

Waitemata
District Health Board

Best Care for Everyone

Finding the right counsellor or therapist for you

For West Auckland region | October 2018

WHERE TO FIND THE RIGHT COUNSELLOR OR THERAPIST FOR YOU

Have you ever had an experience of sexual violence?	•ACC funds support following sexual violence. It offers fully funded and immediate support and treatment – including support for your family and whānau. It doesn't matter if it happened recently or a long time ago, there's support available when you're ready. **Visit www.findsupport.co.nz or call 0800 735 566 (Mon-Fri, 8am-5pm)**
Do you have any issues around alcohol or substance use that you would like support with?	•The Community Alcohol and Drug Services (CADS) provides a range of free services to those wanting to solve an alcohol or drug related question, issue or problem. **Visit www.cads.org.nz or phone 09-8451818 when you're ready. Walk-in assessments welcome.**
Are you in paid employment?	•You may be able to access free confidential counselling through your company's employee assistance programme (EAP). **Speak with your employer.**
Are you enrolled in tertiary studies?	•Some tertiary institutions provide free counselling for their enrolled students. **Ask your tertiary education provider.** •The University of Auckland student counselling services •Auckland University of Technology (AUT) counselling services •Massey University counselling services
Are you elible for a WINZ Disability allowance?	• Counselling fees or transport to counselling can be subsidised as part of a Disability allowance. **Ask your GP if you are eligible for this allowance.**
Can you pay for counselling or therapy sessions?	•There are numerous providers of low cost or free counselling/therapy. •**Please see list of directories below to find the right counsellor or therapist for you.**
Can you receive counselling through your GP's primary health organisation (PHO)?	•Most family doctors or GPs are part of Primary Health Organisations (PHOs) that offer counselling or therapy . **Please ask your GP if you are eligible for PHO counselling.**
Do you have a mental illness and have severe impairment in functioning?	• Local Community Mental Health services provide psychological therapy for those who meet mental illness criteria and are moderately to severely impaired. **Speak with your GP who can refer you to the community mental health team.**

Helpful Directories of Counsellors and Therapy Providers

•Family Services Directory	www.familyservices.govt.nz/directory
•Healthpoint	www.healthpoint.co.nz
•Talking Works	www.talkingworks.co.nz
•Hearts and Minds	www.heartsandminds.org.nz
•Citizen's Advice Bureau	www.cab.org.nz
•ACC-accredited therapists	www.findsupport.co.nz

Listed above are helpful directories with up-to-date information on counsellors and therapy providers, including information on their location, the therapies they provide and any associated costs.

Some useful counselling or therapy providers by category

General

- **Community Alcohol and Drugs Services (CADS)**
  - Free 1:1 and group counselling ; phone 09-8451818; www.cads.org.nz
- **Hearts and Minds**
  - Free well-being support groups with referral from health professional; phone 09-4418989; www.heartsandminds.org.nz
- **Antara Free Natural Health Clinic**
  - Offers individual and family counselling; phone 09-8347987; www.antara.org.nz

For Women

- **Women's Centre Waitakere**
  - Provides counselling to women, children and couples; phone 09-8386381
- **Tu Wahine Trust**
  - Provides support to Maori women , children and families affected by violence and abuse; phone 09-8388700

For Men

- **Man Alive**
  - Offers counselling and anger management courses to men and youth; www.manalive.org.nz; phone 0800 826 367

For Youth

- **The Youth Health Hub**
  - Offers free counselling for 12-24 year olds. Visit http://healthwest.co.nz/youth-health; phone 09-8362329
- **Man Alive**

For Families

- **Antara Free Natural Health Clinic**
- **Tu Wahine Trust**
- **Man Alive**
  - Offers family and couples counselling
  - www.manalive.org.nz, phone 0800 826 367

Online Resources

- Computer Assisted Learning for the Mind (CALM) - www.calm.auckland.ac.nz
- MoodGYM - www.moodgym.com.au
- www.depression.org.nz
- SPARX - www.sparx.org.nz (for youth)
- www.thelowdown.co.nz (for youth)
- www.auntydee.co.nz (for youth)

Helplines and Online Resources

General

- Talk with a trained counsellor, anytime - Free call or text 1737
- Lifeline - 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Healthline - 0800 611 116
- Samaritans - 0800 726 666
- Depression Helpline - 0800 111 757 or free text 4202 to talk to a trained counsellor
- Anxiety Helpline - 0800 269 4389 (0800 ANXIETY)
- Alcohol and Drug Helpline - 0800 787 797 or free text 8681 or online chat
- Gambling Helpline - 0800 654 655

For Youth

- Youthline - 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat
- The Lowdown - Free text 5626 or email team@thelowdown.co.nz
- What's Up - 0800 942 8787 (0800 WHATSUP) Mon-Fri 12pm-11pm and weekends 3-11pm. Online chat 5-11pm 7 days per week
- Kidsline - 0800 543 754 (0800 KIDSLINE)

For Men

- Mensline - 0800 636 754 (0800 MENSLINE) (outside Auckland); 09- 5222500 (Auckland); operates from 5.30pm to 11pm each evening

For Women

- Women's Refuge Crisis Line - 0800 733 843 (0800 REFUGE) for women living with violence, or in fear, in their relationship or family
- Shakti Crisis Line - 0800 742 584 (0800 SHAKTI) for migrant or refugee women living with family violence

For Help with Specific Issues

- OUT Line - 0800 688 5463 (0800 OUTLINE) for sexuality or gender identity issues
- Rape Crisis - 0800 883 300, for support after rape or sexual assault
- PlunketLine - 0800 933 922, support for parents, including mothers experiencing post-natal depression
- Rural Support - 0800 787 254, for people in rural communities dealing with financial or personal challenges
- Refugees as Survivors - 0800 472 769, psychological support for refugees and asylum seekers

For families, whanau and support workers

- Skylight - 0800 299 100, for support through trauma, loss and grief; available 9am – 5pm weekdays
- Supporting Families in Mental Illness - 0800 732 825
- Le Va - www.leva.co.nz; information and support for Pasifika families on mental health, addiction and suicide prevention
- Common Ground - www.commonground.org.nz; a central hub providing information, tools and support to help a young person who is struggling
- Mental Health Foundation - www.mentalhealth.org.nz
- After a Suicide - www.afterasuicide.nz; offers practical information and guidance to people who have lost someone to suicide