

More support

Mental Health Foundation

www.mentalhealth.org.nz/
09 623 4810

Age concern

www.ageconcern.org.nz
0800 652 105

Paerangi

<https://paerangi.nz/>
0800 100 132

What's Up

<https://whatsup.co.nz/>
0800 942 8787

Ministry of Social Development

<https://msd.govt.nz/>
0800 559 009

Inland Revenue

<https://www.ird.govt.nz/>
0800 257 777

Online services and Self-service number
available 24/7

If you are in immediate danger, please call 111 and ask for the police. If it is unsafe to speak wait for the recorded message and then push 55 on mobile or any number on landline to transfer to police.



NGĀTI WHĀTUA ŌRĀKEI

SUPPORT
SERVICES

We are CLOSED over the Christmas and New Year period, but these support services are available for you to access over this time

Food support

Foodbank NZ

022 045 8184

www.foodbank.co.nz

Auckland City Mission

No walk-ins - Call and book pick up

<https://www.aucklandcitymission.org.nz/get-help/food/>

Kore hiakai

<https://www.zerohunger.org.nz/>

Salvation Army

www.salvationarmy.org.nz

0800 530 000

Crisis support

All helplines are free to call and available for support 24/7

Mental Health Services 24

Crisis Helpline

0800 800 717

Lifeline Helpline

0800 543 354

Women's Refuge

0800 733 843

Safe to talk

Call 0800 044 334

or

Text 4334

Shine

0508 744 633

Are you ok?

0800 456 450

Family support

Parent Help

0800 568 856

Depression Helpline

Call 0800 111 757

or

Text 4202

Anxiety Helpline

0800 269 4389

Elder abuse

0800 326 6865

Alcohol and Drug

0800 787 797

Gambling Helpline

0800 654 655

Youthline

0800 376 633

or

Text 234