

## Children

### Oranga Tamariki

0508 326 459 | [orangatamariki.govt.nz](http://orangatamariki.govt.nz)

### Mana Ake

[manaake.health.nz](http://manaake.health.nz)

### Free Parent Helpline

0800 568 856

[parenthelp.org.nz/helpline](http://parenthelp.org.nz/helpline)

### Home Schooling Advice

04 463 8000 | [education.govt.nz](http://education.govt.nz)

### Plunket Line

0800 933 922 | [plunket.org.nz](http://plunket.org.nz)

### Public Health Nursing Service

03 311 8665

**Youthline** | [youthline.co.nz](http://youthline.co.nz)

Free Text 234 | [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

## Addiction Services

### Problem Gambling Foundation

0800 664 262 | Text 5819 | [Pgf.nz](http://Pgf.nz)

### Salvation Army Oasis Centre for Problem Gambling

0800 53 00 00 | [Oasis.salvationarmy.org.nz](http://Oasis.salvationarmy.org.nz)

### Odyssey House: Alcohol and Drug Support

03 358 2690 | [odysseychch.org.nz](http://odysseychch.org.nz)

### Family Drug Support

0800 337 877 | [fds.org.nz](http://fds.org.nz)

[Connected.govt.nz](http://Connected.govt.nz) | 0800 264 737

Connected is a service to help New Zealanders connect to the wide range of Employment, Education and Training supports and advice available through government agencies.

Last Updated: 16 December 2022

## Hurunui Foodbanks

### Amberley Foodbank

03 314 7464

### Living Waters

03 314 2044 | 027 448 6594 | 027 448 6583

### The Pantry

027 210 2917 | 03 314 8123

## Māori and Pacifica Support Services

### Tuahiwi Marae

03 313 5543 | [ngaitahu.iwi.nz](http://ngaitahu.iwi.nz)

### Takahanga Marae

03 319 6523 | [ngaitahu.iwi.nz](http://ngaitahu.iwi.nz)

### Te Puni Kōkiri

0800 875 839 | [tpk.govt.nz](http://tpk.govt.nz)

### Te Pūtahitanga o Te Waipounamu

0800 187 689 | [teputahitanga.org](http://teputahitanga.org)

### He Waka Tapu

0800 439 252 | [hewakatapu.org.nz](http://hewakatapu.org.nz)

### Purapura Whetu

0800 494 388 | [pw.maori.nz](http://pw.maori.nz)

### Ministry for Pacific People

04 473 4493 | [mpp.govt.nz](http://mpp.govt.nz)

### ETU Pacifica

03 365 1002 | [cdhb.health.nz](http://cdhb.health.nz)

## Contact Us

If you are unsure of who to contact for support, you can touch base with Hurunui District Council for a steer in the right direction

- Amberley: 03 314 8816
- Cheviot Freephone: 03 319 8812
- Amuri & Hanmer Springs Freephone: 03 315 8400



# Seeking Help Shows Strength

*Locals facing tough times are encouraged to make use of the community support that is ready to rally around them.*



## External Agencies

### Who do I talk to?

#### Health Services, Advice and COVID-19

##### Ministry of Health

0800 358 5453 | [health.govt.nz/coronavirus](https://health.govt.nz/coronavirus)

##### Healthline

0800 611 116 | [health.govt.nz](https://health.govt.nz)

##### COVID-19 Website

0800 779 997 | [covid19.govt.nz](https://covid19.govt.nz)

##### Hurunui Medical Centres

Amberley Medical Centre | 03 314 8504

Cheviot Community Health Centre | 03 319 8630

Amuri Health Centre | 03 315 6328

Hanmer Medical Centre | 03 315 7503

Waikari Health Centre | 03 314 4506

#### Mental Health

##### National Counselling Line – ‘Need to talk?’

Call or Txt 1737 | [1737.org.nz](https://1737.org.nz)

##### Canterbury DHB Crisis Team

0800 222 955 | [cdhb.health.nz](https://cdhb.health.nz)

##### Mental Health Foundation [mentalhealth.org.nz](https://mentalhealth.org.nz)

##### Alright? [allright.org.nz](https://allright.org.nz)

##### Sparklers [sparklers.org.nz](https://sparklers.org.nz)

**Lifeline** Free Text 4357 or 0800 543 354

**Samaritans** 0800 726 666

**CAF Rural Team** 03 339 1126

##### ComCare Trust North Canterbury

03 377 7020 | [comcare.org.nz](https://comcare.org.nz)

[enquiries@comcare.org.nz](mailto:enquiries@comcare.org.nz)

#### General Wellbeing

##### Community Wellbeing North Canterbury Trust

Range of wellbeing services including counselling.

All referrals to: [refer@wellbeingnc.org.nz](mailto:refer@wellbeingnc.org.nz)

03 310 6375 | [wellbeingnc.org.nz](https://wellbeingnc.org.nz)

##### Presbyterian Support

0800 477 874 | [psuppersouth.org.nz](https://psuppersouth.org.nz)

#### General Wellbeing continued

##### Age Concern

03 366 0903 | [ageconcerncan.org.nz](https://ageconcerncan.org.nz)

##### Elder Abuse

0800 32 66865

##### Family and Community Services Directory

[familyservices.govt.nz/directory](https://familyservices.govt.nz/directory)

##### The Salvation Army Rangiora Corps

03 313 2370 | [salvationarmy.org.nz](https://salvationarmy.org.nz)

##### Mindfulness North Canterbury

[mindfulnessnc.nz](https://mindfulnessnc.nz)

#### Money Concerns

**Mortgages** - Get in touch with your bank in the first instance.

##### Ministry of Social Development

0800 559 009 | [msd.govt.nz](https://msd.govt.nz)

##### Tenants Protection Association

03 379 2297 | [tpa.org.nz](https://tpa.org.nz)

#### Legal and Budgeting Advice

##### Budgeting Services North Canterbury

03 313 3505 | [bsnc.org.nz](https://bsnc.org.nz)

##### Community Law Canterbury

03 366 6870 | [canlaw.org.nz](https://canlaw.org.nz)

##### Citizens Advice Bureau North Canterbury

03 313 8822 | [cab.org.nz](https://cab.org.nz)

#### Business Support

##### Enterprise North Canterbury

03 327 3135 | [northcanterbury.co.nz](https://northcanterbury.co.nz)

##### Ministry of Social Development

0800 559 009 | [msd.govt.nz](https://msd.govt.nz)

**Business.govt.nz** - makes it easier for small businesses in New Zealand to understand and comply with government, and succeed.

#### Rural Support Trust

0800 787 254 | [rural-support.org.nz](https://rural-support.org.nz)

#### Crime and Family Violence

**NZ Police** | [police.govt.nz](https://police.govt.nz)

Non-urgent issues via 105

In an emergency call 111

**Family Violence** | [police.govt.nz](https://police.govt.nz)

Non-urgent issues via 105

In an emergency call 111

**If you're in DANGER but can't talk:**

**From a cell: CALL 111, STAY silent, AND push 55. Pushing 55 when asked transfers you to the Police.**

**From a landline: CALL 111, STAY silent, when asked push any number. You will be put through to Police.**

#### Aviva Family Violence Services

24-hour free phone

0800 AVIVA NOW | 0800 284 0800

#### Shine Helpline

Shine stands for safer homes in New Zealand every day. 0508 744 633 | [2shine.org.nz](https://2shine.org.nz)

**Using a Shielded Website** - a safe tool for victims of abuse to ask for help, without fear of it showing up in their browser's history or an abusive partner ever seeing it. Look for this icon which can sit on any website. 

