Seeking Help Shows Strength



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

Together Hurunui

HURUNUI District Council

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Crime and Family Violence

In an emergency call 111

NZ Police | police.govt.nz
Non-urgent issues via 105
In case of emergency

- Call the Police 111 (if it is unsafe to speak, press 55)
- Call our team of trained counsellors for support 24/7 0800 456 450

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. Look for above 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

Aviva - live free from violence:
Free Canterbury-based 24hr support line
0800 28 48 26 or 03 378 3847 | enquiries@aviva.org.nz | aviva.org.nz

Check it Out:
areyouok.org.nz/check-it-out

Stopping Violence Services:
0800 478 778 | info@svschch.org.nz | 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

Healthline: 0800 611 116 | health.govt.nz

Healthinfo: info@healthinfo.org.nz. | healthinfo.org.nz

Waitaha Primary Health:
0800 800 743 | 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

Money Concerns

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

Ministry of Social Development
0800 559 009 | msd.govt.nz

The Salvation Army North Canterbury Corps:
03 313 2370 | salvationarmy.org.nz

Christians against Poverty (CAP)
0508 227 111 | capnz.org

Hurunui Food banks

Amberley Area Foodbank
03 314 7464 | 022 140 8067
amberleyareafoodbank@gmail.com

Living Waters Foodbank Waikari
027 656 6351 | thewayministries@xtra.co.nz

!nspirePantry Foodbank
027 210 9171 | 022 494 8607 |
InspireChurchAmberley@gmail.com

Wellbeing

Community Wellbeing North Canterbury:
info@wellbeingnc.org.nz
03 310 6375 | wellbeingnc.org.nz

Farmstrong:
info@farmstrong.co.nz | farmstrong.co.nz

National Counselling Line: 'Need to talk?'
Call or Txt 1737 | 1737.org.nz

Te Whatu Ora Crisis Team:
0800 920 092 | cdhb.health.nz

Mental Health Foundation:
mentalhealth.org.nz

Lifeline:
Free Text 4357 or 0800 543 354

Depression.org.nz:
0800 111 757 or text: 4202

Child, Adolescent & Family Mental Health (CAF)
www.healthnz.govt.nz

- For a child or young person mental health emergency:
- Monday to Friday, 8:30am to 5pm: 0800 218 219
- after hours and public holidays: 0800 920 092

ComCare Trust North Canterbury:
03 377 7020 – 0800 537 3464 | comcare.org.nz

Aunty Dee:
auntydee.co.nz

Age Concern:
03 366 0903 | ageconcerncan.org.nz

The Salvation Army North Canterbury Corps:
03 313 2370 | salvationarmy.org.nz

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Legal Advise

Community Law Canterbury
03 366 6870 | 0508 CANLAW| canlaw.org.nz

Citizens Advice Bureau North Canterbury
03 313 8822 | cab.org.nz

Our CAB Amberley satellite service is situated in the Amberley Library and is held on the second and fourth Fridays of the month from 9.30am to 11.30am.

Children

Oranga Tamariki: 0508 326 459 | orangatamariki.govt.nz

Mana Ake: manaake.health.nz

Parent Help: for parent and family support
0800 568 856 | parenthelp.org.nz/helpline

Plunket Whanau awhina: 0800 933 922 | plunket.org.nz

Public Health Nursing Service: 03 311 8665

Youthline: Free Text 234 | talk@youthline.co.nz
youthline.co.nz

Bellyful:
0508 BELLYFUL| contact@bellyful.org.nz | hellyful.org.nz

Māori and Pacifica Support Services

Tuahiwi Marae | ngaitahu.iwi.nz

Takahanga Marae | ngaitahu.iwi.nz

Te Puni Kōkiri | 0800 875 839 | tpk.govt.nz

Te Puawaitanga ki Ōtautahi Trust
0800 669 957 | teputahitanga.org

He Waka Tapu | 0800 439 252 | hewakatapu.org.nz

Purapura Whetu Trust
0800 494 388 | office@pw.maori.nz |pw.maori.nz |

Ministry for Pacific People
04 473 4493 | contact@mpp.govt.nz |mpp.govt.nz

ETU Pacifica | 0800 388 727 | cdhb.health.nz

Te Whare Hauora (formerly Otautahi Women's Refuge)

24/7 Crisisline 0800 11 74 74 | admin@tewharehauora.com

Addiction Services

Odyssey House: Supporting mental health, addiction recovery, and wellbeing.
03 358 2690 | admin@odysseychch.org.nz |
odysseychch.org.nz

Alcohol Drug Helpline:
|0800 787 797 | txt 8681 | alcoholdrughelp.org.nz

Family Drug Support
03 281 8740 or 0800 337 877 | fds.org.nz

Problem Gambling Foundation
0800 664 262 | Text 5819 | Pgf.nz

Gambling Helpline: gamblinghelpline.co.nz
0800 654 655, 7 days a week | Text 8006.

Salvation Army Oasis Centre for Problem Gambling
0800 53 00 00 | Oasis.salvationarmy.org.nz

Business Support

Enterprise North Canterbury
03 327 3135 | northcanterbury.co.nz

Mayors Taskforce for Jobs (MTFJ)
Anna Scott – MTFJ Youth Connector
Email: anna.scott@hurunui.govt.nz
Phone:022 016 3828

Ministry of Social Development
0800 559 009 | 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

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.