

The Learning Connexion  
**Community Support Services  
For Well-Being**

0800 278 769 | [tlc.ac.nz](http://tlc.ac.nz)

THE LEARNING  
CONNEXION  
*School of Creativity and Art*

**Emergency - 111**

Free for Fire, Ambulance & Police when life is at risk

**Urgent Help**

**Mental Health Crisis Team** – 0800 745 477  
24/7 assessment and short-term treatment services for people with serious mental health crisis

**Lifeline** – 0800 543 354  
24/7 counselling, every day of the year

**Youthline** - 0800 376 633, free text 234 or email talk@youthline.co.nz  
Free and non-judgemental support

**Women's Refuge** – 0800 REFUGE (0800 733 843)

**Maori Women's Refuge** – 0800 REFUGE (0800 733 843)  
24/7 violence intervention

**Shakti Asian Women's Crisis Helpline** – 0800 SHAKTI (0800 742 584)  
24/7 violence intervention

**Victim Support** – 0800 VICTIM (0800 842 846)  
Helps people hurt by crime and trauma

**Advice and information**

**Citizens Advice Bureau** – 0800 367 222  
The Citizens Advice Bureau offers advice to help solve problems. They link to a diverse range of services and advice ranging from budgeting through to employment, accommodation, law and transport - [www.cab.org.nz](http://www.cab.org.nz)  
Language Link CAB is available in 26 languages: email [language@cab.org.nz](mailto:language@cab.org.nz) or phone 0800 788 877

**Community Services Directory** – in the Yellow Pages or contact your local council

**Town & City Councils**

Your local council will have information about local groups, marae, accommodation, community services, leisure and culture. Find your council in the yellow pages or on their website

**Health Services**

Most health and disability services in New Zealand are publicly funded for eligible people. Find information about health services – [www.health.govt.nz](http://www.health.govt.nz)

**Healthline** – 0800 611 116  
Free health advice

**Poisons Advice** – 0800 POISON (0800 764 766)

**Doctors / GPs**

Check the website of your local district health board and/or primary health organisation

**Hospitals** – see the Yellow Pages or find contact details here – [www.health.govt.nz](http://www.health.govt.nz)

**Seniorline** – 0800 725 463  
Helps older people navigate the health system – [www.adhb.govt.nz/seniorline](http://www.adhb.govt.nz/seniorline)

**Quitline** – 0800 778 778  
Help for people who want to stop smoking

## Help With Mental Health

**Mental Health Crisis Team** – 0800 745 477

**Panic Attack Helpline** – 0800 142 694 389

**Phobic Trust** – [www.phobic.org.nz](http://www.phobic.org.nz)

**National Depression Helpline** - 0800 111 757

**Mental Health Foundation** – for a wide range of information – [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**Samaritans Helpline** – 0800 726 666

**Victim Support** – 0800 victim (0800 842 846)

**NZ Association of Counsellors** – find a counsellor – [www.nzac.org.nz](http://www.nzac.org.nz)

**Skylight** – 04 939 6767  
Support for change, loss, trauma or grief – [www.skylight.org.nz](http://www.skylight.org.nz)

## Help For Youth

Google 'youth centres' or 'youth services' for your area to find local drop in centres for young people

**Youthline** – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)  
Free and non-judgemental support – [www.youthline.co.nz](http://www.youthline.co.nz)

**Rainbow Youth** – 0800 outline (0800 688 5463)  
Resources and information for queer, trans and inter youth – [www.rainbowyouth.org.nz](http://www.rainbowyouth.org.nz)

**Skylight** – 04 939 6767  
Support specific to children and youth – [www.skylight.org.nz](http://www.skylight.org.nz)

## LGBTI

**Gay NZ website** – [www.gaynz.com](http://www.gaynz.com)

**OutLine** – 0800 outline (0800 688 5463) or 04 309 3268  
Phone counselling for gay, lesbian, bisexual, transgender, curious or questioning individuals – [www.outline.org.nz](http://www.outline.org.nz)

## Transgender Support

**Gender Bridge Inc.** – 0800 844 357  
**Tranzform** – 022 105 0774, call or text

**Intersex information and peer support** – [www.bodieslikeours.org](http://www.bodieslikeours.org)

**Intersex Awareness NZ** – [www.ianz.org.nz](http://www.ianz.org.nz)

## Sexual Health and Well-being

**Rape Crisis** – 0800 883 300, 24 hour helpline  
To find a support centre near you see – [www.rapecrisisnz.org.nz](http://www.rapecrisisnz.org.nz)

**Male Survivors of Sexual Abuse** – email [mssat@survivor.org.nz](mailto:mssat@survivor.org.nz) or go to – [www.survivor.org.nz](http://www.survivor.org.nz)

**Sexual Health Clinics** – 0800 739 432, located throughout New Zealand or see website – [www.ashs.org.nz/nz\\_clinics.html](http://www.ashs.org.nz/nz_clinics.html)

## Family Planning Clinics

A wide range of sexual health and advice services. Free for under-22s. Clinics are located throughout New Zealand. See the yellow pages or go to – [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

**Pregnancy Counselling Services** – 0800 773 462

**AIDS Hotline 24/7** – 0800 802 437

## Relationship and Family

**Barnados NZ** – 0800 472 736  
Support for a wide range of child and family issues

**BirthRight** – 0800 457 146  
Practical and emotional support for single parents and their children –  
[www.birthright.org.nz](http://www.birthright.org.nz)

**PlunketLine** – 0800 933 922  
For parenting help and information (free from cell phones) – [www.plunket.org.nz](http://www.plunket.org.nz)

**Relationships Aotearoa** – 0800 relate (0800 735 283)  
For counselling and relationship education –  
[www.relationships.org.nz](http://www.relationships.org.nz)

**Women's Refuge and Maori Women's Refuge** – 0800 refuge (0800 733 843)  
If you're dealing with violence in your life –  
[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)

**SHAKTI Asian Women's Centre** – 0800 SHAKTI (0800 742 584)  
24-hour helpline and support services for women, children and families of Asian, African and Middle Eastern origin –  
[www.shakti-international.org/shakti-nz](http://www.shakti-international.org/shakti-nz)

**Local Women's Centres** – for support, company and resources. Ask the Citizens Advice Bureau if there is a Women's Centre near you - CAB 0800 367 222

**Managing your money**  
Download the 'Money Matters' PDF for a full list of resources, from our website

## Support for Alcohol, Substance Misuse and Dependency

**Alcohol & Drug Association** – 0800 787 797  
(10am–10pm daily)

**Alcoholics Anonymous** - 0800 AA works (0800 229 6757)

**Community, Alcohol and Other Drugs Services** (CADS) - 0800 745 477

**Gambling Helpline** – 0800 654 655

**Quitline** – 0800 778 778  
If you want to stop smoking

## Disability Support

Most disability services in New Zealand are publicly funded for eligible people.

### Needs Assessment and Service Co-ordination service

Needs Assessment & Service Co-ordination Service works with disabled people to help identify their needs and outline what disability support services are available – [www.health.govt.nz](http://www.health.govt.nz)

**Disability Support Organisations Directory** –  
[www.nzdsn.org.nz/directory](http://www.nzdsn.org.nz/directory)

**People First** – support and empowerment of people with learning disabilities –  
[www.peoplefirst.org.nz](http://www.peoplefirst.org.nz)

**Workbridge** – an employment service for people with all types of disability –