Marinoto Resource Book

June 2024

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora

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Welcome!

A Resource Book to Support Rangatahi and Whānau.

At Marinoto, we deeply appreciate the efforts of primary health services and schools and their contributions to our community. We all share a common goal of supporting our rangatahi and whānau. Despite the existing gaps in the system, there are numerous incredible resources available.

Marinoto Primary Care Liaison has created a resource book that we hope will serve as a guide for primary health services and schools, to aid you in supporting our rangatahi and whānau. This booklet provides a list of available community services, private supports, therapeutic tools, apps and websites that will benefit children and adolescents.

Contact Information:

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

Marinoto North

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

0800 489 555 or 09 489 0555

marinotonorthreferrals@waitematadhb.govt.nz

124A Shakespeare Rd, Takapuna

1B Nile Rd, Takapuna

12 Tamariki Ave, Orewa

Marinoto West

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

09 822 8666 or 0800 228 666 I Child team – 09 837 6624

marinotowest@waitematadhb.govt.nz

33-37 Paramount Drive, Henderson

Waitakere Hospital, Child Health Unit, 55-57 Lincoln Rd, Henderson

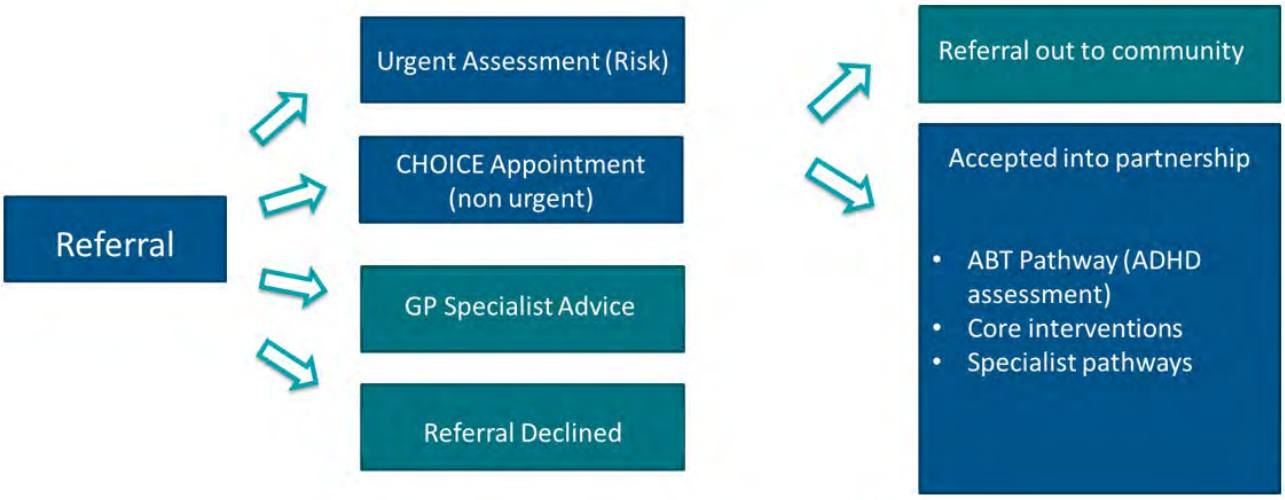
Marinoto Acute Focus Teams

For any acute concerns or queries, please call reception and ask for AFT (Duty)

After Hours Crisis

If there are any concerns outside of Monday - Friday 8am-4:30pm please contact North Acute Team on 0800 647 000, West Acute Team on 0800 133 131, or Rodney Acute Team on (09) 427 0360

Marinoto Referral Pathway:



Referrals:

Based on service specifications for CAMHS secondary mental health services

Ages 4-18 (18 and still at high school)

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

- Anxiety disorders
- Disruptive behaviour disorders in children – 12 years and below
- Suicidal/self-harm ideation and/or attempt
- Psychosis NB: This refers to the initial appointment only (CHOICE or Urgent) any treatment is via Early Psychosis Intervention
- Depressed mood
- Elevated or mixed mood states
- OCD
- Mild to moderate eating disorders

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/whānau

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
- ARFID (avoidant restrictive food intake disorder)

If the young person is under 15yrs and the question is whether they are on the Autism Spectrum and there are no Mental Health co morbidities the family should be referred to general paediatric service via GP. There is also a paediatric pathway for ADHD but this is usually utilized by young people with co-morbid complex medical conditions.

Within Child, Youth and Family Mental Health services we have specialized teams for Infant and Maternal clients.

Under 4 years old

The Child, Youth and Family Mental Health service has an infant mental health team (Matua Tuhononga) who see infants and toddlers with difficulties that are significant and outside of what would be expected at their age and development for example anxiety, feeding, sleeping and/or behaviour. Referrals can be made to this service when the child's primary caregiver is experiencing significant difficulty in their relationship with their child. Please refer on Marinoto referral form for now.

Referral Processes:

Marinoto 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 or a paper form completed and emailed to Marinoto. As Marinoto works with the young person and their family system, we appreciate parental/caregiver consent for referrals. Whilst families are welcome to make phone enquiries, it will be encouraged that referrals are made by GP or other health professional. Referrals cannot be accepted directly from family members.

After a referral is received, a decision is made by the triage team whether Marinoto 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 Waitematā, among other factors. Sometimes this decision can be made over the phone in consult with referrer and/or the family. Other times clients will be offered a Choice appointment being directly with Marinoto or via the Youth Health Hub pathway to determine their goals.

If Marinoto is determined not to be the best service at this time, families/professionals are supported to explore potential recommendations in the community.

If a client is determined to meet Marinoto 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, clients are encouraged to engage in our groups beforehand.

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

Tips for writing a referral:

What we look for on a referral:

Symptoms – frequency/intensity/ duration

Impact on functioning.

Whether it is across two domains (home, school, work, friendships)

Academic and social performance

Any current/ historical interventions or supports for the child

Giving examples of how the young person's functioning has decreased in each domain.

Parents have consented and aware of the full information on the referral including safety concerns.

Include both subjective and objective observations of the child (rather than opinion-based)

Structure

Use bullet points.

Put safety concerns first.

If urgent concerns also call Marinoto AFT team (acute focus team)to ensure same day follow up can happen.

Marinoto Referral Form:

Soon to be available via link on Regional Health Pathways, please email crista.yarrell@waitematadhb.govt.nz for referral form in lieu of this.

Anxiety and 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 whānau 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/

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/

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/

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/

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 whānau.

https://www.anxietycanada.com/

Getselfhelp.co.uk

UK website with resources and self-help worksheets from anxiety through a range of mental health challenges. Downloads include quick cards, CBT models, worksheets and formulations and information sheets. Both free and cost options.
http://getselfhelp.co.uk

Websites & Apps:

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/

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, whānau, and teachers to complement the app and aid in teaching mental health and wellbeing.

https://landing.sparx.org.nz/

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/

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/

Asian Support:

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-centered 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

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.

Diversity Counselling

Available online and face to face but based in Waikato. Offers services in Hindi, Bengali, Japanese, Korean, Tamil, Sinhalese, Punjabi, Spanish, Mandarin/Chinese, German, Somali, Amharic, Taiwanese, Arabic, Dari, Farsi, Urdu, Bisaya, Tagalog, French Cantonese and English.

Chinese Disability Support Group

Disability Connect offers cultural special support groups to families with children of special needs as part of the Culturally and Linguistically Diverse Disability Information and Advisory Service (CALD). Offers opportunities to network and participate in groups like floral workshops and information on living in the community. WeChat group.

The Asian Network Incorporated

Founded in 2000 by the Auckland City Council as an Asian Forum to facilitate liaison and build rapport between statutory and non-statutory agencies to raise awareness about the issues affecting Asian people in Auckland
https://www.asiannetwork.org.nz

Asian Health Services (AHS)

Free services for Asian/ethnic people who require language or cultural support to access New Zealand health services and are under the care of specialist mental health and addiction services. Asian Health Line – 0800 88 88 30 (NZ Nationwide). Interpreting services, MH-trained, Youth Mental Health Workshops and psychological support

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.
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/

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. 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

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

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/

NZ Youth Mentoring Network

Online search for mentoring services by region

https://www.youthmentoring.org.nz/

Cultural Support:

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/

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 whānau 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 whānau 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/

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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/

SPELD

For children/adults who have specific difficulties with learning to read/write/maths, not related to intellectual disability. For children age 7 through to adulthood. There is a provision for financial assistance as a subsidy. A cognitive and academic assessment costs approx. $1000 plus SPELD membership. There is a subsidised rate for community service cardholders or low income earners of approx. $400 toward a cognitive and academic assessment and up to $30 off each tutoring session.

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/

Respect

Free (Oranga Tamariki/MOJ)/low cost. 5-8yrs, 9-12yrs, 13+ groups. After school programs for children needing support after being in domestic violence situations. Also work with adults. Based in Takapuna.

https://respect.org.nz

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/

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

Big Brothers Big Sisters of New Zealand

Tamariki 6-12 are matched with an adult volunteer based on personality, shared interests, and geographic location. Once a week for a minimum of a year, the mentor meets with the young person to spend time together. BBBS provides children facing adversity with strong and enduring professionally supported 1:1 relationships.

https://wwwbigbrothersbigsisters.org.nz

Big Buddy

Big Buddy makes a positive difference to boys without a dad in their lives. We match volunteers, good guys from the community, with boys aged between 7 and 14. The Big Buddy relationship offers friendship, support and a good male role model.

https://www.bigbuddy.org.nz

Kindred Familiy Services

Kindred Family Services serve a large and diverse area from Taupaki in the south to Glorit in north and all the communities and townships in between. Providing quality interventions to support, empower and advocate for people so they are able to reach their full potential. Subsidized child counselling, family support, and safe house. Wrap around service. Goes to some schools to counsel children.

Salt Community Trust
Hibiscus Coast region. Food Parcels. Refer via website. Running programmes in Hibiscus Coast primary schools. Behavioural issues known as six session 'Change Up' programme. Developing emotional resilience in six session 'Equip' programme and frameworks that deal with loss and grief in 8 week session 'Seasons' programme.
https://www.salttrust.org.nz

Grandparents raising Grandchildren
Free support and advice. Includes advice/information on financial supports available. Charitable trust founded in 1999. Provides specialist support services to over 6000 full time grandparents and other whanau care. Focused on strengthening and empowering grandparent and whanau to raise resilient and healthy Tamariki and rangatahi
https://www.grg.org.nz

Variety Charity
0-18yrs, children in poverty, health needs (beds, medical, glasses etc.) education (uniforms, school supplies, digital devices) extra-curricular activities (music, sport, therapy)
https://www.variety.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 Support:

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/

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

Te Ha Oranga

Maori services – Ngati Whatua – organization that provides health and wellbeing to everyone within the Ngati Whatua rohe. 80% Maori staff, including youth workers, doctors, nurses and kaimaanaki

https://www.tehaoranga.co.nz

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.
https://thiswayup.org.au/programs/mindfulness-enhanced-cbt-program/

Music, Art and 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 programme helps 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/

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

A 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/

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

Glass Ceiling Arts Collective
A charity which supports 5-21 year olds from marginalized communities, those with disabilities (and without) in the Youth Theatre. Cost is $70 per term
https://www.glassceilingartscollective.com

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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/

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/

Explore

A team of specialists who have been working together with Kiwis since 2004. Explore support people to become more empowered, independent and enjoy better wellbeing. The team is committed to inspiring personal growth, fostering resilience and nurturing positive change. Website features parent training.

https://www.explorewellbeing.org.nz

Spectrum Care Trust – Child & Youth Support

Home support, planned breaks for youth, planned breaks for afterschool, planned breaks for weekends, youth school holiday programmes, transition support – school to work, aspirations support, advocacy support, cultural support, specialist support.

https://www.spectrumcare.org.nz/youth/spectrum-care-youth/

Taikura Trust

Coordinate services for Children and Adults with ASD or intellectual disabilities. A diagnosis and referral are needed. Once referral is accepted support facilitators provide a variety of tailored interventions.

https://www.taikura.org.nz

Koru Specialist Services

Koru services are a multidisciplinary team that adopts a neurodevelopmental approach to assessment and treatment, focusing on function across all brain domains. The Koru team includes psychologists, occupational therapists, speech-language pathologist, audiologist, paediatrician, psychiatrists, and education specialists. Neurodevelopment assessments and services (includes FASD) incur costs.

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 an 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, Whānau 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/

Village Collective

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.

http://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
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/

Incredible Years Parent Programme
A free, international, evidence-based group parenting programme for parents of children aged 3-8. This course is available through providers throughout the country – see list on their website and contact the provider for more details. Including separate training for children ages 2-5 with ASD
https://www.incredibleyears.com

Parent through Separation
A free course for parents and/or guardians to understand and manage the needs of their children after separation. Each parent attends a separate course. Grandparents and other whānau members can also attend
https://barnardos.org.nz/our-work/parenting-through-separation

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

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/

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



Gender Minorities Aotearoa

Gender Minorities Aotearoa is a nationwide transgender organization. It is run by and for transgender people, including binary and non-binary, intersex and irawhiti takaapui. They support transgender people of all ages, cultures and backgrounds and provide 1:1 peer support and information nationwide 10am – 6pm weekdays.

https://genderminorities.com

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

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/

Safe to Talk
If a person who has experienced sexual abuse or assault and is not ready to engage with an ACC therapist yet, or they just want to talk to someone now, they can call Safe to Talk. It's a confidential and free 24/7 helpline https://safetotalk.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 whānau 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.

Barnardos

Free when referred by Family Court and Oranga Tamariki 3 to 17 years old who have witnessed or experienced family violence.

Stand Tu Maia

Stand Tu Maia is a charity providing an intensive wraparound social service response through its Stand For Children service which includes therapeutic care and education in children's villages, to children 5-12yrs and their families. There is a family therapy service for children 0-18yrs (including unborns) and their families. The social service in schools service and a Kidzacool Adventures holiday programme are for children 5-14yrs.

https:///www.standforchildren.org.nz/auckland

StepsForward

Free family support for children up to 12ys. Trauma, temporary home help, financial guidance. Available to people who live in the Hibiscus Coast area except the financial mentor who can work with people from anywhere in New Zealand.

https://stepsforward.co.nz

Auckland Dream Centre

The Auckland Dream Centre serves as a resource centre focused on finding solutions to homelessness, hunger and the lack of education through residential and community outreach programmes and various mentorship programmes within schools and in collaboration with NZ police youth aid referrals.

https://www.dreamcentre.org.nz

Birkdale Beach Haven Community Project

Food parcels and community connections, a community 'house' where people can gather and connect.

https://www.birkddalebeachhaven.org.nz

Good Works Trust

Emergency food parcels – referred to by agencies for wraparound service. Social supermarket. School lunch packs, schools take and parents pick up from school to make their own child's lunch at home. North Shore only.

https://gwt.org.nz

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/

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/

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/

Gumboot Friday
Up to 25 years old (includes primary school) 2 – 4 funded counselling sessions. Search for counsellor by area.
https://www.gumbootfriday.org.nz

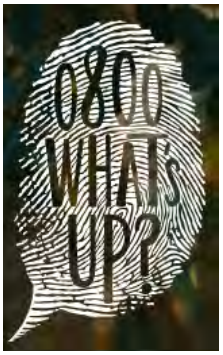
HealthWest
A free health service for young people aged 12-24 years old living in West Auckland, North Shore, and Rodney. There is 1:1 counselling and family support, access to youth workers or group programmes for young people experiencing mild to moderate mental health issues. There are also free general Youth Health Clinics by appointment throughout the week.
https://www.healthwest.co.nz/

Homebuilders Family Services
6-12 year olds free counselling package called Chrysalis Children's Programme in Warkworth office (they also sometimes go into schools). Family support, youth counselling, free courses available in parenting and budgeting. Child minding is provided. They can also support navigating Government agencies
https://www.homebuildersfs.org

Talking Works

Talkingworks is about the people looking for help and the people who can help them. People looking for psychological help have all sorts of backgrounds, cultures and difficulties, and on Talkingworks you can search among our 600 professional counsellors around Aotearoa New Zealand to find one that suits your needs.

https://www.talkingworks.co.nz



What's Up

Every day 5-19yr olds can call 1100-2230 or online chat. They can also email. Tamariki and rangtahi are able to receive ongoing and regular counselling with the same counsellors, which means they don't need to repeat their story over and over again.

https://whatsup.co.nz

Wingspan

Wingspan provides affordable counselling for children, teens, adults and family counselling services. They offer both face-to-face and online counselling sessions. They ask for a voluntary contribution based on the client's household income to help cover the cost of the counselling session.

https://wingspan.org.nz

Need to talk

Offers brief 1:1 counselling support where we focus on one or two key things you need support for. Culturally diverse team however mainly offers support in English but can connect with someone from the language of origin.

https://1737.org.nz

Grief & Loss:

Seasons for Growth

Programmes that are educative in nature, to assist children, young people and adults to process the effects of grief, loss and change and to develop skills that build resilience and wellbeing.

https://www.lifewalk.org.nz/seasons-for-growth

Training:

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/

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