Te Whatu Ora
Health New Zealand

RESOURCES

KARI CENTRE - TE WHATU ORA

2023

Haere Mai

A Resource Booklet to Support Rangatahi and Whanau

At the Kari Centre, we deeply appreciate the efforts of primary health services and their contributions to our community. We all share a common goal of supporting our rangatahi and whanau. Despite the existing gaps in the system, there are numerous incredible resources available, which can make it difficult to determine which ones to use.

Our team has created a resource booklet that serves as a guide for primary health services to aid them in supporting our rangatahi and whanau. This booklet provides a list of recommended community services, private supports, therapeutic tools, apps, and websites that will benefit children and adolescents.

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Contact Information

If you have any immediate concerns, please call 111 or head to the Emergency Department

Kari Centre

Monday - Friday 8:00am - 4:30pm

0800 77 44 88 or 09 623 46 46

kcintake@adhb.govt.nz

Greenlane Clinical Centre, Building 13, Level 1

https://www.healthpoint.co.nz/public/mental-health-specialty/kari-centre-community-teams-auckland-te-toka/

Kari Acute Focused Team

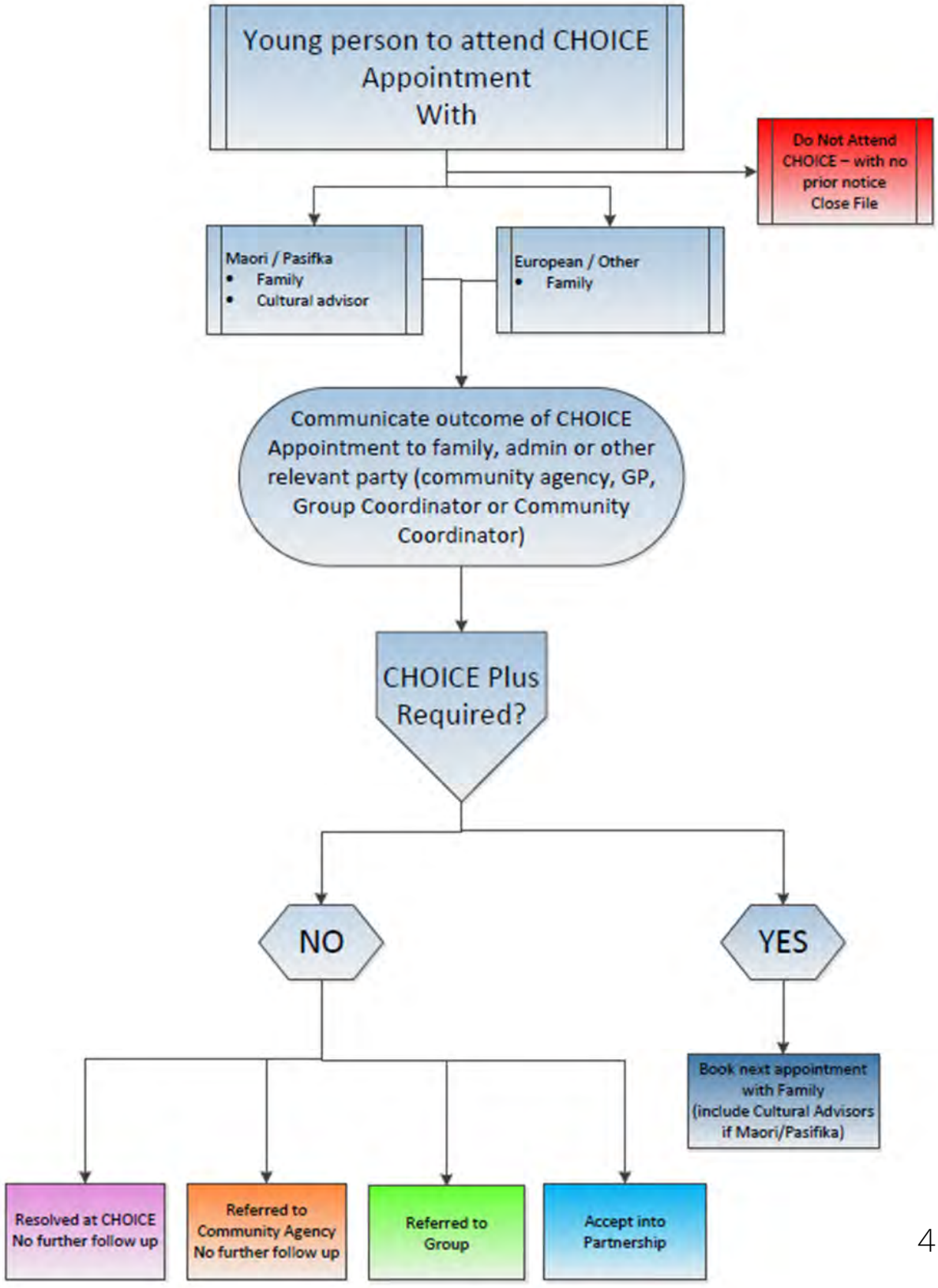
For any acute concerns or queries, please call reception and ask for KAFT - Kari Acute Focused Team

After Hours Crisis

If there are any concerns outside of Monday - Friday 8am-4:30pm

Please contact 0800 800 717

Kari Centre Processes



Kari Centre Criteria

Based on service specifications for CAMHS secondary mental health services

Present with severe psychological distress or significant signs and symptoms of one or more of the following:

- Anxiety disorders
- Autistic spectrum disorders
- Disruptive behavior disorders in children – 12 years and below (e.g. ODD).
- Suicidal/self-harm ideation and/or attempt
- Psychosis NB: This refers to the initial appointment only (CHOICE or Urgent) any treatment is via Hapai Ora
- Depressed mood
- Elevated or mixed mood states.
- OCD
- Moderate to Severe Eating disorder

AND experience one or more of the following ...

- Functional impairment in multiple domains
- Impaired ability to care for self
- Prolonged symptoms that have not spontaneously resolved and/or presenting problems that have not resolved with primary care input
- Cultural disconnection from iwi/hapu/whanau

Exclusion Criteria (in the absence of a co-existing mental health disorder)

- Substance Abuse/misuse
- Elimination disorders
- Sexual /physical abuse
- Behavioural challenges related to existing diagnosis of ASD or ID
- Intellectual Disabilities

If the young person is under 15yrs and the question is whether they have some form of Attentional Problem or is on the Autism Spectrum and there are no Mental Health co morbidities the family should be referred to general paediatric service (if there are mental Health co-Morbidities or they are over 15 then partnership with ND clinician at The Kari Centre).

Referral Process

The Kari Centre accepts referrals from professionals who have reviewed the identified young person face-to-face (if possible) and carried out a brief mental health screen. Such professionals could include (but are not limited to) General Practitioners (GP), Specialists, Plunket Nurses, school Special Education Needs Co-ordinators or Guidance Counsellors (SGC), private practitioners, or Social Workers. Referrals tend to be received via electronic referral form (primarily GP's) or a paper form completed and emailed or faxed to the KAFT team. As the Kari Centre works with the young person and their family system, **parental/caregiver consent is required for referrals.** Whilst families are welcome to make phone enquiries, referrals cannot be accepted directly from family members. Similarly, children and adolescents cannot self-refer.

After a referral is received, a decision is made by the KAFT/triage team whether Kari Centre is the most appropriate service to meet the client's needs based on clinical and community services available, client presentation, acuity, severity, and functional impact of symptoms, family needs and wishes, location within Auckland, among other factors.

Sometimes this decision can be made over the phone in consult with referrer and/or the family. Other times client's will be offered a Choice appointment to determine their goals and if they are eligible for Kari Centre services and going into Partnership with a clinician(s). If a Choice appointment is indicated, this is completed by the Choice team.

If Kari Centre is determined not to be the best service at this time, families/professionals are supported by the Choice team to access more appropriate care for the current situation.

If a client is determined to meet Kari Centre criteria and demonstrates a need for services, they will move into Partnership and the Choice clinician will determine, where possible, the best Partnership clinician (matching the needs and goals of the client with the skillset of the clinician). Although we do have a wait time to receive individual therapy but clients have the possibility to engage in our groups.

If the client identifies as Maori or Pasifika or Asian, a cultural advisor is allocated to them and will act as their first point of contact with the whānau and organise the Choice appointment. The cultural advisor will join the family at an assessment appointments and work alongside the team and/or key worker to provide support, relationship building, and consultation to both the family and the clinician.

Kari Centre Teams

Kari Acute Focused Team (KAFT)
The KAFT Team is the triage point for all referrals Kari Centre for young people up to the age of 18 years. They also attend to any acute or urgent mental health concerns arising for children and adolescents in the Te Toka Tumai catchment area. The KAFT Team has its own KAFT Clinical Coordinator.

Choice team
Provides an hour and a half appointment to gather information about presenting concerns from involved whanau/family members. A cultural advisor may also be present. The key worker requests permission to communicate with other involved agencies and collaborates with the whanau/family to create a plan of care. The plan may include individual or family therapy, referral to other community agencies, and/or groups. The Choice clinician writes a letter documenting the visit and plan of care and sends it to the referrer, GP, and client/family.

Partnership Team
Comprises a Clinical Team Leader, Clinical Coordinator, and Lead Clinician who oversee a group of experienced mental health professionals, including Social Workers, Nurses, Occupational Therapists, Specialist Psychiatrists, Psychologists, Child Psychotherapists, and Cultural Advisors. They provide assessment and treatment for children and adolescents with serious mental health disorders, such as anxiety, depression, eating disorders, and emotional dysregulation or disturbance.

Neurodevelopmental Team
This pathway is primarily an assessment and diagnostic service for young people presenting with features that could be consistent with Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD) and other neurodevelopmental disorders. Neurodevelopmental team members sit within the community team but only carry a caseload of clients that are identified or suspected as having ADHD or ASD.

Tu Rangatahi (Groups)
Group Therapy Pathway., which offer our young people and their whānau the opportunity to come together in a supportive environment where they can share their challenges and develop helpful ways of coping with specific stressors.
Each group has specific aims and objectives to meet the clinical need of clients and/or parents/caregivers

Specific Treatment Teams

Dialectical Behavioural Therapy
Kari Centre's DBT programme is called 'Riding the Wave." DBT is an evidence-based treatment for young people with difficulty managing their emotions and is offered to young people aged 13-18 years, and their families. It is aimed at helping young people manage difficult emotions and behaviours such as suicidal thoughts, self-harm, and other self-destructive behaviours. Internal referrals only**

Parent-Child Interactive Therapy (PCIT)
is a 12-week, weekly program for children aged 2.5 - 7 years old with behavioural problems, and their parents. PCIT may be helpful for a range of presentations including anxiety, ADHD, ASD, and others. The process involves clinicians working directly with both the child and the parents. Child Directed Interaction (CDI) involves techniques to build child's self-esteem, and help them develop social, emotional, and problem solving skills. Parent Directed Interaction (PDI) involved offering real-time strategies to the parents to manage the child's behaviour. The overall goal is to strengthen the parent-child relationship.

Family therapy team
Run a clinic at the Kari Centre that helps young people and their families to improve communication and strengthen their relationships so that family members understand one another better and work together to make the changes they feel are necessary. The family therapy approach will include an assessment to gather relevant information around family structure and other areas – this assessment will guide treatment approach and focus of future sessions. Two clinicians from the FTT will work alongside the family for the entire intervention.

Tu Tangata Tonu (TTT)
A service for children of parents with a diagnosed mental health illness. TTT supports the parents with their parenting and the children with the impact of the mental health issues on them. They may offer individual, parent, and/or family sessions. TTT also partners with an NGO who provide community based mentoring and groups for both children and parents/whanau where there is parental mental illness.

Koanga Tupu (KT)
The infant mental health team (children under 4). KT works with families where there are significant concerns for the mental/social/emotional wellbeing of the child and/or significant relational concerns between the parent/caregiver and the child that are impacting on the child's wellbeing.

Alternative Education

Northern Health School
Ministry of Education funded school set up with the aim of maintaining the education of students who are unable to attend their regular school due to their health needs. Cater to school age students who due to illness, accident or mental health, have been or are expected to have significant absence from their regular school. Students will need to be enrolled at a New Zealand School. Need a Medical Certificate signed by a doctor, preferably at Kari Centre.
https://www.nhs.school.nz/

Te Kura
State-funded distance education provider. Enrolment with Te Kura is free if you meet the Ministry of Education's eligibility criteria. Young adults aged 16 to 19 (and not turning 20 in the year of enrolment) who are not enrolled at another school full-time can enrol with us for free too. Our courses are also available for a small fee to adults aged 20 and over. Students who are at a face-to-face school can study courses that aren't available at their own school. Some eligibility criteria apply, please see website for further details.
https://www.tekura.school.nz/

Tangaroa College
Tangaroa College is a state co-educational secondary school catering for students from years 9 to 13. The school is in the Otara suburb of Manukau City some 25 kilometres from downtown Auckland. At Tangaroa College we are committed to nurture in each student a belief in self, a commitment to achieve, and the spirit of aroha. Whether by small steps or giant leaps, our students are encouraged to take pride in their achievements. By recognising and celebrating each success, students build self-esteem and gain the confidence to strive for bigger and better goals.
https://www.tangaroa.school.nz/

Apps & Websites

Melon
Melon has a range of different programs which are free on a range of different topics. Melon is an app to help you improve your emotional wellbeing - your taha hinengaro. Learn how to take control of your emotions, thoughts and feelings and let go of stress, anxiety and unhelpful thinking.
https://www.melonhealth.com/

Smiling Mind
A free evidenced based app which is suited for rangatahi which offers guided mindfulness. They have a range of resources for schools and parents.
https://www.smilingmind.com.au/

Innerworld
A free, welcoming virtual community that provides peer-based mental health tools and over 200 weekly events on various topics, including anxiety, depression, recovery, mindfulness, and meditation. Members can join Innerworld in VR, desktop computers, or mobile devices.
https://www.inner.world/home/

SPARX
A mental health interactive resource designed for children to improve their emotional intelligence and manage uncomfortable emotions. It uses Cognitive Behavioural Therapy techniques to positively influence thoughts and reactions. Additionally, there are resources available for friends, whanau, and teachers to complement the app and aid in teaching mental health and wellbeing.
https://landing.sparx.org.nz/

Apps & Websites

Small Steps
an interactive online website which suggests different coping strategies and guided practices to enhance wellbeing. Supporting young people in finding strategies to manage their mental health.
https://www.smallsteps.org.nz/

WeHeartCBT
Provides evidence-based Cognitive Behavioural Therapy (CBT) strategies to help mental health professionals, schools, and families support children and young people dealing with low mood or anxiety-related mental health issues.
https://weheartcbt.com/practitioner-resources

Pari Kawau
An interactive app supporting the Pae Tata Pae Tawhiti brief and early intervention model, aiding practitioners and students in improving their clinical and cultural practice skills. It allows for feedback on the use of therapeutic skills, Te Reo Māori, and cultural principles based on the TAWHITI trauma informed harm reduction principles.
https://terauora.com/pari-kawau/

The Lowdown.co.nz
The Lowdown has different online educational videos and resources to provide mental health support. Specific resources for Maori and Pasifika communities. With links to different websites and services which can support specific needs.

Action for Happiness
A range of educational resources and activities which are suited to rangatahi. Providing psychoeducation on happiness and strategies to lead a happy life.
https://actionforhappiness.org/

Apps & Websites

This way up
Offer a range of different online interactive online courses guided by CBT for a range of different mental health difficulties. Clinician to sign up for a clinician account and can wave the fee.
https://thiswayup.org.au/programs/depression-program/

Just a thought
Offers multiple different online courses which are interactive on a range of different mental health difficulties. Has a range of information and resources to support therapeutic interventions and provide psychoeducation.
https://www.justathought.co.nz/

Whitu - 7 Ways in 7 days
An interactive app designed to help individuals care for themselves and improve their well-being. The 7-day plan offers clinical strategies to reduce anxiety and promote strength and happiness. Find in the app store.

Komodo
Wellbeing Surveys provide benchmark and custom surveys to help schools measure and improve student wellbeing in areas such as bullying, digital wellbeing, and sleep hygiene. Their innovative solutions and resources aim to support students in thriving and promote wider knowledge on wellbeing.
https://www.komodowellbeing.com/

GoodSpace
Offers screening tools to schools to create positive environments for students to overcome wellbeing challenges. They offer a free educational webinar series addressing topics such as mental wellbeing, disordered eating, online safety, stress, and anxiety.
https://www.goodspaceschools.com/

Anxiety

Hearts & Minds NZ
A community development agency that aims to inspire stronger, healthier communities by providing resources and support that transform lives. They offer free Wellbeing and Resilience groups led by qualified therapists, including managing anxiety, building self-esteem, mindfulness, and managing emotions. They also provide services like Strengthening Families and a Wellbeing Hub in partnership with The Fono Health and Social Services.
https://www.heartsandminds.org.nz/

Anxiety NZ
Offer a range of services including therapeutic interventions using a range of modalities. They offer psychiatric assessment with a doctor and medication monitoring. For 1:1 services they ask for a referral from a GP, counsellor or other heath professional (and under special circumstances a self-referral). They work by developing a treatment plan following a 'needs assessment' session based on client goals.
09 846 9776
https://anxiety.org.nz/

Centre for Clinical Interventions
A range of different information sheets for rangatahi and whanau to further understand anxiety and ways to manage. A range of worksheets which can guide therapeutic interventions or used for home practice.
https://www.cci.health.wa.gov.au/Resources/For-Clinicians

Anxiety Canada
Offer a large range of different educational resources on specific anxiety disorders (Generalised, Health, OCD, Perfectionism, Selective Mutism etc) which can help guide therapeutic interventions or provide further understanding for rangatahi or whanau.
https://www.anxietycanada.com/

Anxiety

Just a thought
Offers Generalised Anxiety, Social Anxiety and Health Anxiety courses which are interactive. Has a range of information and resources to support therapeutic interventions and provide psychoeducation.
https://www.justathought.co.nz/

WeHeartCBT
Provides evidence-based Cognitive Behavioural Therapy (CBT) resources to help children and young people who are struggling with anxiety including general anxiety (worry), social anxiety and fears/phobias.
https://weheartcbt.com/practitioner-resources

Small Steps
an interactive online website which suggests different coping strategies and guided practices to enhance wellbeing. Supporting young people in finding strategies to manage their mental health.
https://www.smallsteps.org.nz/

Melon
Melon has a range of different programs which are free on a range of different topics. Melon is an app to help you improve your emotional wellbeing - your taha hinengaro. Learn how to take control of your emotions, thoughts and feelings and let go of stress, anxiety and unhelpful thinking.
https://www.melonhealth.com/

This way up
Offer a range of different online courses for Generalised Anxiety, Social Anxiety, Health Anxiety, Panic, PTSD, Stress. Interactive online courses guided by CBT. Clinician to sign up for a clinician account and can wave the fee.
https://thiswayup.org.au/programs/depression-program/

Asian Supports

The CNSST Foundation Social Work and Counselling Team
Offers confidential social work and counselling services to support New Zealand's Asian community and new settlers in the greater Auckland region. The team comprises of experienced social workers and counsellors that provide services such as family-centred services, counselling, safety services, and parenting support. They also offer training for social work students and volunteers.
https://www.cnsst.org.nz/services/social-services/social-work-services-counselling/social-services-overview

Asian Family Services
Offers a free and confidential Asian Helpline service in New Zealand from Monday to Friday between 9am-8pm. Available in eight languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi, and English, the Helpline helps people experiencing gambling harm or COVID-19 related mental distress. The counsellors provide support and information to access appropriate counselling services. Visit their website at **https://www.asianfamilyservices.nz/Home.**

Te Pou Resource - Talking Therapies for Asian People
A guide was created to enhance the delivery of talking therapies for Asian service users, taking into account differences in beliefs and sources of support. Research, expert opinions, and consultations with therapists in New Zealand were used to develop the guide, which offers effective strategies to start delivering talking therapies for Asian communities.
https://www.tepou.co.nz/resources/talking-therapies-for-asian-people

The Asian Mental Health research project
Aims to address mental health issues within Asian communities through the collective efforts of mental health professionals, advocates, activists, and academics. It includes a zine, videos, and interviews to raise awareness and provide insights on the matter.
https://www.tepapa.govt.nz/discover-collections/read-watch-play/asian-mental-health

Asian Supports

Shakti
Shakti is a national not-for-profit community organisation specialised in the area of women's development, empowerment and domestic/ family violence intervention, prevention and awareness. We are a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin.
https://shaktiinternational.org/

Kahui Tu Kaha
This organization provides mental health support, social housing, refugee settlement support, and advocacy services. They offer emergency and transitional housing, youth housing, and reintegration services for those returning to the community. Te Mātāwai also provides permanent housing and intensive support to people who are chronically homeless.
https://kahuitukaha.co.nz/

Vagus Centre
Also known as the Chinese Mental Health Consultation Services Trust, offers mental health and addiction services, abuse and violence support, and social services including counselling for children, adults, couples, and families affected by family harm and violence. They also provide Circle of Security parenting programmes to help parents develop secure and healthy relationships with their children.
https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/vagus-centre-chinese-mental-health-consultation/

Adhikaar Aotearoa
A program that offers a safe and supportive space for LGBTQIA+ individuals of color, particularly South Asians, to challenge prejudice and explore their potential. The program includes community building, events, resource sharing, and referrals to create a more inclusive Aotearoa where everyone can be themselves without fear or stigma.
https://www.adhikaaraotearoa.co.nz/

Community Support Workers

Ember
Ember Services blends professional expertise and lived experience to provide mental health, alcohol and other drug and intellectual disability support services. Peer led services, Vocational Services (Employment support), High Complex Needs, workshops, support workers.
https://ember.org.nz/

Emerge
Provides a wide range of community-based mental health, addiction, and disability support services nationwide. work with people both one on one and in groups on occasion. The one-on-one work is based around your personal plan. This is something that you develop with your CSW that outlines what you hope to achieve and considers your interests, hopes, and goals for the future. Need to be engaged with Kari Centre
https://emergeaotearoa.org.nz

Ease Up
EaseUp is a mobile community-based service that works with young people who are experiencing challenges with their mental wellbeing and/or substance use. The service offers short-term, brief interventions and is available for youth aged between 12-24. At EaseUp, Peer Support Workers and Clinicians work in partnership with young people. For rangatahi with minimal risk concerns.
https://emergeaotearoa.org.nz/our-services/easeup.html

Mahi Tahi
We are a Kaupapa Maori mental health and addictions provider who is committed to helping individuals and whanau toward wellness through the delivery of Integrated Tikanga Māori services. Providing outreach community support workers for rangatahi. Referral through Kari Centre.
http://www.mahitahi.co.nz/

Community Support Workers

Mindful Support
A mental health support service that works with people struggling with mental illness or distress, with a specialty in helping rangatahi. They offer care at various locations and use a te whare tapa wha model of care and a trauma-informed, strengths-based approach.
https://www.mindfullsupport.co.nz/ for more information.

Upside Youth Mentoring
(Formerly Brothers in Arms)
Exist to support change in Aotearoa New Zealand's young people with adverse childhood experiences. We work with young people aged 9-13 years old who have been referred to us from principals, counsellors, psychologists, and social workers who believe a positive role model is what this young person needs to help navigate their current challenges.
www.upside.org.nz

Ma te Huruhuru – Day Programme
Free for Youth (ages 13-24) in ADHB catchment area. Daytime between 10am and 3pm. Requires drop off and pick up. Options of attending 1-3 days a week for 3 months. All Youth who complete 3 months will graduate with a certificate.
Aims: Strength base, Resilience, Relaxation, Managing Stress, Teamwork, Develop Coping Strategies, Daily Routine Having Fun!
Email zhiyan.zhang@kahuitukaha.co.nz (Day Programme Co Ordinator)

Tuilaepa Youth Mentoring Services
Offers individual mentoring for Maori and Pacific boys transition to adulthood support, residential remand home education and pastoral care, in-school group mentoring, and a healthy relationships program. They also have a Polyjammers community basketball program designed to support Maori and Pacific boys in developing life skills through social sport.
http://www.tyms.org.nz/

Cultural Supports

Refugees as Survivors New Zealand
At RASNZ, we work to provide people from refugee backgrounds with access to quality, culturally sensitive mental health, and wellbeing services to assist with positive resettlement in New Zealand. They can be accessed via telephone of self-referral via the website.
www.rasnz.co.nz

Asian Family Services
Asian Helpline provides nationwide free and confidential services from Monday to Friday between 9am-8pm. Our Helpline is available in eight languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi and English.
Our Asian Helpline helps Asian people in New Zealand to access appropriate counselling support. Our counsellors provide helpful information and services to those who are experiencing gambling harm or COVID-19 related mental distress, such as depression and anxiety.
https://www.asianfamilyservices.nz/Home

Shakti
Shakti is a national not-for-profit community organisation specialised in the area of women's development, empowerment and domestic/ family violence intervention, prevention and awareness. We are a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin.
https://shaktiinternational.org/

Depression

Youthline
Face-to-face or Skype counselling: initial assessment free; first eight sessions free for under 26 year-olds; over 26 year-olds pay on a sliding scale from $20. Cost depends on therapist charge and whaiora/client circumstances – Youthline will also assist with seeking WINZ assistance where relevant. Family therapy and ACC therapy also available.
09 376 6633 – whaiora/client can call directly.
https://www.youthline.co.nz/

WeHeartCBT
Provides evidence-based Cognitive Behavioural Therapy (CBT) resources to help children and young people who are struggling with low mood/depression. Please find different sections for resources aimed at younger children and older children.https://weheartcbt.com/practitioner-resources

Centre for Clinical Interventions
A range of different information sheets for rangatahi and whanau to further understand depression, low mood, unhelpful thinking styles. A range of worksheets which can guide therapeutic interventions or used for home practice.
https://www.cci.health.wa.gov.au/Resources/For-Clinicians

This way up
Learn practical strategies for managing persistent sadness and low mood with our clinically-proven online program for depression. 6-lesson program is based on an effective psychological treatment for depression called Cognitive Behavioural Therapy. Clinician to sign up for a clinician account and can wave the fee.
https://thiswayup.org.au/programs/

Eating Disorders

F.E.A.S.T
An international non-profit organization of and for parents and caregivers of loved ones affected by eating disorders. Their free programs and services offer families much needed support, information, skills, and tools to help them on their journey. F.E.A.S.T. is about parents helping parents, about paying it forward, and about being there for families at a time when they need us the most.
https://www.feast-ed.org/

EDANZ
EDANZ provides hope, information, support and resources to people supporting a loved one with an eating disorder. If you're caring for someone with an eating disorder, you can access support by calling or emailing EDANZ, or by coming along to one of our support group get-togethers. You can chat with a volunteer, to find a support group in your area, or to connect with other carers near you.
https://www.ed.org.nz/

Centre for Clinical Interventions
A range of different information sheets for rangatahi and whanau to further understand disordered eating, appearance concerns, body dysmorphia, and self-esteem and ways to manage. A range of worksheets which can guide therapeutic interventions or used for home practice.
https://www.cci.health.wa.gov.au/Resources/For-Clinicians

The New Zealand Eating Disorders Clinic (NZEDC)
Specializes in evidence-based treatment for eating disorders, focusing on Family-Based Therapy. They offer comprehensive care with a treatment team, and provide supervision and training for quality care globally. However, sessions with NZEDC are not funded and require payment.
https://www.nzeatingdisordersclinic.co.nz/

Educational Resources

Centre for Clinical Interventions
A range of different information sheets for rangatahi and whanau to further understand a range of different mental health concerns. A range of worksheets which can guide therapeutic interventions or used for home practice.
https://www.cci.health.wa.gov.au/Resources/For-Clinicians

Just a thought
Offers a range of different courses and resources which are interactive and easy to understand for rangatahi.
https://www.justathought.co.nz/

The Lowdown.co.nz
The Lowdown has different online educational videos and resources to provide mental health support. Specific resources for Maori and Pasifika communities. With links to different websites and services which can support specific needs.

Mental Health Foundation
Educational resources available for free. Comprehensive suicide prevention resources, information and ways to get support. Find tools and support to build and sustain wellbeing. Information for anyone going through a difficult time, for people supporting someone they care about, and those interested in mental health and wellbeing.
https://mentalhealth.org.nz/

Action for Happiness
A range of educational resources and activities which are suited to rangatahi. Providing psychoeducation on happiness and strategies to lead a happy life.
https://actionforhappiness.org/

Educational Resources

Melon
Melon has a range of different programs which are free on a range of different topics. Melon is an app to help you improve your emotional wellbeing - your taha hinengaro. Learn how to take control of your emotions, thoughts and feelings and let go of stress, anxiety and unhelpful thinking.
https://www.melonhealth.com/

GoodSpace
They offer a free educational webinar series addressing topics such as mental wellbeing, disordered eating, online safety, stress, and anxiety.
https://www.goodspaceschools.com/

Orygen
A research and knowledge translation organization that connects research with clinical care for youth mental health. Their training packages and resources are informed by the latest research and evidence, covering topics such as substance use, anxiety, depression, and trauma. Their evidence finder tool offers professionals access to the latest evidence in youth mental health.
https://www.orygen.org.au/

The NZ Health Education Association (NZHEA)
They are committed to promoting quality health education through learning, collaboration, and leadership. Their mission is to support health education professionals with excellence and connectedness. They offer resources for mental health education and hauora, including lesson ideas and activities. The Ministry of Education has partnered with NZHEA to deliver hard copies of their resource book to schools with year 7 students and up. Their resources are available for download in PDF format on their website.
https://healtheducation.org.nz/

Family Violence

Shakti

Shakti is a national not-for-profit community organisation specialised in the area of women's development, empowerment and domestic/ family violence intervention, prevention and awareness. We are a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin.
https://shaktiinternational.org/

Shine

A New Zealand-based organization that offers services to support safety, well-being, and self-determination for adults and children. They provide a helpline, advocacy, refuges, non-violence programs, specialized training, workplace response for domestic violence, and resources like booklets, guidelines, and pamphlets. In case of immediate danger, call 111. Shine helps with safety planning, understanding domestic violence, and emergency accommodation for women and their children.
https://www.2shine.org.nz/

Parentline

Offers individual and group counselling, therapy and social work services to children aged between 0 – 13 years who have been traumatised by abuse and domestic violence. Parenting programmes are also available for the parents of children being seen at Parentline, as are opportunities for family therapy to strengthen the family unit.
www.parentline.org.nz

Tu Wahine Trust

Tu Wahine Trust is made up of both Māori and mainstream qualified professionals whose approach is informed by the Māori world view and applied in a contemporary context. We provide services for victims of all forms of violence and abuse within the whānau including specialist mahi tukino/sexual harm services where the victim/survivor has experienced mahi tukino within the whānau, in other relationships, and stranger sexual harm
https://www.healthpoint.co.nz/community-health-and-social-services/sexual-harm/tu-wahine-trust/

Family Support

Yellow Brick Road
A national organization that supports families of loved ones with mental health challenges. They offer various services such as individual and family peer support, mental health and well-being programs, advocacy, and self-development courses. They also provide mindfulness webinars to manage stress and worries. The organization aims to empower and increase the well-being of families affected by mental distress.
https://yellowbrickroad.org.nz/

Family Connections
A 12-week course that provides education, skills training, and support for people in a relationship with someone who has difficulty regulating their emotions. Led by trained group leaders, the program focuses on issues specific to this and is based on evidence-based therapy. The course provides current research on emotional dysregulation and family functioning, individual coping skills, family skills, and group support for family members.
Contact Leigh Murray, Family Advisor, Mental Health Directorate, Te Toka Tumai 021 938226 or lmurray@adhb.govt.nz

Kia Puawai
Provides culturally informed services to support youth, whānau, and communities in Auckland. These services include Positive Parenting Programme, Cognitive Behavioural Therapy, and various therapy programs for youth and families. They also offer out-of-home care services and referrals through Oranga Tamariki or Kari Centre.
https://www.kiapuawai.nz/

Harmony Trust
A charitable trust that offers group and individual therapy, counselling, and specialized youth programs for those with repeat drink or drug driving convictions and associated alcohol and drug problems. They also provide a low-cost, culturally appropriate, home-based Family Harmony program for 12 weeks and referrals come from various sources.
http://www.harmonytrust.org.nz/

Family Support

Kidz Therapy
The team of therapists provides assessment and support for children, young people, and their families, using evidence-based techniques for mental health issues. They offer parent sessions, child-only sessions, and family sessions to ensure holistic care. Their areas of expertise include anxiety, depression, challenging behaviour, neurodiversity, trauma, grief, and building resilience, among others.
https://www.kidztherapy.co.nz/child-teenager-parent--family-therapy.html

Fresh Minds
(Formerly Pro-Care)
Family or individual counselling for those meeting eligibility criteria – generally for families experiencing some degree of difficulty/risk, and for children/adolescents or parents of children/adolescents. Able to be funded through referral from GP.
https://www.freshminds.co.nz/

Presbyterian Support - Family Works
A social services organization that supports children, young people, and families through community outreach, family therapy, parenting education, social work, and family violence prevention. The organization has seven regional branches that provide tailored services to local communities.
https://www.ps.org.nz/family-works-nz/

Fonua Ola
A counselling and social service for Pacific by Pacific which aims to strengthen and re-empower families through a holistic and culturally appropriate process. They offer individual and family counselling for children/adults/families, social services (housing, budgeting etc.), parenting courses, Family Harm Intervention, and Youth Work/Mentoring. It is a free service funded by the Ministry of Social Development, and families can self-refer or be referred in by a professional.
www.fonuaola.org.nz

Helplines

1737
Free call or free text 1737 any time, 24 hours a day. You'll get to talk to (or text with) a trained counsellor or talk to a peer support worker. Our service is completely free. They offer brief 1:1 counselling support where we focus on one or two key things you need support for.
https://1737.org.nz/

Youthline
Face-to-face or Skype counselling: initial assessment free; first eight sessions free for under 26 year-olds; over 26 year-olds pay on a sliding scale from $20. Cost depends on therapist charge and whaiora/client circumstances – Youthline will also assist with seeking WINZ assistance where relevant. Family therapy and ACC therapy also available.
09 376 6633 – whaiora/client can call directly.
https://www.youthline.co.nz/

Lifeline
Offer different helplines - Lifeline, Suicide Crisis Line, Warmline, Parent Helpline. Free confidential support, 24/7.
(09) 909 8750
https://www.lifeline.org.nz/

Whats Up
0800 What's Up is a free counselling helpline and webchat service for children and teenagers run by Barnardos New Zealand. Trained professionals provide child-centred counselling to empower callers and develop personal competence and resilience.
https://whatsup.co.nz/

Maori Supports

Mahi Tahi
We are a Kaupapa Maori mental health and addictions provider who is committed to helping individuals and whanau toward wellness through the delivery of Integrated Tikanga Māori services. Providing outreach community support workers for rangatahi. Referral through Kari Centre.
http://www.mahitahi.co.nz/

Ruapotaka Marae
Ruapotaka Marae is an urban marae located in the heart of Glen Innes providing whānau-based services to Māori and to the wider community. Marae assists with food parcels for those in need.
https://tekotahiatamaki.nz

Aroa Wellbeing
Educational interactive website created by rangatahi for rangatahi. Providing different tools to support wellbeing. Utilising Maori values to guide rangatahi to be able to manage their wellbeing.
https://www.aroawellbeing.co.nz/

Tu Wahine Trust
Offers free Kaupapa Māori counselling, therapy, and support to survivors of sexual harm and violence within whānau in West Auckland. Their services are available for all ages and whānau, provided in a safe space informed by a Māori world view and applied in a contemporary context. They offer education, awareness, and primary prevention to support victims/survivors and their whānau to live a life free from harm.
https://www.healthpoint.co.nz/community-health-and-social-services/sexual-harm/tu-wahine-trust/

Maori Supports

Kahui Tu Kaha
This organization provides mental health support, social housing, refugee settlement support, and advocacy services. They offer emergency and transitional housing, youth housing, and reintegration services for those returning to the community. Te Mātāwai also provides permanent housing and intensive support to people who are chronically homeless.
https://kahuitukaha.co.nz/

Tuilaepa Youth Mentoring Services
Offers individual mentoring for Maori and Pacific boys transition to adulthood support, residential remand home education and pastoral care, in-school group mentoring, and a healthy relationships program. They also have a Polyjammers community basketball program designed to support Maori and Pacific boys in developing life skills through social sport.
http://www.tyms.org.nz/

Te Karanga Trust
A non-profit charity which provide creative group projects, professional development, safe spaces, and mentoring for young people facing adversity. With a team of registered youth workers, they aim to create a more inclusive, resilient, and connected community, promoting cultural identity and engagement with local communities while focusing on the wellbeing of under-resourced youth. Working with all ethnicities but primarily work with Maori and Pacifika.
https://www.tekarangatrust.co.nz/

The South Seas Healthcare
Their Youth Arm, or Bubblegum, is a youth-led initiative that prioritizes the needs and development of Maori and Pacific youth. They offer a safe space, academic and wellbeing support, opportunities, experiences, and programs like school holiday programs, My Story workshop, BTB haircut, and Talanoa Ako. They are currently closed for the year but open to future connections and collaborations.
https://www.southseas.org.nz/youth

Mindfulness

Smiling Mind
A free evidenced based app which is suited for rangatahi which offers guided mindfulness. They have a range of resources for schools and parents.
https://www.smilingmind.com.au/

Sparklers
A program beneficial for both teachers and students, providing strength-based activities aligned with the New Zealand Curriculum and Mental Health Education Guide. It promotes health and wellbeing based on the Te Whare Tapa Whā model, focusing on physical, mental, spiritual, and social wellbeing, and incorporating the Five Ways To Wellbeing.
https://sparklers.org.nz/

Pause Breathe Smile
A New Zealand program that promotes children's mental health skills using the Māori perspective on hauora, Te Whare Tapa Whā. It enhances calmness, focus, self-awareness, relationships, and reduces teacher stress. The program is available for Māori immersion and mainstream settings with training in English and Te Reo Māori following tikanga Māori procedures.
https://pausebreathesmile.nz/

This way up
Learn mindfulness and Cognitive Behavioural Therapy (CBT) strategies for managing symptoms of anxiety and depression with our clinically-proven online treatment program.
Clinician to sign up for a clinician account and can wave the fee.
https://thiswayup.org.au/programs/mindfulness-enhanced-cbt-program/

Music, Art, Creative Supports

Crescendo
Offers free music mentoring programmes for young people (15-24) who may not fit into mainstream education settings. Led by industry professionals, the programmes help develop various music-related skills and teach wellbeing and communication skills. Crescendo also runs school holiday workshops for teenagers, with upcoming details available through their mailing list.
https://www.crescendo.org.nz/

Raukatauri Music Therapy
Raukatauri provides centre and community-based music therapy services in Auckland. They offer individual sessions, mostly one-on-one, with a Registered Music Therapist at a convenient location for the family. Music therapy sessions are not focused on teaching how to play an instrument but rather to assess the needs of the client and develop goals and focus areas for growth and development. Raukatauri also offers group sessions, outreach programs, and holiday programs. They work with community groups or networks of families to design group programming to meet their needs, and deliver music therapy sessions to schools, adult day programs, rehabilitation units, and hospitals.
https://www.rmtc.org.nz/

Te Karanga Trust
A non-profit charity which provide creative group projects, professional development, safe spaces, and mentoring for young people facing adversity. With a team of registered youth workers, they aim to create a more inclusive, resilient, and connected community, promoting cultural identity and engagement with local communities while focusing on the wellbeing of under-resourced youth. Working with all ethnicities but primarily work with Maori and Pacifika.
https://www.tekarangatrust.co.nz/

Music, Art, Creative Supports

Te Oro
A multi-purpose space in Glen Innes, named after a natural tonal reverberation called 'Oro,' providing a platform for young people and the community to showcase and develop their artistic talents, celebrate their cultures, and learn the arts. It offers facilities for music, dance, performance, and visual arts.
https://teoro.org.nz/calendar

Kidz Therapy
Art therapy enhances emotional, cognitive, physical, and spiritual health and provides a safe space for children to express and address a range of challenges. It enables therapists to reach children in ways that talk therapy cannot and helps with self-esteem, social skills, resilience, anxiety, anger issues, autism spectrum disorder, ADHD, developmental, personality, and behavioural disorders.
https://www.kidztherapy.co.nz/art-therapy.html

Creative Collaborative
A group that utilizes participatory arts projects to foster community connections and drive positive change. Their services include Art Psychotherapy, Photography, and opportunities for collaboration and contracting. They partner with youth and professionals in the arts sector to address challenges at the intersection of arts, creativity, health, education, social innovation, and activism.
https://www.creativecollaborative.co/

Māpura Studios
An central Auckland provides inclusive, multi-modal art classes and therapy programs for all ages and needs, including visual arts and creative therapies such as Wellness and Creativity, Māpura Music, and Re-Start Stroke Art Therapy. They are funded by grants and program fees and offer services in a wheelchair-accessible setting at Rocky Nook Bowls in Fowlds Park, St Lukes.
https://www.mapurastudios.org.nz/

Music, Art, Creative Supports

Ngā Rangatahi Toa
A Creative Youth Development organization that uses Te Ao Māori values to offer immersive programs to at-risk rangatahi. Their programs include education, theatre projects, mentoring, and noho wānanga that use creative arts and wellbeing to prepare rangatahi for adulthood and help them connect with their purpose. Their programs foster resilience, positive coping strategies, and creativity in a safe and supportive environment. Their programmes are available for rangatahi depending on where they are living.
https://www.ngarangatahitoa.co.nz/

Te Karanga Trust
A non-profit charity which provide creative group projects, professional development, safe spaces, and mentoring for young people facing adversity. With a team of registered youth workers, they aim to create a more inclusive, resilient, and connected community, promoting cultural identity and engagement with local communities while focusing on the wellbeing of under-resourced youth. Working with all ethnicities but primarily work with Maori and Pacifika.
https://www.tekarangatrust.co.nz/

Ignite
An eight-week programme empowering young people passionate about music and events, with training on event management, event production, and music production. It includes one-on-one mentoring, seminars, workshops, practical experience, and real-world application of skills. The programme culminates in a live show or a produced song.
https://www.bigfan.co.nz/community/ignite

Neurodiversity

Children Autism Foundation
Community programmes which provide workshops and outreach programmes for children with autism. Our mission is to provide direct support to families of children affected by autism, and their communities, by providing them with professional advice and services, to manage the emotional and practical impacts of autism.
https://www.autism.org.nz/

Altogether Autism
The Altogether Autism team have specialist training and knowledge in autism and have reliable and up-to-date sources for information. We can find quality, credible and proven information that will answer the specific questions you have about autism. We are autism specialists. Our research and information team individually research every request for information.
https://www.altogetherautism.org.nz/

Autism NZ
Autism New Zealand is here to provide services and support, education and information on autism for autistic people and family/whānau, caregivers, and professionals who engage with them.
https://autismnz.org.nz/about-us/

aDapt Family Solutions
Mobile family education programmes for ASD, ADHD & OCD Families talked about needing services that were delivered in the family home that were flexible and affordable (free of charge). In addition, after hours services as well as "on the spot problem solving", with a wrap-a-round approach were all part of what families wanted.
https://www.adapt.net.nz/

Neurodiversity

ADHD New Zealand
We connect people and organisations, enabling our members to collaborate on solutions and successfully live with ADHD. Offer a range of resources and different support groups such a basketball club.
https://www.adhd.org.nz/

Rainbow House
Offers support, counselling, and practical strategies for teenagers and young adults going through challenging times. They also provide support, education, and advocacy for teachers, school support staff, and students, with targeted interventions for classrooms and whole school environments.
https://www.rainbowhouse.co.nz/

CHADD
Provides evidence-based information, support, and advocacy for people affected by ADHD. They offer clear and concise information, factsheets, tools, and online webinars for parents, young people, educators, and professionals.
https://chadd.org/

CDC - ADHD in the classroom
Information and resources to support schools and parents with managing ADHD children. This link provides helpful information which supports in supporting ADHD children to succeed.
https://www.cdc.gov/ncbddd/adhd/school-success.html

Acorn Neurodiversity
A multidisciplinary organization that supports neurodiverse children and young adults in Tāmaki Makaurau through services like speech and language therapy, occupational therapy, behavioral therapy, and psychology. With two centers and 22 professionals, they offer coordinated care to help children reach their full potential. Can be funded through Carer Support.
https://www.acornneurodiversity.co.nz/

Obsessive Compulsive Disorder

OCD NZ/ Fixate
A newly formed group, who aim to provide useful resources and information about OCD, treatment and who to turn to in New Zealand for help.
http://ocd.org.nz

aDapt Family Solutions
Mobile family education programmes for ASD, ADHD & OCD Families talked about needing services that were delivered in the family home that were flexible and affordable (free of charge). In addition, after hours services as well as "on the spot problem solving", with a wrap-a-round approach were all part of what families wanted.
https://www.adapt.net.nz/

Just a thought
Offers a online course to learn practical skills with a CBT approach. A resource is for carers and loved ones of people struggling with Obsessive Compulsive Disorder (OCD). It offers answers to some commonly asked questions and provides ideas for supporting yourself and your loved one through their journey with OCD.
https://www.justathought.co.nz/

This way up
Learn practical strategies for managing obsessive thoughts and compulsive urges with our clinically-proven online program for Obsessive Compulsive Disorder. 6-lesson program is based on an effective psychological treatment for obsessions and compulsions called Cognitive Behavioural Therapy (or CBT). Clinician to sign up for a clinician account and can wave the fee.
https://thiswayup.org.au/programs/ocd-program/

Online Courses

Just a thought
Offers a range of different online courses which are interactive for rangatahi. Providing psychoeducation and practical skills to manage.
https://www.justathought.co.nz/

This way up
Offers a range of different online interactive courses which rangatahi engage well with. Clinicians to sign up and are able to wave the fee.
https://thiswayup.org.au/programs

Melon
Melon has a range of different programs which are free on a range of different topics. Melon is an app to help you improve your emotional wellbeing - your taha hinengaro. Learn how to take control of your emotions, thoughts and feelings and let go of stress, anxiety and unhelpful thinking.
https://www.melonhealth.com/

Action for Happiness
Has a range of online resources. Their 10 days for happiness programme is an awesome and interactive way for rangatahi to learn valuable tools to manage their mental health.
https://10daysofhappiness.org/

Changing Minds - Whakatau Mai
A program, supported by the New Zealand Ministry of Health, offers The Wellbeing Sessions, providing a secure and inclusive virtual environment for people across New Zealand to connect, share, and learn from others. Experienced facilitators with lived experiences lead these sessions that help people work through tough times.
https://www.wellbeingsessions.nz/

Pasifika Supports

Affirming Works
Supports the Pasifika community in Auckland, through a combination of mentoring services, programmes and social enterprise. Our mission is to equip through innovative mentoring and education, developing influential leaders who will contribute positively towards their families and communities.
https://affirmingworks.org.nz

Vaka Tautua
This organization provides services to support Pacific communities in Aotearoa. These services include social services for families, support for older Pacific people, mental health services, disability empowerment, and financial capability building. They also offer a National Pacific Helpline for confidential support and guidance. Visit their website to learn more about each service.
https://www.vakatautua.co.nz/

Fonua Ola
Offers a range of services to support the Pasifika community, including financial mentoring, community connections, counseling, mental health and addiction support, parenting programs, social work, Whanau Ora, and youth support. Each service is designed to provide culturally appropriate and targeted support to empower individuals and families to achieve their goals and aspirations.
https://www.fonuaola.org.nz/

Tuilaepa Youth Mentoring Services
Offers individual mentoring for Maori and Pacific boys transition to adulthood support, residential remand home education and pastoral care, in-school group mentoring, and a healthy relationships program. They also have a Polyjammers community basketball program designed to support Maori and Pacific boys in developing life skills through social sport.
http://www.tyms.org.nz/

Pasifika Supports

Village Colelctive
The purpose of the organization is to equip Pasifika youth with knowledge and resources for better-informed decisions about sexual health and well-being. It operates through Talavou Fale, Rainbow Fale, and Community Fale initiatives that provide access to information and support for Pasifika and Pasifika Rainbow young people.
https://www.villagecollective.org.nz/home1

Vaka Pasifika
A family-centered service offering parenting support, non-violence programs, and cultural support to empower Pacific families to make their own choices. Their youth services include mentoring for peer pressure, identity, and self-esteem, along with Young Champions group program for positive life outcomes. The organization aims to strengthen families and promote the healthy development of children.
https://www.vakapasifika.org.nz/

Le Va
Provides Pasifika youth with resources to support their mental health and wellbeing, including educational tools, workshops, and programs such as Niu Wave, Atu-Mai, Aunty Dee, and Futures that Work Scholarships. These resources aim to improve mental health and strengthen cultural identity while promoting respectful relationships.
https://www.leva.co.nz/

The South Seas Healthcare
Their Youth Arm, Bubblegum, is a youth-led initiative providing a safe space for Maori and Pacific youth. They prioritize the needs and development of young people by offering opportunities, academic and wellbeing support, and experiences. They also offer school holiday programs, My Story workshop, BTB haircut, and Talanoa Ako throughout the year. Although they are currently closed for the year, they are open to connecting and collaborating in the future.
https://www.southseas.org.nz/youth

Parenting Supports

F'INE Pasifika
A charitable trust that delivers Whānau Ora navigational services for Pasifika MVPFAFF+ / LGBTQI+ people and their families in Auckland, with a goal to assist rural communities lacking services. F'INE serves a diverse range of people with various gender identities and sexual orientations.
https://finepasifika.org.nz/

Triple P
A scientifically proven international parenting program that has already helped over four million children and their families in over 25 countries. It aims to raise happy, confident kids, manage misbehaviour, set rules and routines, encourage positive behaviour, help parents take care of themselves, and feel confident in their parenting. Triple P offers a range of options in New Zealand, including one-to-one sessions, group sessions, online courses, and more. It's like a toolbox of ideas where parents can choose the strategies that work best for them
https://www.triplep-parenting.net.nz/nz-uken/triple-p/

Kia Puawai
Provides culturally informed services to support youth, whānau, and communities in Auckland. These services include Positive Parenting Programme, Cognitive Behavioural Therapy, and various therapy programs for youth and families. They also offer out-of-home care services and referrals through Oranga Tamariki or Kari Centre.
https://www.kiapuawai.nz/

Parenting Place
A charity that provides tools and skills to help New Zealand parents comfortably navigate the challenges of raising caring and fun human beings. They offer age-and-stage-based Toolbox courses and Building Awesome Whānau, which draws on the wisdom of mātauranga Māori.
https://parentingplace.nz/

Private Therapy

Therapy Space
The approach of the therapist is client-centred, non-judgmental, and guided by principles of confidentiality, respect, collaboration, and evidence-based practice. You can view the profiles of their clinicians to find a good match for your needs, and contact them by email or phone to see their availability and establish a comfortable working relationship.
https://www.therapyspace.co.nz/

Practice 92
Specializes in treating mental health conditions such as anxiety, depression, and trauma-related disorders. They offer therapy for couples and families, as well as medico-legal report writing and other mental health services. New patients require a GP referral
https://www.healthpoint.co.nz/private/mental-health-specialty/practice-92-limited/

Totally Psyched
Clinical psychologists and child & adolescent psychiatrists provide professional support and therapies to address psychological challenges, with a comprehensive discussion during the first appointment and psychometric assessments used to provide additional information. A therapy plan is then discussed and agreed upon, with referrals made for services like individual and family therapy, medication consultation, educational and academic assessment, and more.
https://www.psyched.org.nz/

Kidz Therapy
The team of therapists provides assessment and support for children, young people, and their families, using evidence-based techniques for mental health issues. They offer parent sessions, child-only sessions, and family sessions to ensure holistic care. Their areas of expertise include anxiety, depression, challenging behaviour, neurodiversity, trauma, grief, and building resilience, among others.
https://www.kidztherapy.co.nz/child-teenager-parent--family-therapy.html

Private Therapy

Robert Street Clinic
Offers private psychotherapy, psychology, psychiatry, and relationship counselling services. Their team of experienced clinicians and psychologists provide individual and child therapy, family therapy, relationship counselling, addictions treatment, and Dialectical Behaviour Therapy (DBT). They also provide ACC Sensitive Claims Counselling and have extensive experience in public mental health and addictions services.
https://robertstclinic.co.nz/

Anxiety NZ
Offer a range of services including therapeutic interventions using a range of modalities. They offer psychiatric assessment with a doctor and medication monitoring. For 1:1 services they ask for a referral from a GP, counsellor or other heath professional (and under special circumstances a self-referral). They work by developing a treatment plan following a 'needs assessment' session based on client goals.
09 846 9776
https://anxiety.org.nz/

Nurture Psychology
Offers treatment for a range of eating disorders, including anorexia nervosa, bulimia nervosa, binge-eating disorder, purging disorder, and avoidant/restrictive food intake disorder (ARFID). They focus on early intervention for those with early signs of an eating disorder and also provide treatment for anxiety and mood concerns, either as standalone treatment or alongside eating disorder treatment. Their psychologists are skilled in treating anxiety disorders, depression, PTSD, and family/parenting difficulties. They offer low-cost treatment packages for those with non-underweight eating disorders and tailor psychological work to each client's unique situation and goals.
https://www.nurturepsychology.co.nz/

Rainbow Supports

OutLine
An all-ages rainbow mental health organization offering free and confidential support to the LGBTQ+ community and those questioning. They offer a nationwide 0800 support line, specialist rainbow counselling, and a trans and non-binary peer support service. Their support line is answered by trained LGBTQ+ volunteers and provides call-backs for missed calls.
https://outline.org.nz/

Rainbow Youth
Provides strengths-based peer support, including face-to-face support in certain regions and youth-led social groups that are inclusive of all identities. They offer resources for rainbow rights, intersex identities, whānau support for takatāpui youth, and mental health support for the rainbow community.
https://ry.org.nz/

Inside Out
The organization works to create safer schools and communities for rainbow young people through resources, education, and relevant tools. They offer support and resources online for young people with diverse genders or sexual identities, as well as for those supporting them. Some of the resources include professional development, practical guides, hui, and posters.
https://insideout.org.nz/

NZ Parents and Guardians of Transgender and Gender Diverse Children
A parent-led group offers information, guidance, and advice to help families navigate their journey with transgender and gender non-conforming children. Web resources include articles, research papers, and media from New Zealand and abroad. Books for parents, children, and teens are also recommended, covering gender identity, support, and understanding.
https://transgenderchildren.nz/

Rainbow Supports

F'INE Pasifika
A charitable trust that delivers Whānau Ora navigational services for Pasifika MVPFAFF+ / LGBTQI+ people and their families in Auckland, with a goal to assist rural communities lacking services. F'INE serves a diverse range of people with various gender identities and sexual orientations.
https://finepasifika.org.nz/

Adhikaar Aotearoa
Offer support programme provides a safe and encouraging space for LGBTQIA+ people of colour, especially South Asians, to explore their potential and challenge discrimination. The programme includes community building exercises, events, resource sharing, referral services, and collaborations with other organizations. The aim is to create an inclusive Aotearoa where everyone can be themselves without fear or stigma.
https://www.adhikaaraotearoa.co.nz/

Auckland Pride
An annual festival that celebrates Takatāpui and Rainbow Communities through various events, including the Pride March & Party and community-produced events. It also offers year-round initiatives like an artist-in-residency program, The Queer Agenda, and Matariki events. Auckland Pride's mission is to empower, celebrate, and serve Tāmaki Makaurau's Takatāpui and Rainbow Communities through creativity, advocacy, and events.
https://aucklandpride.org.nz/

Village Collective - Rainbow Fale
A Pasifika organization that supports Pasifika rainbow youth, providing safe environments, diversity groups, and leadership and mentoring programs. They empower Pasifika rainbow youth through an annual event called LANU, encouraging them to achieve their goals, speak out against stigma and discrimination, and advocate for their rights.
https://www.villagecollective.org.nz/rainbow-fale

Risk Management/ Safety Planning

Zero Suicide
Provides a searchable collection of resources, including readings, tools, videos, and webinars to help people understand and implement Zero Suicide. The institute is supported by Education Development Centre, the Suicide Prevention Resource Centre, and the National Action Alliance for Suicide Prevention.
https://zerosuicide.edc.org/

Beyond Now
A suicide safety planning app that offers 7 personalized steps to follow if you start to feel suicidal. These steps include recognizing warning signs, making surroundings safe, finding reasons to live, connecting with people, seeking professional help, and more. Research indicates that using a safety plan can make suicidal thoughts less severe and easier to cope with. The Beyond Now app allows individuals to develop a safety plan on their own.
https://www.beyondblue.org.au/mental-health/suicide-prevention

Orygen
Offers various resources such as clinical practice points, fact sheets, and guidelines. They also provide webinars on topics like understanding self-harm in a school setting, managing complex self-harm in young people, and preventing suicide in young people. #chatsafe is an internationally recognized project that offers evidence-based guidelines on how young people can communicate safely online about suicide.
https://www.orygen.org.au/Training/Resources

The Mental Health Foundation
Provides a personal safety plan to help individuals keep a record of things they can do and people they can contact when feeling really bad to ensure their safety.
https://mentalhealth.org.nz/resources/resource/personal-safety-plan

Risk Management/ Safety Planning

The Village App
A clinically researched and evidence-based app designed to support young people's mental wellbeing. Co-created with rangatahi and whānau, the app allows young users to connect with trusted friends and family, called buddies, and share their feelings. The app is based on principles of whānau-ora, e-health, peer support, and self-help, providing a safe and guided space for processing emotions. It works alongside counselling or therapy for added support. Download app on app store.
www.villageapp.kiwi

Child Mind Institute
This article by Caroline Miller, with input from clinical expert Joanna Stern, PsyD, discusses how safety plans can help reduce suicide risk in children and teenagers. The article covers topics such as when a safety plan should be made, how they are developed, what to include in a plan, how to handle emergencies, and the role of parents in the process. It emphasizes the importance of addressing distressing emotions and regularly checking in on the plan.
https://childmind.org/article/what-is-a-safety-plan/

Students Against Depression
Take Action against Depression and Anxiety with self-help resources that offer a personalized step-by-step pathway to overcome depression. Modules cover topics such as making a safety plan, building a support network, healthier daily routines, and changing thinking patterns. Each module can be downloaded separately or together in one document. Seeking professional support is advised.
https://www.studentsagainstdepression.org/self-help/

Sexual Abuse

HELP
Crisis support: 24/7 helpline 0800 623 1700; police and medical call-out service (accompany survivors through police and medical procedures to provide support and advocacy); face-to-face interim support (up to three sessions to assess needs and provide support); referrals to other services. Provider of ACC Therapy: (must be eligible for ACC – then will be free). Justice Services: assistance through the court process, including assistance during the waiting time prior; restorative justice programme 'Project Restore'
https://helpauckland.org.nz/

Tu Wahine Trust
Offers free Kaupapa Māori counselling, therapy, and support to survivors of sexual harm and violence within whānau in West Auckland. Their services are available for all ages and whānau, provided in a safe space informed by a Māori world view and applied in a contemporary context. They offer education, awareness, and primary prevention to support victims/survivors and their whānau to live a life free from harm.
https://www.healthpoint.co.nz/community-health-and-social-services/sexual-harm/tu-wahine-trust/

ACC Sensitive Claims
If you've experienced sexual violence, New Zealand's ISSC offers fully-funded counselling and therapy services through local providers. ISSC provides support to anyone in New Zealand, including visitors, and may also help New Zealand residents who have experienced sexual violence while traveling overseas. If you're having trouble finding a therapist, contact their sensitive claims team for assistance.
https://www.acc.co.nz/im-injured/types-of-ongoing-support/counselling-therapy/
Find ACC Accredited therapists through
https://www.findsupport.co.nz/

Sleep Resources

Just a thought
Offers Managing Insomnia Course online which provides practical skills to help get sleep on track. A range of different resources which can provide helpful psychoeducation on sleep hygiene.
https://www.justathought.co.nz/

Centre for Clinical Interventions
A range of different information sheets for rangatahi and whanau to further understand sleep and insomnia and ways to manage. A range of worksheets which can guide therapeutic interventions or used for home practice.
https://www.cci.health.wa.gov.au/Resources/For-Clinicians

Melon
An emotional wellbeing app offering free programs to help manage stress, anxiety and unhelpful thinking. Topics include sleep tips, habits, and yoga, progressive muscle relaxation, and the effects of alcohol and Covid-19 on sleep. The app aims to help users take control of their emotions, thoughts, and feelings.
https://app.melonhealth.com/resources/sleep

This Way Up
The Insomnia Program is a free, story-based online program that teaches Cognitive Behavioural Therapy strategies to manage chronic sleep problems. It includes four lessons and extra resources to improve mental and physical well-being. The program is suitable for those who have difficulty falling or staying asleep and are willing to learn new skills.
https://thiswayup.org.au/programs/insomnia-program/

Small Steps
An interactive website that offers coping strategies and guided practices to enhance mental health, including tools for improving sleep. Users can take a quick quiz to get tips on achieving better sleep.
https://www.smallsteps.org.nz/app/improving-sleep

Social Supports

Salvation Army Community Ministries
Our Community Ministries centres provide individuals and families with food parcels, budgeting advice, life skills and parenting courses, social work, youth development, and transitional housing. Our aim is to give you a helping hand so you are not dependent on government assistance and can gain a greater level of control over your life. We can also connect you to the wider range of Salvation Army social services including help with addictions (including problem gambling), employment training and church groups.
https://www.salvationarmy.org.nz/

Kahui Tu Kaha
This organization provides mental health support, social housing, refugee settlement support, and advocacy services. They offer emergency and transitional housing, youth housing, and reintegration services for those returning to the community. Te Mātāwai also provides permanent housing and intensive support to people who are chronically homeless.
https://kahuitukaha.co.nz/

Lifewise
A New Zealand-based organization providing various support services for families, youth, and individuals, including housing, family services, education, disability support, and mental health and addiction services. The goal is to help people secure stable homes, food, work, and build healthy relationships in families and communities. Lifewise's social enterprises, Merge Community and Merge Cafe, focus on building work around people's skills and creating potential for earning income, fostering hope, wellness, and self-determination among street whānau in Auckland's inner city.

Substance Use

Altered High (Community Alcohol & Drug Services Auckland)
Altered High is CADS youth service for young people aged 13 - 19 and their family/whānau. We are a mobile community service and travel to see young people in an environment most suitable for them such as at school or at work. We see young people with questions or concerns about their alcohol and/or other drug use. Some of our young people may also have mental health and substance use problems.
http://cads.org.nz/services/altered-high-youth/

Alcohol Drug Helpline
The Alcohol Drug Helpline provides friendly, non-judgmental, professional help and advice. If you are concerned about your own drinking or drug taking we can assist with information, insight and support.
https://alcoholdrughelp.org.nz/

Quitline
Our free services are available to all New Zealanders. An advisor will talk you through the three parts of the smoking addiction - chemical, emotional, and habitual. Through Quitline you can order subsidized nicotine patches, gum, or lozenges - $5 for a 4-week supply (with the option of a free repeat). We'll also send you a Quit Pack with resources to support you.
https://quit.org.nz/

Kina Families and Addictions Trust
Kina Families and Addictions Trust. Helping you understand the impact of addiction on your life and the life of your whānau. Kina Trust set up this website to provide a place for you to find the information, support, and advice you need to help you stay sane, and healthy, while dealing with your loved one's alcohol or other drug use.
www.kina.org.nz

Therapy/ Counselling

Youthline
Face-to-face or Skype counselling: initial assessment free; first eight sessions free for under 26 year-olds; over 26 year-olds pay on a sliding scale from $20. Cost depends on therapist charge and whaiora/client circumstances – Youthline will also assist with seeking WINZ assistance where relevant. Family therapy and ACC therapy also available.
09 376 6633 – whaiora/client can call directly.
https://www.youthline.co.nz/

Lifeline
Offer different helplines - Lifeline, Suicide Crisis Line, Warmline, Parent Helpline. Free confidential support, 24/7.
(09) 909 8750
https://www.lifeline.org.nz/

AUT Integrated Health - Psychotherapy
Their advanced students of the Master of Psychotherapy programme provide this service. They are supervised each week by teaching staff from the Department of Psychotherapy. They offer child and adolescent psychotherapy and complete needs assessment, treatment planning, long term/short term psychotherapy. Sessions cost $50.
https://aih.aut.ac.nz/our-services/psychotherapy

Man Alive
Counselling by men for men; also family and couple counselling, Living Without Violence programmes, men's change and support group, youth programmes. Sliding scale for fees starting at $60 per session depending on income. Counselling begins with an assessment session which costs $30 and must be prepaid.
09 835 0509/ 0800 826 367
https://www.manalive.nz/

Therapy/ Counselling

Wingspan
(Formerly Home and Family Counselling)
Wingspan provides counselling services for couples, families and individuals of all ages on a wide range of issues. Sliding scale fees $30-150; clients on a Disability Allowance may be eligible to apply for financial assistance.
09 630 8961
https://wingspan.org.nz/

Fresh Minds
(Formerly Pro-Care)
Family or individual counselling for those meeting eligibility criteria – generally for families experiencing some degree of difficulty/risk, and for children/adolescents or parents of children/adolescents.
Able to be funded through referral from GP.
09 639 2016
https://www.freshminds.co.nz/

Tamaki Health
For people enrolled with Tamaki Health as their PHO, the Wellness Support Team can provide funded psychiatry assessments/medication reviews, therapy packages, brief wellness advisor consults, health coaches and group programmes to help with mental and/or physical health difficulties
https://www.tamakihealth.co.nz/

Glen Innes Family Centre
Counselling for children, adolescents, adults (no family or relationship counselling). Offer social work support, budgeting support, parenting courses, mindfulness and support groups.
Must live in Panmure, Glen Innes, or Point England areas.
09 570 6250
https://www.gifc.co.nz/

Therapy/ Counselling

University of Auckland Psychology Clinic
Free 12-session service for mild-moderate difficulties and low risk. Located at the central city campus (Symonds Street). Intakes for semester one and semester two, with a waiting list. Self-referral or DHB/GP referral. Sessions with Doctoral Clinical Psychology students in training, video recorded and supervised via a two-way mirror.
https://www.auckland.ac.nz/en/on-campus/facilities-and-services/university-of-auckland-clinics/psychology-clinic.html

Hearts & Minds NZ
A community development agency that aims to inspire stronger, healthier communities by providing resources and support that transform lives. They offer free Wellbeing and Resilience groups led by qualified therapists, including managing anxiety, building self-esteem, mindfulness, and managing emotions. They also provide services like Strengthening Families and a Wellbeing Hub in partnership with The Fono Health and Social Services.
https://www.heartsandminds.org.nz/

Presbyterian Support - Family Works
A social services organization that supports children, young people, and families through community outreach, family therapy, parenting education, social work, and family violence prevention. The organization has seven regional branches that provide tailored services to local communities.
https://www.ps.org.nz/family-works-nz/

Friendship House
Offers counselling services for individuals, couples, and youth, specializing in various approaches such as CBT, PCT, and narrative therapy. We address a range of issues, including confidence, relationships, parenting, and behavioural issues. We also provide unique therapies such as music therapy, psycho-sensory therapy, and dream work therapy for those over 10 years old.
https://www.friendshiphouse.org.nz/

Trainings/ Seminars

Te Pou

A New Zealand-based centre that collaborates with organizations to improve the lives of people with mental health needs. It provides resources, training, and information to the workforce serving this population using Māori worldviews and perspectives to achieve equitable health outcomes for Māori. The centre prioritizes diversity, equity, and inclusion and involves people with lived experience in project co-design.
https://www.tepou.co.nz/

Wharaurau

The Centre for Infant, Child and Adolescent Mental Health, has launched Youth-aimed Brief Advice Cards providing information on drugs, mental health, and resources for families affected by addiction. The cards also offer tips for dealing with drug and alcohol problems and provide support for practitioners to give identity-affirming and safe care, including those from the rainbow community.
https://wharaurau.org.nz/

Goodspace

Webinars and resources are available on various topics, including addressing student attendance and engagement, assessment and planning, disordered eating, future-proofing study, good space schools and the Ministry of Education, mental wellbeing impacts of flooding, neurodiverse students, online safety issues, policies and procedures, sleep, stress and anxiety, student wellbeing and academic outcomes, and substance use.
https://www.goodspaceschools.com/resources

The Child Mind Institute

They offer evidence-based care, educational resources, and training for educators in underserved communities. Through their mental health videos, they provide expert advice on various topics, including anxiety, behaviour, parenting, and learning disabilities. They offer a wide range of treatment options for mental health and learning disorders.
https://childmind.org/

Trainings/ Seminars

Compass Seminars
New Zealand's leading provider of professional development training for individuals who work with children, young people, and families. They offer a range of training events and professional resources on topics such as attachment and maltreatment, brain-based interventions, and trauma-informed education. They also provide training on working with ADHD and anxiety in children and teens. With more training available in more cities than any other provider in the industry, Compass Seminars is a valuable resource for professionals seeking to enhance their knowledge and skills. Sign up on their website to receive notifications.
https://www.compass.ac.nz/

Orygen
Offers various resources such as clinical practice points, fact sheets, and guidelines. They also provide webinars on topics like understanding self-harm in a school setting, managing complex self-harm in young people, and preventing suicide in young people. #chatsafe is an internationally recognized project that offers evidence-based guidelines on how young people can communicate safely online about suicide.
https://www.orygen.org.au/Training/Resources

Future Learn
Offers online courses related to Youth Mental Health, covering topics like anxiety, depression, mindfulness, and sports psychology. The courses are designed to help individuals understand and address mental health issues that affect young people. In addition, microcredentials are available for those looking to upskill in this field. These include courses like Supporting Young People's Mental Wellbeing, Embedding Mental Health in the Curriculum, and Trauma-Aware Education.
https://www.futurelearn.com/subjects/psychology-and-mental-health-courses/youth-mental-health

Tuning Into Kids

Where: Kari Centre

Duration: 2 hours
8 sessions / 8 weeks

Please ask a clinician if you are interested for more information

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular, the program teaches parenting skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting and supportive way. This approach helps the child to understand and manage their emotions.



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Hapai i te Pai

Age: 13 -18

Duration: 1.5 hours
6 sessions / 6 weeks

Where: Kari Centre

Please ask a clinician if you are interested for more information

Discover the power of resilience with our Distress Tolerance Skills Group. Designed to equip you with essential tools for navigating tough emotions and challenging situations, this group empowers you to stay calm and focused in the heat of the moment. Learn techniques to manage stress, regulate emotions, and create space for effective problem-solving.



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Cool Connections

Age: 9 - 11

Duration: 1.5 hours
7 sessions / 7 weeks

Where: Kari Centre

Please ask a clinician if you are interested for more information

Cool Connections is a group for understanding and managing big emotions. Through interactive sessions, your child will learn to identify feelings, navigate highs and lows, and build resilience. Join us for a transformative journey toward emotional well-being and self-assurance.



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Kia Toa Tamariki

Age: 12-13

Duration: 1.5 hours
9 sessions / 9 weeks

Where: Kari Centre

Please ask a clinician if you are interested for more information

Kia Toa Tamariki is a CBT (cognitive behavioral therapy) group adapted from our Kia Toa program for our younger Tamariki experiencing low mood and/or high anxiety. The aim of the group is to better understand the connection between our thoughts, feelings and behaviors to better implement strategies to manage these.



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Kia Toa Rangatahi

Age: 13-18

Duration: 1.5 hours
10 sessions / 10 weeks

Where: Kari Centre

Please ask a clinician if you are interested for more information

Kia Toa is a CBT (cognitive behavioral therapy) group for young people with low mood and/or high anxiety. The goal is to support young people with better understanding the link between their thoughts, emotions and behaviours. They will learn skills to better manage, and build resilience.



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Speak Up

Age: 13-18

Duration: 1.5 hours
10 sessions / 10 weeks

Where: Kari Centre

Please ask a clinician if you are interested for more information

This interactive group that empowers young individuals to thrive in social settings! Our goal is to equip young people with essential skills that will transform their daily interactions, empowering them to communicate effectively and authentically.

Whether you're grappling with social anxiety, facing communication hurdles, or simply seeking to cultivate greater confidence and initiative in social situations, this group is the perfect platform for your growth.

Join "Speak Up" today and unleash your true potential, unlocking a world of opportunities where your voice shines bright!



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Tuning Into Teens

Where: Kari Centre

Duration: 2 hours
8 sessions / 8 weeks

Please ask a clinician if you are interested for more information

Teaches parents and carers skills in emotion coaching – which is a way of responding to emotions that can help young people to understand, regulate and work through their emotions so that they manage their behaviour better. The programme teaches parents to notice their young person's emotions, especially before they become overwhelming for the young person. Tuning into teens focuses specifically on the developmental needs of teenagers, integrating a greater focus on acceptance/empathy and helping parents and carers to manage their own responses when adolescents reject or push them away as the young person seeks greater autonomy.



Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Menatlisation - Based Threapy

An education and process group for parents, step-parents and caregivers of young people attending Kari Centre

Aim is to assist caregivers in developing a greater ability to understand the thoughts, feelings and intentions of the young person in their family.

This group is based on Mentalisation Based Treatment (MBT) - a therapy which has been developed in the UK over the last 25 years at the Anna Freud Centre.

Can help with clients aged 13-18 years who may struggle with low mood, anxiety, self-0harm, suicidal thinking, difficulty managing relationships, low self esteem, emotional dysregulation. Many parents wonder what has gone wrong between them and their teen. This group can help with exactly that - Helping with tools to make sense of those tricky situations between a creagiver and their teenager.

Where: Kari Centre

Duration: 1.5 hours
12 sessions / 12 weeks

Each session spends part of the time focusing on learning the skill of mentalising and part of the time exploring and applying these skills with their young person

Please ask a clinician if you are interested for more information

