

Community Agencies for our Families/Whānau and our Tamariki/Rangatahi

SUPPORTING FAMILIES - <https://supportingfamilies.org.nz/>

Providing free support, education and information for family and whānau. Developing Peer Support Networks for families affected by serious and enduring mental illness.

FOODBANKS - <https://www.foodbank.co.nz/foodbanks>

New Zealand Foodbanks - Click on a Region to find a foodbank that may be able to provide you with food assistance.

BUDGETING - <https://www.fincap.org.nz/>

FinCap offers support to all budgeting and financial capability services in New Zealand. We provide budgeting services with all the resources they need to help clients safely and confidentially.

FAMILY SERVICES - <https://www.healthpoint.co.nz/>

Healthpoint provides up-to-date information about healthcare providers, referral expectations, services offered and common treatments.

STUDYLINK - <https://www.studylink.govt.nz/>

We help students make informed choices about their student finance, how to apply for it and manage it online.

LIFELINE - <https://www.lifeline.org.nz/>

Lifeline Aotearoa's helpline (tel:0800543354) and textline provides 24/7 (txt help:4357), confidential support from qualified counsellors and trained volunteers.

SAFE TO TALK - <https://www.safetotalk.nz/>

Sexual Harm, do you want to talk?

We're here for you. We'll listen. We'll find the support you need, and we won't judge.

OUTLine - <https://outline.org.nz/>

We welcome calls from people who are questioning their sexuality or gender identity, LGBTIQ+/rainbow people, their friends, whānau and colleagues, or professionals who work with rainbow people as clients or customers.

WORK & INCOME - <https://www.workandincome.govt.nz/>

We're here to help you financially if you're on a low income or not working, support you into work and help you find housing.

COMMUNITY LAW - <https://communitylaw.org.nz/>

Community Law has some of the best legal professionals in the country, and we're free.

INLAND REVENUE - <https://www.ird.govt.nz/>

Can assist with Working for Families Tax Credits payments, student allowances and other income related topics.

DEPRESSION.ORG - <https://depression.org.nz/>

WORRIED ABOUT HOW YOU FEEL? Wondering where to turn for help? Doing a self-test can help you decide.

YOUTHLINE - <https://www.youthline.co.nz/>

Youthline works with young people, their families and those supporting young people.

LOVE SOUP - <https://lovesoup.org.nz/>

At Love Soup, we're all about Feeding the Need – Mind, Body, and Spirit. We assist communities in Auckland, Rotorua, Tokoroa, and Whangarei to develop programs to feed the homeless and those that need daily nourishment.

HOUSING NZ - <https://kaingaora.govt.nz/>

Find out about renting a house from us, different ways to pay your rent, what to do if your home needs repairs, and what you can expect from us as your landlord.

HEALTHLINE - <https://www.health.govt.nz/>

Healthline is here to help you 24 hours a day, 7 days a week for health concerns. Phone calls are free from within New Zealand: 0800 611 116.

QUITLINE - <https://quit.org.nz/>

Quitting smoking is one of the best decisions you'll ever make. If you're ready to quit smoking, we're ready to help.

KIDSLINE - <http://www.kidslines.org.nz/>

We are New Zealand's only 24/7 helpline for children and young people, run by specially trained youth volunteers!

MINISTRY FOR CHILDREN - <https://www.orangatamariki.govt.nz/>

We are a Ministry 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.

REDCROSS - <https://www.redcross.org.nz/>

New Zealand Red Cross people are right throughout New Zealand, helping support vulnerable people in all sort of challenging situations. Wherever you are, we're right there too. Behind the scenes or in full sight, we are there to help.

PUBLIC HEALTH NURSES - <https://www.kiwifamilies.co.nz/articles/public-health-nurse/>

Public health nursing is about educating and promoting health and wellbeing across the community and working to prevent diseases amongst the public.

STAND - <https://www.standforchildren.org.nz/>

Our services include our nationwide Stand for Children Service (which is inclusive of the therapeutic care and education component delivered in our children's villages) therapeutic social work services delivered in home based and school based settings, family therapy, and a holiday programme for caregivers, including grandparents and foster parents.

WOMENS REFUGE - <https://womensrefuge.org.nz/>

New Zealand's largest nation-wide organisation that supports and helps women and children experiencing family violence. Our vision is for all women and children in Aotearoa to live free from domestic and family violence.

HOME AND FAMILY - <https://www.homeandfamily.net.nz/>

We provide a parenting programme, which helps keep families together by giving parents skills in safe, effective and nurturing parenting. It is a residential programme which runs 24/7, 365 days a year and typically families stay for two months, although there is no time limit.

HE WAKA TAPU – <https://hewakatapu.org.nz>

He Waka Tapu runs a number of programmes specialising in: Stopping Violence, Alcohol and Drug Addictions (AOD) and Personal Health. tel:0800439252

PLUNKET – <https://plunket.org.nz>

For free health advice and information anytime, 0800 933 922 for support services for the development, health and wellbeing of tamariki and whānau.