

GETTING ADVICE SHOWS STRENGTH

**Our community is awesome, so don't
feel like you need to manage alone!**

If you're unsure of who to contact for support you can touch base with Waimakariri District Council on 0800 965 468 (0800 WMK GOV) for a steer in the right direction.

EXTERNAL AGENCIES


WHO DO I TALK TO?

Money Concerns

Mortgages

People should get in touch with your bank in the first instance.

Ministry of Social Development

 0800 559 009

 [msd.govt.nz](https://www.msd.govt.nz)

Tenants Protection Association

 03 379 2297

 [tpa.org.nz](https://www.tpa.org.nz)


Legal and Budgeting Advice

Community Law Canterbury

 03 366 6870


 [canlaw.org.nz](https://www.canlaw.org.nz)

Citizens Advice Bureau North Canterbury

 03 313 8822

 [cab.org.nz](https://www.cab.org.nz)


Budgeting Services North Canterbury

 03 313 3505

 [bsnc.org.nz](https://www.bsnc.org.nz)


Mental Health

National Counselling Line - 'Need to talk?'

 1737

 [1737.org.nz](https://www.1737.org.nz)

Youthline Counselling Services

 0800 376 633 Freephone

 234

 [youthline.co.nz](https://www.youthline.co.nz) Chat



Sparklers

 sparklers.org.nz


Mental Health Foundation


 mentalhealth.org.nz/Alright?

 allright.org.nz

 allsorts.org.nz


Canterbury DHB Crisis Team

 0800 222 955

 [dhb.health.nz/health-services/
service/mental-health-addictions](https://dhb.health.nz/health-services/service/mental-health-addictions)


Yellow Brick Road

- supporting families

 0800 876 682

 Yellowbrickroad.org.nz

Comcare

 WARMLINE 0800 89 9276
(0800 89 WARM)

Apps (free to download)

Groov

Virtual Hopebox

Melon

Online learning and support websites


 [Just a Thought justathought.co.nz](https://justathought.co.nz)

 [The Low Down thelowdown.co.nz](https://thelowdown.co.nz)

Your General Practitioner (GP)


If you don't have one, to find one near you contact:

Waitaha Primary Health

 0800 800 743

 waitaha.health.nz


Pegasus Health

 03 379 1739

 pegasus.health.nz


Health Advice and Social Isolation


Ministry of Health

 0800 358 5453

 health.govt.nz/coronavirus

Healthline


 0800 611 116

 health.govt.nz/your-health/services-and-support/healthcare-services/healthline

Your General Practitioner (GP)


If you don't have one, to find one near you contact:

Waitaha Primary Health

 0800 800 743

 waitaha.health.nz

Pegasus Health

 03 379 1739

 pegasus.health.nz


Covid-19 Website

 0800 779 997

 covid19.govt.nz


Addiction Services

Problem Gambling Foundation

 0800 664 262


 pgf.nz

Salvation Army Oasis Centre for Problem Gambling

 03 365 9659


 oasis.salvationarmy.org.nz

Odyssey House Alcohol and Drug Support

 03 358 2690

 odysseychch.org.nz

Family Drug Support


 0800 337 877

 fds.org.nz

General Wellbeing


Barnardos

Support for families

 03 365 3923

 canterburyamu@barnardos.org.nz

Community Wellbeing North Canterbury Trust

 03 310 6375


 wellbeingnc.org.nz

Manu Ka Rere

 03 281 7616

 manukarere.org.nz

Hope Community Trust

 03 928 3066

 foh.org.nz


Presbyterian Support

 0800 477 874

 psuppersouth.org.nz


St John of God Waipuna

 03 386 2159

 sjog.org.nz/contact-us/st-john-of-god-waipuna

Age Concern

 03 366 0903 or


 Elder Abuse - 0800 32 668 65

 ageconcerncan.org.nz

Family and Community Services - search engine


 family.services.govt.nz


Oxford Community Trust

 03 312 3006


 oxfordtrust.co.nz

Social Services Waimakariri

 022 3177 660

 Nicki Carter

The Salvation Army Rangiora Corps

 03 313 2370

 salvationarmy.org.nz/centres/nz/canterbury/rangiora


Community Connection

North Canterbury Neighbourhood Support (Gets Ready)

 ncns.org.nz

Cancer Support

Cancer Society of New Zealand - North Canterbury

 0800 226 695

 cancernz.org.nz

Crime and Family Violence

NZ Police

In an emergency call 111

*If you're in danger but can't talk: call **111**, stay silent, and push **55** and you will be put through to Police.*

Non-urgent issues via 105

 police.govt.nz

Family Violence

In an emergency call 111


*If you're in danger but can't talk: call **111**, stay silent, and push **55** and you will be put through to Police.*

Non-urgent issues via 105

 police.govt.nz/advice-services/family-violence


Māori and Pacifica Support Services

Tuahiwi Marae

 03 313 5543


 ngaitahu.iwi.nz/te-runanga-ongai-tahu/papatipu-runanga/ngai-tuahuriri

Te Puni Kōkiri

 0800 875 839


 tpk.govt.nz

Te Pūtahitanga o Te Waipounamu

 0800 187 689


 teputahitanga.org

He Waka Tapu

 0800 439 252

 hewakatapu.org.nz

Purapura Whetu

 0800 4 WHETU (0800 4 94388)


 pw.maori.nz

Ministry for Pacific People

 04 473 4493

 mpp.govt.nz

ETU Pacifica

 03 365 1002

 cdhb.health.nz/health-services/etu-pasifika

Support For Children

Barnardos

☎ 03 365 3923 or 027 447 9860

☎ 0800What's up-support
from Mon-Sun 11am—10-30pm

🌐 canterburyamu@barnardos.org.nz

Oranga Tamariki

☎ 0508 326 459

🌐 orangatamariki.govt.nz

Mana Ake

🌐 manaake.health.nz

Free Parent Helpline

☎ 0800 568 856

🌐 parenthelp.org.nz/helpline

Save the Children Support and Information in an Emergency

☎ 0800 167 168

🌐 savethechildren.org.nz

Home Schooling Advice in an Emergency

☎ 04 463 8000

🌐 education.govt.nz

Plunket Line

☎ 0800 933 922

🌐 plunket.org.nz/plunket/what-we-offer/plunketline

Ethnic Communities

Global Locals of Waimakariri - GLOW

✉ globallocalsofwaimakariri@gmail.com

📘 facebook.com/GlobalLocalsofWaimakaririGLOW

🌐 meetup.com/global-locals-of-waimakariri/

Ministry for Ethnic Communities

☎ 0800 656 656 Freephone

🌐 ethniccommunities.govt.nz

✉ info@ethniccommunities.govt.nz

Rural Support

Rural Support Trust

☎ 0800 787 254

🌐 rural-support.org.nz

Farmstrong

🌐 Farmstrong.co.nz

Local Business Support

Enterprise North Canterbury

☎ 03 327 3135

🌐 northcanterbury.co.nz/covid-19

Ministry of Social Development

☎ 0800 559 009

🌐 msd.govt.nz



NOT SURE WHERE TO START?

We encourage you to get in touch if you're not sure where to start. We can help connect you with the support and assistance you need.

Call **0800 965 468 (0800 WMK GOV)**

or email office@wmk.govt.nz

Visit waimakariri.govt.nz for regular updates and information.

Find out more at waimakariri.govt.nz

GETTING ADVICE SHOWS STRENGTH

Find out more at waimakariri.govt.nz



Developed in
partnership with

FOR MORE INFORMATION PLEASE CONTACT

Waimakariri District Council

Phone: 0800 965 468 (0800 WMK GOV)

Website: waimakariri.govt.nz