



Resource list Counselling Department

November 2011

Alcohol & Drug

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| AA | 0800 229 6757 | www.aa.org.nz |
| Alcohol Advisory Council of NZ | 0508 258 258 | www.alac.org.nz |
| Al ANON | 376 4871 | www.al-anon.org.nz |
| CADS Family & Friends | 845 1818 | www.cads.org.nz |
| Capri Trust – Private Rehab Agency | 527 6090 | www.capitrust.co.nz |
| CADS - Community Alcohol & Drug Service | 845 1818 | www.cads.org.nz |
| Higher Ground – Private Rehab Agency | 834 0017 | www.higherground.org.nz |

Domestic Violence

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| DV Centre & Child Crisis Team | 0508 744 633 | |
| Inner City Women's Group | 360 4933 | www.innercitywomensgroup.org.nz |
| Women's Refuge Crisis Line | 0800 733 843 | |

Eating Difficulties

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| EDANZ -Eating Disorders Assn | 522 2679 | www.ed.org.nz |
| EDEN – Eating Difficulties Network | 378 9039 | www.eden.org.nz |
| Flourish - parent support/education | 307 5656 | www.flourishcentre.co.nz |

Help Lines

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| Chinese Lifeline | 0800 888 880 | |
| Depression Helpline | 0800 111 757 | www.depression.org.nz |
| Kidsline (up to 14yrs) | 0800 543 754 | www.kidsline.co.nz |
| Lifeline (24hr) | 0800 543 354 | www.lifeline.co.nz |
| Mental Health line (after hrs) | 09 538 0700 | |
| Phobic Trust Help Line (24hr) | 0800 142 6943 | www.phobic.org.nz |
| Youthline | 0800 376 633 | www.youthline.co.nz |
| Alcohol/Drug helpline | 0800 787 797 | www.druginfo.org.nz |
| Gambling Help line | 0800 654 655 | www.gamblinghelpline.co.nz |
| Quitline – smoking | 0800 778 778 | www.quitline.org.nz |
| Youth Gambling Help line | 0800 654 659 | www.inyaface.co.nz |
| Gay/Lesbian Line | 0800 688 546 | www.outlinenz.com |
| Health Line – Nurse help line | 0800 611 116 | |
| Parent Help Line | 09 625 0562 | |
| Victim of Crime Info Line | 0800 650 654 | |

Kings College

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| Careers - W Carey | 276 0603 | w.carey@kingscollege.school.nz |
| Chaplain – Rev W Wilder | 276 0614 | w.wilder@kingscollege.school.nz |
| Assistant Chaplain – Rev G Walters | 276 0676 | g.walters@kingscollege.school.nz |
| Counselling Department – F Morris | 276 0607 | f.morris@kingscollege.school.nz |
| - K Thompson | 276 0699 | k.thompson-counsellor@kingscollege.school.nz |
| Learning Support – D Ward | 276 0891 | d.ward@kingscollege.school.nz |
| Mangere Family Doctors – School GP | 275 9977 | info@mfdctors.co.nz |
| Medical Centre | 276 0624 | b.caulton@kingscollege.school.nz |
| | 021 037 8510 | |

Mental Health – In emergency call 111

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| ADHB Emergency Hot Line | 0800 800 717 | |
| Auck CAT Team (Crisis Assess Team) | 0800 800 717 | |
| Early Psychosis Intervention team | 265 4000 | |
| Manukau Community Mental Health | 261 3700 | www.cmdhb.org.nz |
| Mental Health Foundation | 300 7030 | www.mentalhealth.org.nz |
| Skylight - Grief and Loss | 0800 299 1000 | www.skylight.co.nz |
| Supporting Families & Mental illness | 378 9134 | www.sfauckland.org.nz |
| Te Rawhiti (Mental Health Cottage) | 538 0700 | www.cmdhb.org.nz |
| Whirinaki (up to 18yrs) | 265 4000 | www.cmdhb.org.nz |

Sexual Assault

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| Auckland Help Foundation | 623 170 | www.asha.org.nz |
| Body Safe – sexual safety | 360 4001 | |
| Counselling Services Centre – Counselling Serv | 277 9324 | |
| NZ Police Assault Team | 302 6400 | |
| Sexual Health Service | 0800 739 432 | www.ashs.org.nz |

Other Agencies

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| ADHD, Dyslexia/Asperger's | 0508 367 369 | www.dore.co.nz |
| Anglican Trust | 276 3729 | www@atwc.org.nz |
| Autism NZ | 0800 622 222 | www.autismnz.org.nz |
| Barnardos Child & Family Services | 275 4481 | www.barnardos.org.nz |
| Brain Injury Auckland | 520 4807 | information@brain-injury.org.nz |
| Career Services | 0800 222 733 | www.careers.govt.nz |
| Citizen Advice Bureau - Pakuranga | 524 3341 | www.familyplanning.org.nz |
| - Manukau | 263 7600 | |
| Friendship House – Counselling Services | 262 2322 | |
| Home and Family – Counselling Services | 630 8961 | www.homeandfamily.org.nz |
| Man Alive – Men's support | 835 0509 | www.manalive.org.nz |
| Netsafe - Cyber safety | 0508 638 723 | www.netsafe.org.nz |
| Pakuranga Counselling Centre | 576 4248 | www.p.c.c@extra.co.nz |
| Parenting Place - Parenting Support | 524 0025 | www.theparentingplace.org.nz |
| Parent Trust | 376 0400 | www.parenttrust.org.nz |
| Papakura Support & Counselling Centre | 299 9455 | |
| Problem Gambling Foundation | 0800 664 262 | www.problemgambling.org.nz |
| Relationship Services – Counselling Services | 263 8098 | www.relate.org.nz |
| Triple P – Parenting Support | 579 1794 | |
| Victim Support | 0800 842 846 | www.victimsupport.org.nz |

Youth Information

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| Cyberbullying – Electronic/Text bullying | | www.cyberbullying.org.nz |
| Info for Youth | 0800 376 633 | www.urge.co.nz |
| | | www.trippin.co.nz |
| Lowdown – helping youth with depression | | www.thelowdown.co.nz |
| Rainbow Youth - sexuality | 376 4155 | www.rainbowyouth.org.nz |
| Sexual Safety | | www.sexrespect.co.nz |

Government Bodies

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| Counties Manukau District Health | 276 0000 | www.cmdhb.org.nz |
| CYFS | 0508 326 459 | www.cyf.govt.nz |
| Manukau District Court | 916 2600 | www.manukau.dc@justice.govt.nz |
| Ministry of Justice | 9169140 | www.justice.govt.nz |
| Family Court – Auckland | 916 9000 | www.auckland.ac@justice.govt.nz |
| Family Court - Manukau | 916 2661 | www.manukau.dc@justice.govt.nz |