

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


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

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-o-ngai-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

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