



We are
all in this
together.

COVID-19



Practical Support for pregnant women and new mums during COVID-19



Food parcels

AUCKLAND EMERGENCY MANAGEMENT - 7am and 7pm, call 0800 22 22 96

SALVATION ARMY WAITAKERE - 7 View Road, Henderson, Monday-Saturday from 8am-11am

SALVATION ARMY WESTGATE - Food Parcel request via leaving a message on our answering machine 09 833 8633 or westgate.corps@salvationarmy.org.nz

SALVATION ARMY GLENFIELD Food Parcel request call 09 441 2554 or Text: 4114. Mon, Tues and Thurs 10.00am - 3.30pm, referring agencies email form to: glenfield.cm@salvationarmy.org.nz

HOANI WAITITI MARAE - Health & Kai packs, delivery service call 09 818 2323

VISION WEST - Email brook.turner@visionwest.org.nz or 09 818 0700

GENERATION IGNITE FOODBANK - Open from the back car park at the New Lynn Community Centre, 45 Totara Ave, from 1pm. foodbank@generation-i.co.nz

The FONO - support for pacific families, “preparedness’ packages” and/or ‘hardship packages”, pre-made food parcels and food vouchers, payment for essential utilities because of income reduction. Email requests to ana.aitcheson@thefono.org or contact Ana on 021 956 633.



Finances

AUCKLAND EMERGENCY MANAGEMENT - 0800 22 22 96 between 7am and 7pm, every day from Wednesday.

The FONO - support for pacific families, “preparedness’ packages” and/or ‘hardship packages”, food vouchers, payment for essential utilities because of income reduction. Email requests to ana.aitcheson@thefono.org or contact Ana on 021 956 633.

MONEY TALKS - Financial advice. Call 0800 345 123, text 4029 or email help@moneytalks.co.nz.

WORK & INCOME - If you’ve lost your job or your hours have been reduced call 0800 559 009. There is also help available for urgent costs like: food, accommodation, appliances, emergency dental and medical treatment, and water tank refill



Wi-Fi

CHORUS Free broadband for six months for school kids Call 0800 600 100.
<https://company.chorus.co.nz/>



Baby gear

BABIES AND BABYONLINE - You can order capsule car seats online at www.babies.co.nz and www.babyonline.co.nz. Deliveries take 2-3 working days in Auckland.

BABY ON THE MOVE - have capsule rental options - \$50 for 6 months. www.babyonthemove.co.nz

PREGNANCY HELP AUCKLAND - Can assist with baby clothes; contact Julia via text on 0212858542.
www.pregnancyhelp.org.nz



Mental & Emotional Health

MENTAL HEALTH SUPPORT - <https://www.mentalhealth.org.nz/get-help/covid-19>

LIFELINE 24/7 helpline - 0800 543 354

NEED TO TALK - Free call/ TXT – 1737

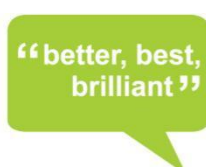
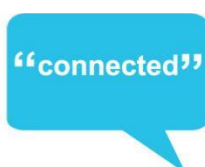
DEPRESSION HELPLINE - 0800 111 757 or TXT 4202

KIDSLINE - 0800 543 754

PARENT HELP - 0800 568 856

MOTHERS HELPERS - www.mothershelpers.co.nz 0800 002 717 access FREE support from a social worker/counsellor to mums who are pregnant or with a newborn baby and feeling anxious or worried

Child, Women and Family Social Work, Waitematā DHB



Waitematā
District Health Board
Best Care for Everyone