

## Support for your Wellbeing

Many people have times of feeling overwhelmed, stressed, angry or down.

We can help ourselves by\*:

- Connecting
- Giving
- Taking notice
- Keeping learning
- Being active

We can also ask for support from services which understand and know how to help.

These services are **free** and you can contact them directly (no referral needed).



\*Ways to Wellbeing,  
Mental Health Foundation.

## Talk to a Counsellor

### 1737 Need to Talk?

Call or text 1737 at any time, to talk to a trained counsellor about any concern. Available 24/7.

### Papakura Support and Counselling Centre

09 299 9466 Papakura

Mon-Fri, 9am-3pm

Family funded sessions are free for parents of children (0-18 yrs) and young people (8-18yrs).

### freshminds.co.nz

Four one-hour online sessions which teaches how to cope with emotions. Talk to your GP or Community Mental Health team to see if you can get free access.

### OUTLine NZ

0800 688 5463

Every evening, 6pm-9pm

Support to discuss sexuality and gender identity.

NB: You may be able to access free or subsidised counselling at other services through WINZ or ACC.



## Talk to Peer Support\*

### Peer TALK

0800 234 432

After hours Peer Support

5-12pm, 7 days per week.

Mon-Fri, 5pm-midnight.

### 1737 Peer Support

Daily, 2pm-10pm

Phone 1737 and choose the Peer Support option.

### Mahi Marumarū

09 263 5923 Manukau Mon-Fri, 9am-5pm

Mobile Peer Support for anyone who has challenges with alcohol and drugs.

### Emerge Aotearoa: Whariki

09 279 8233 Papatoetoe Mon-Fri, 8.30am-5pm

Mobile individual Peer Support and group activities for people who experience mental health or alcohol and drug challenges and their families/ whanau.

Someone with their own experiences of recovery from mental health and/or addiction and has been trained to support others.



## Online Help

### justathought.co.nz

Online learning that is proven to improve mental wellbeing.

### depression.org.nz

Information about depression and anxiety and how to help yourself or others.

### choicenotchance.org.nz

For help with your or a family member's gambling.

### mentalhealth.org.nz

Information about supporting someone in distress, looking after your own mental health and working toward recovery.



## Help to find Support

### DRIVE Consumer Direction Manukau

09 263 6508 Manukau Mon-Fri, 8.30am-4.30pm

facebook.com/DRIVEConsumerDirection/

The Drive coordinators have their own experience of mental distress and/or addiction and can help you to find support that works for you.

### Yellow Brick Rd

(Supporting Families NZ)

0800 732 825

yellowbrickroad.org.nz

Mon-Fri, 8.30am-5.00pm

Support, information and advice for families supporting a whanau member experiencing mental health challenges.

To find other services contact your local

**Citizen Advice Bureau** or search the

**Family Services Directory**

[familyservices.govt.nz/directory/](http://familyservices.govt.nz/directory/)



Produced by the Counties Manukau  
AOD & Mental Health Collaborative, 2020

## Cultural Support

**Manurewa Marae Rongoa Services**  
**09 6400 824**  
Mon-Fri 9am to 2.30pm.  
Mirimiri, matakite and rongoa Maaori

**Mahitahi Trust**  
**09 262 4533** Manukau  
Mon to Fri 8.30am-5.00pm.  
Wellness support through Tikanga based Kaupapa Maaori services, including Te Reo and Te Ao Maaori.

**Wellbeing for Maaori**  
[depression.org.nz/maori/](http://depression.org.nz/maori/)

**Aunty Dee** [auntydee.co.nz](http://auntydee.co.nz)  
Online Pasifika support for when problems are getting you down.

**Wellbeing for Pasifika**  
[depression.org.nz/pasifika/](http://depression.org.nz/pasifika/)

## Cultural Support

**Ola Lelei 0800 652 535**  
Mon-Fri, 8.30am-8.30pm  
Free, confidential helpline to provide support and connect Pasifika families to community resources.

**Asian Family Services**  
**0800 862 342**  
Mon-Fri, 9am-8pm  
Free and confidential support and counselling for you or your family in Chinese, Korean, Indian, Vietnamese and Thai. Also offer gambling support.

**Muslim Liaison & Training,**  
**Kahui Tu Kaha**  
**0800 559 592**  
Mon-Fri, 8.30am-5pm  
Individual mental health support.



## Youth Support

**Youthline**  
**0800 376 633** Open 24hrs/7 days  
Or text **234** 8am to midnight.  
Trained youth counsellors.

**thelowdown.co.nz**  
Young people's stories, information on life's challenges and advice on dealing with them.

**SPARX** [sparx.org.nz](http://sparx.org.nz)  
An interactive game for youth which teaches how to cope with negative thoughts and feelings.

**RainbowYOUTH**  
[ry.org.nz/](http://ry.org.nz/)  
Support, information and resources for LGBTQIA+ youth and their families.

**commonground.org.nz**  
Information and support for families to help a young person who is struggling.

## Health Support

**Wellness Support service**  
Contact your family doctor for these free wellbeing services:  

- 30 min appointment with your doctor/ nurse
- Medication
- Access to free counselling

**Health Connections** Papatoetoe  
022 4288 396  
Mon-Fri, 9am-5pm  
Free health services for youth (10-25yrs).

**Green Prescription**  
[sportauckland.org.nz](http://sportauckland.org.nz)  
Need help to get active? You can self-refer to Green Prescription for support.



Wellness  
Support