



# Seeking Help Shows Strength



*Locals facing tough times are encouraged to make use of the community support that is ready to rally around them.*

## Crime and Family Violence

### In an emergency call 111

**NZ Police** | [police.govt.nz](https://www.police.govt.nz)

Non-urgent issues via 105

**Family Violence** | [police.govt.nz](https://www.police.govt.nz)

Non-urgent issues via 105

### If you're in DANGER but can't talk:

**From a cell:** CALL 111, STAY silent, AND push 55. Pushing 55 when asked transfers you to the Police.

**From a landline:** CALL 111, STAY silent, when asked push any number. You will be put through to Police.

Using a 'shielded website' - a safe tool for victims of abuse to ask for help, without fear of it showing up in their browser's history or an abusive partner ever seeing it. Look for this icon which can sit on any website.

### Shine Helpline

Shine stands for safer homes in New Zealand every day.

0508 744 633 | [2shine.org.nz](https://www.2shine.org.nz)

### Aviva Family Violence Services

24-hour free phone

0800 AVIVA NOW | 0800 284 0800

### Stopping Violence Services

0800 478 778 | [svschch.org.nz](https://www.svschch.org.nz)



## CONTACT US

*If you are unsure of who to contact for support, you can touch base with Hurunui District Council for a steer in the right direction*

- Amberley: 03 314 8816
- Cheviot Freephone: 03 319 8812
- Amuri & Hanmer Springs Freephone: 03 315 8400

## Health Services and advice

### Ministry of Health

0800 358 5453 | [health.govt.nz](https://www.health.govt.nz)

### Healthline

0800 611 116 | [health.govt.nz](https://www.health.govt.nz)

### Healthinfo

[info@healthinfo.org.nz](mailto:info@healthinfo.org.nz) | [healthinfo.org.nz](https://www.healthinfo.org.nz)

### Waitaha Primary Health

0800 800 743 | [waitaha.health.nz](https://www.waitaha.health.nz)

## Hurunui Medical Centres

**Amberley Medical Centre** | 03 314 8504

**Cheviot Community Health Centre** | 03 319 8630

**Amuri Health Centre** | 03 315 6328

**Hanmer Medical Centre** | 03 315 7503

**Waikari Health Centre** | 03 314 4506

## Mental Health

### National Counselling Line – 'Need to talk?'

Call or Txt 1737 | [1737.org.nz](https://www.1737.org.nz)

### Te Whatu Ora Crisis Team

0800 920 092 | [cdhb.health.nz](https://www.cdhb.health.nz)

**Mental Health Foundation** [mentalhealth.org.nz](https://www.mentalhealth.org.nz)

**Lifeline** Free Text 4357 or 0800 543 354

**Child, Adolescent & Family Rural Team** 03 339 1126

### ComCare Trust North Canterbury

03 377 7020 | [comcare.org.nz](https://www.comcare.org.nz)

**Aunty Dee** - [auntydee.co.nz](https://www.auntydee.co.nz)

## Hurunui Foodbanks

### Amberley area Foodbank

03 314 7464 | [redepenningfam@xtra.co.nz](mailto:redepenningfam@xtra.co.nz)

### Living Waters Foodbank Waikari

027 656 6351

### !InspirePantry Foodbank

027 210 917, 022 494 8607 or 03 314 8123

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## General Wellbeing

### Age Concern

03 366 0903 | [ageconcerncan.org.nz](http://ageconcerncan.org.nz)

### The Salvation Army Rangiora Corps

03 313 2370 | [salvationarmy.org.nz](http://salvationarmy.org.nz)

### Community Wellbeing North Canterbury Trust

Range of wellbeing services including counselling.

All referrals to: [refer@wellbeingnc.org.nz](mailto:refer@wellbeingnc.org.nz)

03 310 6375 | [wellbeingnc.org.nz](http://wellbeingnc.org.nz)

### Enliven - Presbyterian Support

0800 477 874 | [psuppersouth.org.nz](http://psuppersouth.org.nz)

### Amberley Medical Centre

Wellbeing team | 03 314 8504

## Money Concerns

**Mortgages** - Get in touch with your bank in the first instance.

### Ministry of Social Development

0800 559 009 | [msd.govt.nz](http://msd.govt.nz)

### Tenants Protection Association

03 379 2297 | [tpa.org.nz](http://tpa.org.nz)

### Budgeting Services North Canterbury

03 3133505 | [bsnc.org.nz](http://bsnc.org.nz)

## Legal and Budgeting Advice

### Budgeting Services North Canterbury

03 313 3505 | [bsnc.org.nz](http://bsnc.org.nz)

### Community Law Canterbury

03 366 6870 | [canlaw.org.nz](http://canlaw.org.nz)

### Citizens Advice Bureau North Canterbury

03 313 8822 | [cab.org.nz](http://cab.org.nz)

## Children

### Oranga Tamariki

0508 326 459 | [orangatamariki.govt.nz](http://orangatamariki.govt.nz)

### Mana Ake

[manaake.health.nz](http://manaake.health.nz)

### Parent Help - for parent and family support

0800 568 856 | [parenthelp.org.nz/helpline](http://parenthelp.org.nz/helpline)

### Plunket Whanau awhina

0800 933 922 | [plunket.org.nz](http://plunket.org.nz)

### Public Health Nursing Service

03 311 8665

### Youthline

[youthline.co.nz](http://youthline.co.nz) | Free Text 234 |

[talk@youthline.co.nz](mailto:talk@youthline.co.nz)

## Māori and Pacifica Support Services

### Tuahiwi Marae

[ngaitahu.iwi.nz](http://ngaitahu.iwi.nz)

### Takahanga Marae

[ngaitahu.iwi.nz](http://ngaitahu.iwi.nz)

### Te Puni Kōkiri

0800 875 839 | [tpk.govt.nz](http://tpk.govt.nz)

### Te Puawaitanga ki Ōtautahi Trust

0800 669 957 | [teputahitanga.org](http://teputahitanga.org)

### He Waka Tapu

0800 439 252 | [hewakatapu.org.nz](http://hewakatapu.org.nz)

### Purapura Whetu Trust

0800 494 388 | [office@pw.maori.nz](mailto:office@pw.maori.nz) | [pw.maori.nz](http://pw.maori.nz) |

### Ministry for Pacific People

04 473 4493 | [contact@mpp.govt.nz](mailto:contact@mpp.govt.nz) | [mpp.govt.nz](http://mpp.govt.nz)

### ETU Pacifica

0800 388 727 | [cdhb.health.nz](http://cdhb.health.nz)

### Te Whare Hauora (formerly Otautahi Women's Refuge)

24/7 Crisisline 0800 11 74 74 | [admin@tewharehauora.com](mailto:admin@tewharehauora.com)

## Addiction Services

### Odyssey House: Alcohol and Drug Support

03 358 2690 | [odysseychch.org.nz](http://odysseychch.org.nz)

### Family Drug Support

0800 337 877 | [fds.org.nz](http://fds.org.nz)

### Problem Gambling Foundation

0800 664 262 | Text 5819 | [Pgfnz](http://Pgfnz)

### Salvation Army Oasis Centre for Problem Gambling

0800 53 00 00 | [Oasis.salvationarmy.org.nz](http://Oasis.salvationarmy.org.nz)

## Business Support

### Enterprise North Canterbury

03 327 3135 | [northcanterbury.co.nz](http://northcanterbury.co.nz)

### Ministry of Social Development

0800 559 009 | [msd.govt.nz](http://msd.govt.nz)

**Business.govt.nz** - makes it easier for small businesses in New Zealand to understand and comply with government, and succeed.

### Rural Support Trust

0800 787 254 | [rural-support.org.nz](http://rural-support.org.nz)

### Connected.govt.nz | 0800 264 737

Connected is a service to help New Zealanders connect to the wide range of Employment, Education and Training supports and advice available through government agencies.

