disabilities. Self-referral available. | Phone (03) 487 8707 Email info@cbct.org.nz https://cbct.org.nz/ | 336 South Road Caversham |
| Curtain Bank | The Dunedin Curtain Bank up-cycles unwanted and unused curtains, lines them, and distributes them to those in need in our community. | Phone 021 224 0922 Email manager@dunedincurtainbank.org.nz https://dunedincurtainbank.org.nz/ | 174 Princes Street Dunedin Central |
| Dairy Women's Network | At DWN, we do what we love and love what we do. With nationwide workshops designed to empower our people, we're the go-to for all ages and stages looking for connection and support on their development journey. | Phone 0800 396 748 Email info@dwn.org.nz https://www.dwn.co.nz/ | Nationwide. Level 1 450 Anglesea Street Hamilton 3204 |
| FarmStrong | Farmstrong is a nationwide wellbeing programme for the rural community. Our aim is to help you live well to farm well. | Email info@farmstrong.co.nz https://farmstrong.co.nz/ | Nationwide. |
| GROW Mental Health | Grow is a global mental health organisation that provides support and resources for individuals facing mental health challenges. The organisation was founded in | Phone (03) 477 2871 Email 2growdunedin@gmail.com https://grow.org.nz/ | 22 Manse Street Dunedin Central Also nationwide Zoom group meetings. |

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| | <p>Australia in 1957 and has since expanded to many other countries. Grow offers support groups and peer-led programs that provide a safe and supportive environment for people to discuss their mental health challenges and receive support from others who are facing similar struggles.</p> | | |
| Mates in Construction | <p>Suicide is everyone’s business; it does not discriminate. Our construction industry is losing nearly one person every week to suicide. 98% of those we lose are our men.</p> <p>The MATES programme builds and strengthens workplace communities and across the industry – helping our people support and provide an environment that encourages positive wellbeing. The impact of this community-based approach then goes beyond the workplace and into our everyday lives.</p> | <p>Phone 0800 111 315 (Helpline available 24/7) https://mates.net.nz/</p> | <p>Nationwide. Local coordinators in Dunedin. Level 1 / 7a McNab Street Penrose 1061</p> |
| Methodist Mission Southern | <p>Our social and educational services aim to develop skills and build resilience in every person we work with – to create meaningful, long-lasting changes for themselves, their whānau and their communities. Our current work includes; early childhood services, self-regulation and oral language programmes,</p> | <p>Phone (03) 466 4600 Email admin@mmsouth.org.nz https://mmsouth.org.nz/</p> | <p>258 Stuart Street Dunedin Central</p> |

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| | youth transition housing, client support services, speech-language communication support, prison-based education, literacy and numeracy programmes, parenting programmes, driver licence training, and capability building initiatives for other social service providers. | | |
| Otago Community Hospice | <p>Otago Community Hospice supports people with terminal illness to live and die well. We support our patients wherever they want to be – that may be in their home, in a residential care home setting or, if their needs are complex, within our inpatient unit. Where we can, we aim to keep people in their environment, symptom-free, for as long as possible.</p> <p>We provide a wide range of services, free of charge, for people who are approaching the end of their life and whose palliative care needs are beyond the level able to be supported by their local services e.g. GP and District Nurses alone. We also provide care and support for the patient’s loved ones.</p> | <p>Phone (03) 473 6005 Email contact@otagohospice.co.nz https://otagohospice.co.nz/</p> | <p>293 North Road North East Valley Dunedin</p> |
| Pact | More than 260 staff support about 400 adults and youth with intellectual disabilities and mental health issues and people | <p>Phone (03) 477 4312 https://www.pactgroup.co.nz/</p> | <p>80 Filleul Street Dunedin</p> |

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| | reintegrating back into the community after being in prison. Our support includes social networking centres, as well as support in the community, in people's own homes and in our supported accommodation homes. | | |
| Presbyterian Support Otago | <p>Presbyterian Support Otago works for a fair, just and caring community.</p> <p>We care for Otago's older people, support families in need and deliver programmes for young adults and children. Our services are available to all people in the Otago community, no matter their age, gender, religion or background. Your support through donations, or volunteering will make a difference to families and children in need across Otago.</p> | <p>Phone (03) 477 7116</p> <p>Email admin.familyworks@psotago.org.nz</p> <p>https://psotago.org.nz/</p> | <p>407 Moray Place</p> <p>Dunedin Central</p> <p>Dunedin</p> |
| Returned Services Association (RSA) | <p>The RSA supports all New Zealand's veterans of military service and their whānau.</p> <p>The RSA has a network of support advisors across the country who are ready to help. Our support advisors can provide assistance across a wide range of areas including advice and guidance, advocacy services, assistance with emergency accommodation or assistance while you recover from illness or injury.</p> | <p>Phone 0800 664 888</p> <p>Email finance@dn-rsa.org.nz</p> <p>https://www.rsa.org.nz/</p> | <p>63 Bay View Road</p> <p>South Dunedin</p> <p>Dunedin</p> |

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| Rural Support Trust | <p>The Otago Rural Support Trust - supports rural people through challenging times. They know that living & working rurally can be a challenge & sometimes things can get a bit much.</p> <p>The Otago Rural Support Trust is part of a nationwide network of Trusts created to help rural people overcome challenges that seem overwhelming.</p> | <p>Phone 0800 787 254 Email otagorst@gmail.com https://www.rural-support.org.nz/</p> | Nationwide. |
| Rural Women NZ | <p>Rural Women New Zealand (RWNZ) is an integral part of New Zealand's rural landscape. From our early days as the Women's Division of the Farmer's Union in 1925, RWNZ has become an credible and respected voice on health services, education, environment and social issues in the rural sector.</p> | <p>Phone 0800 256 467 Email enquiries@ruralwomennz.nz https://ruralwomennz.nz/</p> | <p>Nationwide. Level 10 175 Victoria Street Wellington 6011</p> |
| Salvation Army | <p>Since 1883, The Salvation Army has fought poverty and social and spiritual distress in New Zealand. We've been there to help more than 120,000 families and individuals in need each year—with budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. At The Salvation Army we are committed to our mission of caring for people, transforming lives and reforming society.</p> | <p>For welfare and food assistance enquiries: Freephone 0800 53 00 00 Phone (03) 477 9852 (Dunedin) Email dunedin.cm@salvationarmy.org.nz</p> <p>For general enquiries: Phone (04) 802 6269 Email public.relations@salvationarmy.org.nz https://www.salvationarmy.org.nz/</p> | <p>Dunedin Community Ministries 160 Crawford Street Dunedin Central</p> |

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| St John Caring Caller | Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok. This free service is fully funded by donations. If you're living alone, or you're housebound due to illness or disability, we can help you find a Caring Caller. Caring Caller does not provide medical, or helpline services. Their volunteers are not trained counsellors. We also welcome referrals from community-minded people and health professionals who know of someone who could use a friend. | Phone 0800 780 780 https://www.stjohn.org.nz/ | Nationwide. |
| St Vincent de Paul Dunedin | The Society of St Vincent de Paul (Vinnies) is a non-profit volunteer organisation whose work primarily involves person-to-person contact with people who have a variety of needs. The Society tries to promote self-sufficiency, enabling people to help themselves. Any assistance offered by the Society is given in a non-judgemental spirit of compassion, based on the need of the individual or family. | Phone (03) 477 0555 (George St/Main Office) Phone (03) 455 4847 (South Dunedin shop) Email office@stvincentdepauldunedin.nz https://www.stvincentdepauldunedin.nz/ | 452 George Street Dunedin Or 233 King Edward Street South Dunedin |
| Supergrans Dunedin | Supergrans Charitable Trust provide a free service to whanau and individuals who want to make changes in their life in the following | Phone (03) 455 0981 Email info@supergransdunedin.co.nz | 2b/2c South City Mall 132 Hillside Road South Dunedin Dunedin |

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| | areas: Cooking skills and Food preparation, Budget shopping, Gardening to supplement food flavours, Advocacy and Household management. | https://www.supergransaotearoa.org.nz/ | |
| Victim Support | Victim Support provides a free, nationwide support service for people affected by crime, trauma, and suicide in New Zealand. We help our clients to find safety, healing, and justice after crime and other traumatic events. | Phone 0800 842 846 https://www.victimsupport.org.nz/ | Dunedin Police Station 25 Great King Street Central Dunedin Dunedin |

Religion

Visit naumainz.studyinnewzealand.govt.nz/help-and-advice/life-and-culture/where-to-practise-your-religion/ for links to find places near you to practice religion.

Community Networks

| Name | Information | Contact | Address |
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| Caversham Community | Cavy news, Cavy events, FREE Dunedin events, FREE offers to Cavy residents, and promotion of Caversham | Caversham9012@gmail.com https://www.facebook.com/caversham9012/ | |
| Corstorphine Community Hub | The Corstorphine Community Hub aims to strengthen families, promote wellness and improve access to services while linking the community with each other to encourage self-sustainability and healthier lifestyles. | Phone 021 260 4840 Email corstorphinecommunityhub@gmail.com https://www.facebook.com/CorstorphineCommunityHub/ | 235 Corstorphine Road Dunedin |
| Dunedin Community Builders | Dunedin Community Builders is an informal, volunteer-run network of organisations, groups and people | Email dunedincommunitybuilders@gmail.com | Dunedin |

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| | from across the community sector in Ōtepoti. | http://dunedincommunitybuilders.org/ | |
| Greater Green Island Community Network | The Greater Green Island Community Network was established in 2013 when a group of like-minded people came together with a shared desire to foster a strong community which works together to develop its own solutions - a community where neighbourhoods are again full of people we know as our neighbours. | Phone 03 425 7719 Phone 03 425 7720 Email info@greatergreenisland.nz https://greatergreenisland.nz/ | 198 Main South Road Green Island Dunedin |
| Neighbourly | Join and connect with your neighbours on New Zealand's free and private neighbourhood website. Make your community a stronger, safer and friendlier place to call home. | https://www.neighbourly.co.nz/ | Nationwide. |
| New to Dunedin Network | New to Dunedin Network gives people who are settling into Dunedin a chance to meet locals and other recent arrivals, make meaningful connections and start to break the barrier that we face when settling into a new city. We hold monthly drinks on the 2nd Wednesday of the month, as a casual way for people to meet, make friends, and feel welcomed into Dunedin. We also have Facebook group for people to connect, suggest events others may want to go to, and seek help. | Email newtodunedinnetwork@gmail.com https://www.ndn.net.nz/ | Dunedin |

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| North East Valley Project | Here at the Valley Project, we help you to help make these things happen in your community for the community. Whether you want to get involved, need some help, or have an idea, we can help connect you with others and/or provide support, so that everybody can live a better life in North East Valley and its surrounds. | Phone (03) 473 8614 Email project@northeastvalley.org https://www.northeastvalley.org/ | 262 North Road North East Valley Dunedin |
| Otago Neighbourhood Support | Co-ordinates neighbourhood support groups. Community-led movement that brings people and neighbourhoods together to create safe, resilient and connected communities. Free to join. | Phone 0800 4NEIGHBOURS https://nsotago.nz/ | 111 North Road North East Valley Dunedin |
| South Dunedin Community Network | The South Dunedin Community Network connects people across the wider South Dunedin area to strengthen communities and help people use their voice to create a vibrant, resilient community and a safe future together. The Network creates opportunities for the community to come together and celebrate, participating in the organisation of the South Dunedin Street Festival, the Teddy Bears' Hospital and smaller events throughout the community. | Phone 027 234 1293 Email admin@southd.org.nz https://southd.org.nz | 278A King Edward Street Dunedin |
| Taieri Network | Taieri Network is a place-based community group in the Taieri | Phone 022 121 3325 Email hello@taierinetwork.co.nz | Taieri Rugby Club 35 Reid Avenue |

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| | <p>focused on supporting, connecting and coordinating community-led initiatives and the community. Whether you want to get involved, connect with a service, or have an idea - connecting in with our friendly team can be the start of your journey in making Taieri the best place to be.</p> <p>There are lots of groups on the Taieri for people to connect in to. Check out the Community Directory here. The list of hobbies, clubs and sports groups is huge. Click here to view. Another resource for Taieri Residents is the School Holiday Calendar and the Taieri Community Calendar that is a public FB page that anyone can advertise their events on. Link is here.</p> | https://www.taierinetwork.co.nz/ | Mosgiel |
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Helplines

For information, advice, or support. If you or someone else is in immediate danger, please call 111.

| Name | Information | Number | Website |
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| 0508 TAUTOKO Suicide Crisis Helpline | If you, or someone you know, may be thinking about suicide, call for support from a trained counsellor. | 0508 828 865 (24/7) | https://www.lifeline.org.nz/services/suicide-crisis-helpline/ |
| Alcohol and Drug Helpline | The Alcohol Drug Helpline provides friendly, non-judgmental, professional help | 0800 787 797 (24/7) Free text 8681 | https://alcoholdrughelp.org.nz/ |

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| | and advice. If you are concerned about your own drinking or drug taking we can assist with information, insight and support. If you are a family/whanau member, friend or professional concerned about someone else we can help you develop strategies for yourself and the other person. | | |
| Anxiety Helpline | For people who experience all forms of anxiety and their families and friends. | 0800 269 4389 (0800 ANXIETY) (24/7) | https://anxiety.org.nz/ |
| Asian Family Services | Provides professional, confidential support in multiple languages to Asians living in New Zealand. | 0800 862 342 (Monday to Friday 9am – 8pm) or email help@asianfamilyservices.nz | https://www.asianfamilyservices.nz/ |
| Breast Cancer Support | Support from those with lived experience of breast cancer. We provide information, emotional support, and practical coping tips from our own experience to help you navigate yours. | 0800 273 222 (8.30am-5pm every day) Email support@breastcancersupport.org.nz | https://www.breastcancersupport.org.nz/ |
| Christians Against Poverty | You don't need to live with debt stress any longer. CAP's free debt help service starts with a phone chat. | 0508 227 111 (Monday – Friday 9am – 5pm) | https://www.capnz.org/ |
| COVID-19 Healthline | For COVID-19 health advice and information. | 0800 358 5453 (24/7) | https://covid19.govt.nz/ |

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| Depression Helpline | To talk to a trained counsellor about how you are feeling or to ask any questions. | 0800 111 757 (24/7) Free text 4202 | https://www.depression.org.nz |
| EDANZ | For information, support, and resources about supporting someone with an eating disorder. | 0800 233 269 (Hours unknown) | https://www.ed.org.nz |
| Elder Abuse Response Service | A 24/7 freephone helpline service that connects callers to information and/or support services in relation to elder abuse. | 0800 32 668 65 (EA NOT OK) (24/7) Free text 5032 Email support@elderabuse.nz | https://elderabuse.nz |
| Emergency Psychiatric Services (EPS) Dunedin | Emergency mental health services in Dunedin. | 0800 467 846 Press 1 for Southland/2 for Otago (24/7) | https://www.southernhealth.nz/services/mental-health-emergency-services-southern-te-whatu-ora |
| Employsure | Free initial advice for business owners. | 0800 521 593 (24/7) | https://employsure.co.nz/ |
| Family Services 211 Helpline | For help finding (and direct transfer to) community based health and social support services in your area. | 0800 211 211 (Hours unknown) | https://www.familyservices.govt.nz/ |
| Family Violence Information Line (Are You OK?) | A Family Violence Information Line that provides information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour. The line provides self-help information and connects people to services where appropriate. | 0800 456 450 (9am-11pm every day) | https://www.areyouok.org.nz/ |

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| Gambling Helpline | For help if you are gambling or are concerned about someone else's gambling. | 0800 654 655 or free text 8006 (24/7) | https://www.gamblinghelpline.co.nz |
| He Waka Tapu | For men who feel they are going to harm a loved one or whānau member. | 0800 439 276 (0800 HEY BRO) (24/7) | https://www.hewakatapu.org.nz/ |
| Healthline | For advice from trained registered nurses, including information about local health services throughout New Zealand. | 0800 611 116 (24/7) | https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline |
| In Ya Face (Youth Gambling Helpline) | We are trained telephone counsellors here to provide support and information about gambling and gambling problems in New Zealand. | 0800 654 659 (Monday 5pm – 8pm) | https://www.inyaface.co.nz |
| Lifeline | Our free helpline & text services provide 24/7, confidential support from highly trained staff and volunteers. | 0800 543 354 (24/7) Free text 4357 | https://www.lifeline.org.nz/ |
| Mates in Construction | Are you feeling anxious or just need someone to talk to? Are you feeling down or a bit overwhelmed? Do you know someone who is feeling out-of-sorts or depressed? Let them know they can call us. | 0800 111 315 (24/7) | https://mates.net.nz/ |
| Meth Help | Free, confidential phone counselling service for anyone who is experiencing a problem related to | 0800 638 443 (0800 METH HELP) (Monday – Friday 9am – 5pm for a referral) | https://www.odysseychch.org.nz/meth-help |

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| | methamphetamine – those that use and those who have concerns regarding someone else’s use. | | |
| MoneyTalks | MoneyTalks is a financial capability helpline operated by FinCap. Our Financial Mentors offer free, confidential advice by phone, text, email and live chat. | 0800 345 123 Mon – Fri 8am – 8pm Sat 9am – 4pm Sun 10am – 2pm help@moneytalks.co.nz Text 4029 | https://www.moneytalks.co.nz/ |
| Music Helps | The Wellbeing Service is a 24/7 online, on the phone and in-person counselling service fully funded by the NZ Music Foundation and provided free of charge to those in the Kiwi music community who can't access the help they need due to hardship and other circumstances. | 0508 (0508 MUSICHELP) (24/7) | https://www.musichelps.org.nz/ |
| Need to Talk? | Talk with a trained counsellor, anytime. | Free call or text 1737 (24/7) | https://1737.org.nz/ |
| NZ Relay | Helps Deaf and hard-of-hearing users to connect with services over the phone. | TTY: 0800 4 713 713 (24/7) Voice: 0800 4 715 715 (24/7) | https://www.nzrelay.co.nz |
| NZDF Mental Health Line | 24/7 helpline offering mental health support for New Zealand defence personnel. This service connects defence personnel with a trained counsellor. | 0800 693 348 (NZDF 4U) (24/7) | health.nzdf.mil.nz/support-providers/nzdf-community-wellbeing-support/nzdf4u-wellbeing-support/ |

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| Oranga Tamariki Transitions Support Service | <p>The Transition Support Service can help young people who are leaving care or youth justice up to the age of 25 years.</p> <p>Call our free helpline and chat to one of our friendly youth workers. We're here to listen and help you.</p> <p>We can support you to:</p> <ul style="list-style-type: none"> • Find a place to live • Get your driver's licence • Find a job • Get legal advice • Get counselling • Enrol in a training course • Get food | 0800 55 89 89 (Hours unknown) | https://www.orangatamariki.govt.nz/ |
| OutLine | <p>OutLine is an all-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning. We provide a nationwide, free and confidential 0800 support line for people who want to speak to a trained volunteer from the rainbow community.</p> | 0800 688 5463 (6pm-9pm daily) | https://outline.org.nz/ |
| Parent Help | <p>For parents/whānau seeking support, advice and practical strategies on all parenting</p> | 0800 568 856 (9am – 9pm daily) | https://www.parenthelp.org.nz/ |

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| | concerns. Anonymous, non-judgemental and confidential. | | |
| PlunketLine | PlunketLine is a free parent helpline and advice service available to all families, whānau and caregivers 24 hours a day, seven days a week. | 0800 933 922 (24/7) | https://www.plunket.org.nz/ |
| Pregnancy Counselling Services | Pregnancy Counselling Services provides free counselling by phone 24 hours 7 days, and online. They cover all pregnancy-related issues ranging from infertility, miscarriage, abortion and adoption, to pregnancy health, relationship well-being, and emotional distress. | 0800 773 462 (0800 PREGNANT) (24/7) Text 021 289 8727 Email help@pregnancycounselling.org.nz | https://www.pregnancycounselling-nz.org |
| Problem Gambling Foundation | We know it can be hard to ask for help, but if gambling is impacting your life, we can help you get back on track. Free and confidential support for anyone affected by gambling. | 0800 664 262 (Monday – Friday 8.30am – 5pm) Free text 5819 (Monday – Friday 8.30am – 5pm) Email help@pgf.nz | https://www.pgf.nz/ |
| Prostate Cancer Foundation Support Line | For those with prostate cancer and prostate cancer survivors seeking support and advice. | 0800 477 678 (0800 4 PROSTATE) (Monday – Friday 8am – 10pm) | https://prostate.org.nz/ |
| Quitline | 24/7 helpline, textline and online support for New | 0800 778 778 (24/7) | https://www.quit.org.nz/ |

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| | Zealanders wanting to quit smoking. | | |
| Rural Support Trust | For people in rural communities dealing with financial or personal challenges. | 0800 787 254 (Hours unknown) | https://www.rural-support.org.nz/ |
| Safe To Talk | Sexual Harm Helpline. We offer free confidential contact with trained specialists. We can also connect you to support services in your community. | 0800 044 334 (24/7) Text 4334 Email support@safetotalk.nz | https://www.safetotalk.nz/ |
| Samaritans | For confidential support for anyone who is lonely or in emotional distress. | 0800 726 666 (24/7) | https://www.samaritans.org.nz/ |
| Seniorline | A free national information service for older people over 65. | 0800 725 463 (Monday to Friday, 8am – 4pm) | https://www.seniorline.org.nz/ |
| Shakti | Multi-lingual helpline for migrant or refugee women living with family violence. | 0800 742 584 (24/7) | https://shaktiinternational.org/shakati-new-zealand/ |
| Shine | Shine directly helps adults and children who experience domestic violence to become free from fear, violence and control. | 0508 744 633 (24/7) | https://www.2shine.org.nz/ |
| SIDS and Kids | SIDS and Kids provides 24 hour bereavement support for anyone who has experienced the sudden and unexpected death of a baby | 0800 164 455 (24/7) | https://www.sidsandkids.org.nz/ |

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| | or child regardless of the cause. | | |
| Telefriend | Telefriend is a peer support service for people who are blind, deafblind or have low vision and their caregivers, family and friends. It offers the chance to talk to other people who understand from their own experience. Run by Blind Low Vision NZ. | 0800 100 051 (Monday – Friday 1pm – 4pm) | https://blindlowvision.org.nz/ |
| The Lowdown | Support for young people experiencing depression or anxiety. | Text 5626 Email team@thelowdown.co.nz | https://www.thelowdown.co.nz |
| Vagus Line | Promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence. | 0800 56 76 666 (Mon, Wed, Fri 12 noon – 2pm) | https://cmh.org.nz/ |
| Vaka Tautua | Free national Pacific helpline. | 0800 652 535 (0800 OLA LELEI) (Monday – Friday 8.30am – 5pm) | https://www.vakatautua.co.nz/ |
| Victim Support | Victim Support provides a free, nationwide support service for people affected by crime, trauma, and suicide in New Zealand. | 0800 842 846 (24/7) | https://www.victimsupport.org.nz/ |
| Victims of Crime Information Line | Call the Victims Information Line for information, advice and support for you and your family. | 0800 650 654 (Hours unknown) | https://www.victimsinfo.govt.nz/ |

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| What's Up | What's Up is a free, national telephone and online chat counselling service for New Zealanders aged 5 to 19 years. | 0800 942 8787 (Monday – Sunday 11am-11pm, every day) | https://www.whatsup.co.nz |
| Women's Refuge | For women living with violence, or in fear, in their relationship or family. | 0800 733 843 (0800 REFUGE) (24/7) | https://womensrefuge.org.nz/ |
| Youthline | For young people and their parents, whānau, and friends. | 0800 376 633 (24/7) Text 234 Email talk@youthline.co.nz | https://www.youthline.co.nz |

Online tools and websites

| Name | Website | Information |
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| All Right? | https://www.allright.org.nz/ | Kia ora! Life is full of ups and downs. All Right? helps navigate life's challenges by encouraging people to think about where they're at, and sharing simple tips and tricks that can give our wellbeing a boost. |
| Aroā Wellbeing | https://www.aroawellbeing.co.nz/ | An interactive app for rangatahi with wellbeing tools and exercises. |
| Aroha Chatbot | tiny.cc/aroha | A chatbot to help young people (13-24 years) cope with stress and maintain social connections. |
| Aunty Dee | https://www.auntydee.co.nz | A free online tool for anyone who needs help working through problems. |
| Bright Sky NZ | Available on the Apple App Store or Google Play. | Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. |
| Changing Minds | https://www.changingminds.org.nz/ | Changing Minds provide and support information, education, research and systemic advocacy within the Mental Health and Addictions sector in New Zealand. |

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| Clearhead | https://www.myclearhead.com/en-NZ | Clearhead is a team of experts who all share the same vision of improving access to good mental health care. |
| First Steps | https://firststeps.nz/ | Our mission is to support business stakeholders, including owners, leaders, and employees, in developing resilience, promoting wellness, and acquiring the necessary skills to successfully navigate through periods of change and uncertainty. |
| Groov | https://www.groovnow.com/ | The Groov platform gives your people the tools they need to thrive at home and at work. It's a new era for workplace wellbeing. Know what's working, know where to improve. |
| Healthify He Puna Waiora (Previously Health Navigator) | https://healthify.nz/ | Healthify makes health information simple for everyone in Aotearoa New Zealand. |
| Healthpoint | https://www.healthpoint.co.nz | Up-to-date information about healthcare providers, referral expectations, services offered and common treatments |
| Ignite | https://ignite.org.nz/ | Our mental health & wellbeing coaches are handpicked to ensure you are accessing quality. Ignite is a flexible, modern online platform giving support anytime from anywhere in NZ. |
| innerBoy | https://innerboy.nz/ | A free men's mental health APP with a guided support program where I facilitate connection to your innerBoy. Here, I treat this like a school of healing for innerBoys. |
| Just a Thought | https://www.justathought.co.nz/ | Free online therapy to improve your mental health. Easy to use anywhere, anytime. Best of all, it works. |
| Kids Health | https://www.kidshealth.org.nz/ | Accurate and reliable information for NZ parents & whānau about the health and wellbeing of tamariki & rangatahi in Aotearoa. |

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| Le Va | https://www.leva.co.nz/ | Our purpose is to support Pasifika families and communities to unleash their full potential and have the best possible health and wellbeing outcomes. |
| Melon Health | https://www.melonhealth.com/ | Digital therapeutics for physical, emotional and social health. Melon combines behaviour science, data and design to deliver evidence-based wellness interventions supported by humans and enabled by technology. |
| Mental Health Education and Resources Centre (MHERC) | https://mherc.org.nz/ | MHERC is a leading provider of professional development and education in mental health and wellbeing, mental illness, and addictions. |
| Mental Health Foundation | https://mentalhealth.org.nz/ | The Mental Health Foundation of New Zealand is a charity that works towards creating a society free from discrimination, where all people enjoy positive mental health & wellbeing. Improving individuals, whanau, organisations and communities. |
| Mental Wealth | https://www.mentalwealth.nz/ | The Mental Wealth Project is a mental health literacy education programme for young people. |
| Skylight | https://www.skylight.org.nz/ | We support people of all ages throughout New Zealand who are facing any kind of tough life situation, but we specialise in grief, loss and trauma. |
| Small Steps | https://www.smallsteps.org.nz | A collection of online tools to help you calm your mind, manage your stress and lift your mood |
| Smiling Mind | https://www.smilingmind.com.au/ | Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. |
| Sparx | https://www.sparx.org.nz | A self-help tool that teaches young people the key skills to help combat depression and anxiety. |

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| Te Pou | https://www.tepou.co.nz/ | Te Pou is a national workforce centre for mental health, addiction and disability in New Zealand. How can we help you? |
| The Lowdown | https://www.thelowdown.co.nz/ | Welcome to the Lowdown, a space created with rangatahi, for rangatahi. Find support here for your hauora, identity, culture and mental health. |
| Tough Talk | https://www.toughtalk.nz/ | Tough Talk is on a mission to reduce the stigma surrounding men's mental health. He's discovering solutions by asking men to share the tools they use to cope and improve their wellbeing. |