

## Looking after yourself and your whānau

### A guide to what's available in our community

#### Youth

<b>Adventure Development NZ</b> phone 03 470 1691 email: <a href="mailto:otago@adlnz.org.nz">otago@adlnz.org.nz</a>	Helping young people & whanau who are dealing with alcohol & drug issues and/or mental health difficulties
<b>Otago Youth Wellness Trust</b> 20 Parry Street West Dunedin Central 03 474 9547	OYWT provides a wraparound service for young people (aged 11-18), who need support for issues affecting their well-being. These can include health, education, welfare and justice
<b>Y.E.S</b> 123 Vogel Street 03 4773473 <a href="mailto:dunedin@youthemployer.nz">dunedin@youthemployer.nz</a>	Youth Employment Success is an online platform with certified kaiwhakawhiwhi mahi/employers from a variety of industries offering free employment-based opportunities to 16-24-year-olds
<b>Mirror Counselling Service</b> <a href="mailto:reception@mirrorservices.org.nz">reception@mirrorservices.org.nz</a> 7th & 8th Floor, Evan Parry House, 43 Princess St Phone: 03 479 2970	Counselling for children and young people with whānau support  Mirror Youth day programme is a day programme for young people between the ages of 13 and 18 years old who have significant drug and alcohol issues. It runs for the length of the school term, and is based in Waitati just north of Dunedin.  The Mirror HQ Youth Addiction Service Whakaata Tohu Tohu provides alcohol and other drug services for young people aged between 12 and 22 years of age.
<b>Oranga Tamariki</b> 0508 326 459	If you are worried about a child or if you think a child or young person may be unsafe or in danger of harm, suffering from ill-treatment, abuse or neglect, you're not sure if you should be concerned, and want advice, or just to talk things through.
<b>Youth Service</b> Email: <a href="mailto:info.dn@comcol.ac.nz">info.dn@comcol.ac.nz</a> Phone: (0800) 887 005 or (03) 477 7790 Website: <a href="https://www.comcol.ac.nz/youth-service-ratonga-taiohi.html">https://www.comcol.ac.nz/youth-service-ratonga-taiohi.html</a> , Address: 23 Dowling Street, Dunedin	Supporting taiohi into education, training and work-based learning. Youth coaches provide intensive, tailored support to identify goals and find the best path. Also parenting advice, housing, wellbeing and help with living costs

#### Community Services

<b>APM</b> 333 Princes Street 0800 877 342	Injury, rehabilitation and employment services
<b>Presbyterian Support</b> 407 Moray Place 03 477 7115	A wide range of community welfare matters including advocacy, budgeting, counselling and social work, family dispute resolution, volunteers, welfare and foodbank. Support for families in need and programmes for young adults and children
<b>Salvation Army</b> 0800 530 000	Accommodation for low income elderly, alcohol and drug support, family store, gambling support, welfare (including food parcels)
<b>Catholic Social Services</b> 42 Macandrew Road P O Box 204703 455 3838 Mon-Thur 9-5pm	Counselling, social work support and parenting assistance to individuals and families
<b>Methodist Mission Southern</b> 44 Teviot Street, South Dunedin 03 466 4600 <a href="mailto:admin@mmsouth.org.nz">admin@mmsouth.org.nz</a>	Community and Social Services, Youth Transition House
<b>Foodbanks</b>	Presbyterian Support 407 Moray Place M to F 8.30am to 5.00pm Salvation Army 160 Crawford Street M,W,F 10am – 3pm Vinnies George Street M to F 11am to 2pm Mosgiel 2 Wickliffe St, Mosgiel Mo – F 10am to 11.45am

<b>Corstorphine Community Hub</b> Middleton Road Mon, Tues, Thurs 9-3pm	Where whanau can access a broad range of free health and social services, attend workshops and classes, collect free food or just come along to meet people and enjoy the company of others.
<b>Volunteer South</b> 283-301 Moray Place 03 471 6206 <a href="mailto:office@volunteersouth.org.nz">office@volunteersouth.org.nz</a>	Volunteer opportunities and support for members of the community from all walks of life
<b>Mental health and wellbeing</b>	
<b>Otago Mental Health Trust</b> 301 Moray Place 0800 364 462 <a href="mailto:info@omhst.org.nz">info@omhst.org.nz</a>	Peer support, advocacy & information for people affected by mental distress Free, confidential, no referral required
<b>GROW</b> 03 477 2871 <a href="mailto:2growdunedin@gmail.com">2growdunedin@gmail.com</a>	A community service for mental health and personal development Depression help, on line and group therapy, 12 step programme
<b>Emergency Psychiatric Services (EPS)</b> Dunedin Hospital, 201 King Street 0800 467 846	The Emergency Psychiatric Service is 24 hours a day, 7 days a week mobile service providing urgent assessment and intervention in times of mental health crisis for all people of all ages.
<b>Otago Mental Health Trust</b> 0800 364 462 For 24 hour support if you are feeling distressed, phone or text 1737 toll-free for the mental health helpline which is staffed by trained counsellors. In an emergency always phone 111. <a href="mailto:info@omhst.org.nz">info@omhst.org.nz</a>	Peer support, advocacy & information for people affected by mental distress, whatever the cause. Free, confidential, independent and needs no referral.
<b>Artsenta</b> 462 Princes Street Mon-Thurs 9-4.30pm 03 477 9566	Artsenta is an award-winning art studio for people who use mental health services and are interested in being creative. They provide materials and equipment for a range of creative activities. If you are interested in being creative, are over 17 years old, and are seeing someone for a mental health or addiction issue, you are eligible to access Artsenta. There is no charge to come to Artsenta
<b>Advice</b>	
<b>Dunedin Community Law Centre</b> Floor 1 69 Princes Street 03 474 1922 <a href="http://www.communitylawotago.com">www.communitylawotago.com</a>	Free legal information, representation and education, employment issues, police powers, wills, tenancy, consumer rights, human rights and privacy
<b>Citizens Advice Bureau</b> 155 Princes Street 03 474 6166 <a href="mailto:dunedin@cab.org.nz">dunedin@cab.org.nz</a>	Confidential advice on matters such as how to access free medical care, finding a Justice of the Peace, finding the location of emergency accommodation and concerns over consumer matters
<b>Dunedin Budget Advisory Service</b> 283/301 Moray Place 03 471 6158 8.30 – 5.00pm M-F	A free confidential service that can help you manage your household income and expenditure. Salary/wage or work and income or student allowance or other incomes all welcome
<b>Supergrans</b> Phone: 03 455 0981 Email: <a href="mailto:supergrans.dunedin@xtra.co.nz">supergrans.dunedin@xtra.co.nz</a> Address: Shop 2b / 2c South City Mall, 132 Hillside Road, South Dunedin, Dunedin 9012	SuperGrans is a free, holistic, mentoring support service for individuals, families and whanau. Learn how to cook, bake, crafts, gardening and gift making. Also practical life skills and health and wellbeing advice
<b>Alcohol and Drug Services</b>	
<b>The Southern DHB Alcohol and Drug Services</b> 03 476 9760  <b>Youth Specialty Service Dunedin</b> 8 Moray Place, Level 3 Savoy Building Dunedin Phone: (03) 474 5601 or 0800 44 33 66	Addiction assessment and treatment, Opioid substitution treatment Youth Specialty Service A Youth Alcohol and Other Drug Counsellor works out of the Youth Specialist Service team and offers an outpatient clinic for young people aged 14 - 18 years and their families providing assessment, education and individually designed treatment packages.

<b>NZ Drug Detection Agency</b> 145 Main Road South, Green Island 03 488 0097	Workplace drug education and testing
<b>Literacy Help</b>	
<b>Literacy Aotearoa</b> 03 477 2055 or 022 525 1665	Literacy Aotearoa delivers accessible, quality literacy services
<b>Dental</b>	
<b>Otago Dental School</b> <a href="mailto:dental.clinicaladministration@otago.ac.nz">dental.clinicaladministration@otago.ac.nz</a> 03 4798889	Subsidised dental care for the community
<b>Housing</b>	
<b>Emergency Housing</b> 0800 559 009	If you have nowhere to stay right now, MSD may be able to help you find somewhere until you can get something longer-term.
<b>Employment</b>	
<b>Workbridge</b> <a href="mailto:info@workbridge.co.nz">info@workbridge.co.nz</a> 0508 858 858	An employment service for disabled people or those with an injury or health condition.
<b>Skillsec</b> 14 Bridgman Street 03 455 2727 <a href="http://www.skillsec.co.nz">www.skillsec.co.nz</a>	We walk alongside you and together we design a programme that meets your employment or full-time study needs. Our ReSkill programme includes recognising your transferable skills, creating your own individual employment or study pathway plan, boosting your job search skills and enhancing your job application skills. Practice how to present yourself at interviews and how to maximise every interview opportunity and move into employment. We also offer quick and easy CV and cover letter preparation workshops. Referral required from Work and Income for our ReSkill programme (18-65, 13 weeks) Also full-time level 2 and level 3 programmes
<b>Sexual Health</b>	
<b>Family Planning</b> 95 Hanover Street 03 477 5850 8.30-5.00pm	A range of services including sexual and reproductive health information, clinical services, education and training and research
<b>Pregnancy Help</b> 9.30 -2.30pm Monday, Tuesday, Thursday and Friday. Wednesday 10.30 – 3.30pm (appointment times are also available outside of this on request).  Location: Ground Floor South City Mall, South Dunedin. Postal Address: PO Box 5406 Dunedin, 9058 Phone: <a href="tel:034555892">03 455 5892</a> Email: <a href="mailto:otago@pregnancyhelp.org.nz">otago@pregnancyhelp.org.nz</a>	Practical assistance, information and advice during pregnancy and early childhood. Clothing and equipment for babies, maternity wear. Referrals to other community services including specialised counselling, maternity service and W&I
<b>Maori and Pacific Providers</b>	
<b>Te Hou Ora Whanau Services</b> 78 Carroll Street DUNEDIN Phone: 03 951 1040 Email: <a href="mailto:info@thows.co.nz">info@thows.co.nz</a> Website: <a href="http://www.thows.co.nz">www.thows.co.nz</a> Monday to Friday: 9:00AM-5:00PM	A community-based whānau driven Kaupapa Māori service provider who provide services that will equip and empower young people and their whānau to fulfil their potential in the context of their cultural heritage, their whānau, and their community.
<b>Arai Te Uru Whare Hauora</b> 25 College St, Caversham, Dunedin 9012 Phone: 03 471 9960 Email: <a href="mailto:shelley@araituru.co.nz">shelley@araituru.co.nz</a> Website: <a href="http://www.araituru.co.nz">www.araituru.co.nz</a>	Integrated Health, Education, and Social Services. Māori and Whanau Well-being. Free gym, personal trainer sessions, health checks, clinical support, healthy kai classes, whanau ora navigation, family violence advocacy. Hinengaro Hauora Kaiārahi (B4) service is to support rangatahi aged between 14 and 25 years and their whānau members who have either self-harmed or attempted suicide. Mokopuna ora. Middle Eastern Integrated Support Services

<p><b>Aukaha</b> 258 Stuart Street Phone: 03 477 0071 Email: <a href="mailto:info@aukaha.co.nz">info@aukaha.co.nz</a> Website: <a href="http://www.aukaha.co.nz/">http://www.aukaha.co.nz/</a> Monday to Friday: 8:30AM - 4:30PM.</p>	<p>Whānau Ora Navigation, One-on-one sessions with whanau Provision of health information and resources, access to social agencies, home visits - kanohi ki kanohi</p>
<p><b>Mataora, Te Kaika</b> 25 College Street, Dunedin 9012 Phone: 03 471 9960 Fax: 03 974 8208 Email: <a href="mailto:rachel@mataora.nz">rachel@mataora.nz</a> Website: <a href="http://www.tekaika.org">www.tekaika.org</a> M-Fr 9am–5pm</p>	<p>A new health centre which aims to reduce financial and cultural barriers to accessing health services - specifically medical, physiotherapy and dental</p>
<p><b>Te Roopu Tautoko Ki Te Tonga</b> 6 Wolseley Street DUNEDIN Phone: 03 477 4670 Email: <a href="mailto:chris@tautoko.maori.nz">chris@tautoko.maori.nz</a></p>	<p>Community based health and social service provider, Whānua ora navigation, Whānau ora / Mauri ora, Oruorua Whakaoriori (Māori meditation in motion), a range of Hui / Wananga with varying kaupapa are offered throughout the year, Whānau ora / Whānau therapy Kaumatua services</p>
<p><b>Pacific Trust Otago</b> 350 South Road, Caversham Phone: 03 455 1722 Email: <a href="mailto:office@pto.nz">office@pto.nz</a> Website: <a href="https://www.pto.nz/">https://www.pto.nz/</a> Mon-Fri 8.30-4.30pm</p>	<p>Services to Pacific people to access health, education and social services. Whānau ora, well child tamariki ora, GPs, hospital appointments, youth programmes, employment and training</p>
<p><b>Whanau Ora Navigation team</b> 0800 187 689</p>	<p>Whānau Ora have specialist staff who act as navigators and advocate for whānau. They work with whānau to find the services and support needed.</p>
<p><b>Hiwa Navigation</b> 218 George Street 03 425 9762 <a href="https://www.hiwanavigation.com/">https://www.hiwanavigation.com/</a></p>	<p>Sexual Abuse, Alcohol and Drug, Family/Whānau violence, Art Therapy, Grief and Loss, Trauma Informed, Relationship Counselling, Group and Individual sessions, Family /Whānau counselling. For Māori, Pacific, &amp; Diverse Communities.</p>
<h2>Family Violence</h2>	
<p><b>Women's Refuge</b> 21 Grosvenor St Te Whare Pounamu 0800 REFUGE 24 hours</p>	<p>One-minute walk from DTC. Home and community visits. 24/7 access to our safe houses Advocacy when dealing with police, legal, court, WINZ, housing, doctors, immigration, schools and Oranga Tamariki. Referrals to counsellors, doctors, lawyers and other support services Education and support groups for women and children about living free from violence</p>
<p><b>Stopping Violence Dunedin</b> 31 Stafford Street 0800 474 1121 Mon – Fri 9 – 5pm</p>	<p>Support for whanau to improve their relationships with each other and their Tamariki. Help with developing skills to communicate in healthy and respectful ways to resolve conflict. Programmes for groups or individuals</p>
<p><b>Family Violence - NZ Police</b> Call 105</p>	<p>If you are the victim (and not in immediate danger), and would like to make a complaint against the person abusing you and/or your children, call us on 105 or visit your local police station. An officer will talk to you about all the options available to you. If for whatever reason you do not want to speak to Police directly, contact the organisation Crimestoppers on 0800 555 111 or use the secure online form on the Crimestoppers website. It's completely anonymous, no one will know it was you who passed on the information. If you are not ready to make a complaint, there are people and organisations ready to help and support you. or call the 0800 Family Violence Information Line (0800 456 450).</p>
<h2>ACC</h2>	
<p><b>ACC Sensitive Claims</b> Call Safe to talk – Kōrero mai ka ora on 0800 044 334. <a href="https://www.findsupport.co.nz/">https://www.findsupport.co.nz/</a></p>	<p>Counselling and therapy sessions if you need support after a physical injury or after experiencing sexual abuse. There are counsellors in Dunedin who can support your needs.</p>
<h2>Police</h2>	
<p>NZ Police Iwi liaison officers Toni Wall –Kaitakawaenga, Senior Constable Senior Constable Toni Wall <a href="mailto:Toni.Wall@police.govt.nz">Toni.Wall@police.govt.nz</a></p>	<p>Advice on cultural issues, such as helping both sides understand the procedures and protocols of when a sudden death happens. Helping local police work with iwi and whānau on preventing crime, crashes and victimisation</p>