

WHANAU CARE COVID 19

At this time, when you and your family are together, you may need support. We hope that if you do this will help you to find the support you need.

Our counsellor Whaea Elaina can be contacted by email: elainar@mangerebridge.school.nz

Take care of each other and know that there is always help to reach out to.

EMERGENCY 111

NON URGENT 105

Helplines:

- [Need to talk? Free call or text 1737](#) any time for support from a trained counsellor
- [Samaritans](#) – 0800 726 666
- [Anxiety phone line – 0800 269 4389 \(0800 ANXIETY\)](#)
- [Seniorline – 0800 725 463](#) A free information service for older people

Support for children:

- [Youthline](#) – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat.
- [What's Up](#) – 0800 942 8787, (for 5–18 year olds). Phone counselling is available Monday to Friday
- http://www.kidslines.org.nz/Home_312.aspx 24/7 helpline here to help kids-0800 54 37 54

Support for youth:

- [SPARX](#) online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed
- [The Lowdown](#) or email team@thelowdown.co.nz or free text 5626
- [Aunty Dee](#) help for youth with solving problems

Grief and Loss

- [Skylight – 0800 299 100](#) for support through trauma, loss and grief; 9am–5pm weekdays.

Health:

- www.depression.org.nz – includes [The Journal online help service](#)
- To talk to a trained counsellor 24/7 call the [Depression helpline](#) – 0800 111 757.
- To get help from a registered nurse 24/7 call Healthline – 0800 611 116.
- <https://safetotalk.nz/contact-us/> - 24/7 Sexual harm confidential helpline
- [EDANZ](#) – improving outcomes for people with eating disorders and their families. Freephone 0800 2 EDANZ or 0800 233 269, or in Auckland 09 522 2679. Or email info@ed.org.nz.
- [Family Services 211 Helpline – 0800 211 211](#) for help finding (and direct transfer to) community based health and social support services in your area.

Food:

- <https://www.aucklandcitymission.org.nz/what-we-do/foodlink/>
- <https://www.foodbank.co.nz/>

Support for pets:

- <https://www.animates.co.nz/>
- <https://www.sPCA.nz/>
- <https://www.vsaHospital.co.nz/>

Support for abuse:

- <https://www.2shine.org.nz/get-help/helpline/> - Supports anyone being physically or emotionally abused
- <https://womensrefuge.org.nz/> - Keeping Women and Children safe
- [Family violence information line | 0800 456 450 |](#)
- [National network of stopping violence | 03 391 0048 |](#)
- Elder Abuse Helpline | 0800 32 668 65 - 24 hours
- [Gandhi Nivas](#) - supporting men to be free from violence | 0800 426 344
- [Hey Bro](#) - supporting men to be free from violence | 0800 HeyBro (439 276)

Support for drug and alcohol:

- <https://alcoholdrughelp.org.nz/>

Culturally specific services:

- <https://www.leva.co.nz/> - Arrange of well being and health supports for Pacifica families
- <http://www.shakti-international.org/shakti-nz/help-nz/> - **0800SHAKTI (0800742584)**
A domestic violence crisis line for women and their children of Asian, African and Middle Eastern origin.
- <https://www.healthpoint.co.nz/social-services/social/tu-wahine-trust/> - Kaupapa Maori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau.
- Vagus Line – 0800 56 76 666 (Mon, Wed, Fri 12 noon – 2pm). Promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence

Other Services:

- [Grandparents raising grandchildren](#)
- <https://www.mentalhealth.org.nz/>
- For families and whānau supporting a loved one who has a mental illness. Auckland 0800 732 825.
- [supporting children through change](#)
- [Parent Help](#) – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.
- [Gambling Helpline – 0800 654 655](#)
- [Quitline – 0800 778 778](#) smoking cessation help