Community Resources for Family and Whānau

Supporting someone with mental health/addiction issues in Auckland

Collated by Te Toka Tumai's Family Advisor Leigh Murray - Updated 2nd August, 2022

Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

- **0800 800 717 (Urgent Calls)** - Te Toka Tumai Auckland Mental Health Crisis Line
- **Free Call or Text 1737 (24/7) -** National Helpline "Need to Talk"

Service	Helpline	Website
Mental Health specific		
Suicide Crisis Support - Tautoko	0508 828 865 24 hrs/7days	
Anxiety New Zealand Trust	0800 269 4389 24 hrs/7days	www.anxiety.org.nz
Depression Line	0800 111 757	www.depression.org.nz
Eating Disorders - EDANZ	0800 233 269	www.ed.org.nz
Family Connections - education group for family supporting someone with BPD		www.familyconnections.org.nz
Talking Minds – informing young people and whānau about Psychosis		www.talkingminds.co.nz
Mental Health Foundation	09 623 4810 - Auckland	www.mentalhealth.org.nz
Yellow Brick Road (prev Supporting Families)	0800 73 28 25	www.yellowbrickroad.org.nz
Supporting Parents Healthy Children resources for parents with mental health and/or addiction issues and their children		www.supportingparentsnz.org
COVID-19 Help & Support		
Ministry of Health COVID 19 Mental Health & Wellbeing Resources https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-mental-health-and-wellbeing-resources		
Addiction Services		
Alanon (12 Step group for families)	0508 425 266	www.al-anon.org.nz
Alcohol & Drug helpline	0800 787 797 (24 hrs/7 days)	www.alcoholdrughelp.org.nz
CADS - Community Alcohol Drug Service	09 845 1818 - Auckland	www.cads.org.nz
Family Drug Support NZ	0800 337 877 9am-7pm (7 days)	https://fds.org.nz/
Gambling Helpline	0800 654 655 24 hrs/7 days	www.gamblinghelpline.co.nz
Kina Trust - Info for families, whānau		www.kina.org.nz
Cultural Support Services		
Belong Aotearoa (Migrant Services)	09 625 2440 - Auckland	www.belong.org.nz
Asian Family Services	0800 862 342	www.asianfamilyservices.nz
Le Va - Info for Pacific families, Aiga		www.leva.co.nz
Shakti – Asian Family Violence support	0800 742 584	www.shakti-international.org
General		
Age Concern - Older people's wellbeing	09 820 0184 - Auckland	www.ageconcern.org.nz
CAB - Citizens Advice Bureau	0800 367 222	www.cab.org.nz
Dementia Auckland	0800 433 636	www.dementiaauckland.org.nz
Family Violence - information	0800 456 450	www.areyouok.org.nz
Grandparents Raising Grandchildren	0800 472 637	www.grg.org.nz
Health & Disability - advocates	0800 11 22 33	www.hdc.org.nz
Health Navigator NZ		www.healthnavigator.org.nz
HELP – support after sexual assault	09 623 1700 24hrs/7days	www.helpauckland.org.nz
Lifeline	0800 543 354 24 hrs/7 days	www.lifeline.org.nz
Ministry of Health		www.moh.govt.nz
Mycare - find local home support	0800 677 700	www.mycare.co.nz
Outline - gay, lesbian, transgender	0800 688 5463	www.outline.org.nz
Seniorline - services for older people	0800 725 463	www.adhb.govt.nz/seniorline
Skylight - change, loss, trauma & grief	0800 29 91 00	www.skylight.org.nz
SHINE – family violence support & Helpline	0508 744 633	www.2shine.org.nz
Victim Support	0800 842 846	www.victimsupport.org.nz