

GETTING ADVICE SHOWS STRENGTH

**Our community is awesome, so don't
feel like you need to manage alone!**

If you're unsure of who to contact for support you can touch base with Waimakariri District Council on 0800 965 468 (0800 WMK GOV) for a steer in the right direction.

Feeling... Stressed, Anxious, Hungry, Isolated, Blue or Lonely?

No matter how you are feeling today the **Next Steps Directory** can direct you to the best organisations to support you.



Helping you get back on your feet
Ngā Mahi a muri ake nei

Next Steps is a North Canterbury based online support directory designed to help you take your next step.

nextsteps.org.nz

EXTERNAL AGENCIES

WHO DO I TALK TO?


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Addiction Services

Problem Gambling Foundation

 0800 664 262


 pgf.nz

Odyssey House Alcohol and Drug Support

 03 358 2690

 odysseychch.org.nz


Family Drug Support

 0800 337 877

 fds.org.nz

Cancer Support

Cancer Society of New Zealand - North Canterbury

 0800 226 695

 cancernz.org.nz

Community Connection

North Canterbury Neighbourhood Support (Gets Ready)

 ncns.org.nz

Crime and Family Violence

NZ Police

In an emergency call 111

If you're in danger but can't talk:
call 111, stay silent and push 55,
and you will be put through to Police.

Non-urgent issues call 105.

 [police.govt.nz](https://www.police.govt.nz)

Family Violence

In an emergency call 111

If you're in danger but can't talk:
call 111, stay silent and push 55,
and you will be put through to Police.

Non-urgent issues via 105

 [police.govt.nz/advice-services/family-violence](https://www.police.govt.nz/advice-services/family-violence)

If you are in immediate danger, please call 111.

Call 105 for a non-emergency.

For free, confidential help, call:

AVIVA – 0800 2848 2699


Victim Support – 0800 842 846

Safe to Talk – 0800 044 334

Women's Refuge – 0800 733 843

Ethnic Communities


Global Locals of Waimakariri - GLOW

 globallocalsofwaimakariri@gmail.com

 [facebook.com/GlobalLocalsofWaimakaririGLOW](https://www.facebook.com/GlobalLocalsofWaimakaririGLOW)

 [meetup.com/global-locals-of-waimakariri](https://www.meetup.com/global-locals-of-waimakariri)

Ministry for Ethnic Communities

 0800 656 656 Freephone


 [ethniccommunities.govt.nz](https://www.ethniccommunities.govt.nz)

 info@ethniccommunities.govt.nz

General Wellbeing


Barnardos

Support for families

 03 365 3923

 canterburyamu@barnardos.org.nz


Community Wellbeing North Canterbury Trust

 03 310 6375

 [wellbeingnc.org.nz](https://www.wellbeingnc.org.nz)


General Wellbeing continued

Manu Ka Rere

 03 281 7616


 manukarere.org.nz

Hope Community Trust

 03 928 3066

 thehopecommunitytrust.org

Presbyterian Support

 0800 477 874

 psuppersouth.org.nz


St John of God Waipuna

 03 386 2159

 [sjog.org.nz/contact-us/
st-john-of-god-waipuna](http://sjog.org.nz/contact-us/st-john-of-god-waipuna)


Age Concern

 03 366 0903 or

 Elder Abuse - 0800 32 668 65

 ageconcerncan.org.nz

Oxford Community Trust


 03 312 3006

 oxfordtrust.co.nz

Social Services Waimakariri

022 3177 660

The Salvation Army Rangiora Corps

 03 313 2370


 [salvationarmy.org.nz/centres/
nz/canterbury/rangiora](http://salvationarmy.org.nz/centres/nz/canterbury/rangiora)

Health Advice

Your General Practitioner (GP)


If you don't have one, to find one near you contact:

Waitaha Primary Health

 0800 800 743

 waitaha.health.nz

Pegasus Health

 03 379 1739

 pegasus.health.nz

Ministry of Health


 health.govt.nz

Health New Zealand

 info.health.nz

Health Advice continued


Healthline

 0800 611 116

 [health.govt.nz/your-health/
services-and-support/
healthcare-services/healthline](https://health.govt.nz/your-health/services-and-support/healthcare-services/healthline)


Legal and Budgeting Advice

Community Law Canterbury

 03 366 6870


 canlaw.org.nz

Citizens Advice Bureau North Canterbury

 03 313 8822

 cab.org.nz


Budgeting Services North Canterbury

 03 313 3505

 bsnc.org.nz


Local Business Support

Enterprise North Canterbury

 03 327 3135

 northcanterbury.co.nz


Ministry of Social Development

 0800 559 009

 msd.govt.nz


Māori and Pacifica Support Services

Tuahiwi Marae

 03 313 5543


 [ngaitahu.iwi.nz/te-runanga-o-
ngai-tahu/papatipu-runanga/
ngai-tuahuriri](https://ngaitahu.iwi.nz/te-runanga-o-ngai-tahu/papatipu-runanga/ngai-tuahuriri)

Te Puni Kōkiri

 0800 875 839


 tpk.govt.nz

Te Pūtahitanga o Te Waipounamu

 0800 187 689

 teputahitanga.org


He Waka Tapu

 0800 439 252

 hewakatapu.org.nz


Māori and Pacifica Support Services continued

Purapura Whetu

 0800 4 WHETU
(0800 4 94388)

 pw.maori.nz

Ministry for Pacific People

 04 473 4493

 mpp.govt.nz

ETU Pacifica

 03 365 1002

 cdhb.health.nz/health-services/etu-pasifika


Mental Health


National Counselling Line – ‘Need to talk?’

 1737

 1737.org.nz

Youthline Counselling Services

 0800 376 633 Freephone

 234

 youthline.co.nz Chat

Sparklers

 sparklers.org.nz


Mental Health Foundation

 mentalhealth.org.nz/Alright?

 allright.org.nz


 allsorts.org.nz

Canterbury DHB Crisis Team

 0800 222 955


 cdhb.health.nz/health-services/service/mental-health-addictions

Yellow Brick Road - supporting families

 0800 876 682

 yellowbrickroad.org.nz

Comcare

 WARMLINE 0800 89 9276
(0800 89 WARM)

Apps

(Free to download)

- Groov
- Virtual Hopebox
- Melon

Mental Health continued

Online learning and support websites

Just a Thought

 justathought.co.nz


The Low Down

 thelowdown.co.nz

Your General Practitioner (GP)

If you don't have one, to find one near you contact:

Waitaha Primary Health

 0800 800 743

 waitaha.health.nz

Pegasus Health

 03 379 1739


 pegasus.health.nz

Money Concerns

Mortgages

Get in touch with your bank in the first instance.

Ministry of Social Development

 0800 559 009

 msd.govt.nz


Tenants Protection Association

 03 379 2297

 tpa.org.nz

Rural Support

Rural Support Trust

 0800 787 254


 rural-support.org.nz


Farmstrong

 Farmstrong.co.nz

Support For Children


Barnardos

 03 365 3923 or 027 447 9860

 0800 What's up
- support from Mon-Sun
11am-10.30pm

 canterburyamu@barnardos.org.nz

Oranga Tamariki

 0508 326 459

 orangatamariki.govt.nz

Mana Ake

 manaake.health.nz

Support For Children continued

Free Parent Helpline

📞 0800 568 856

🌐 parenthelp.org.nz/helpline

Save the Children - Support and Information in an Emergency

📞 0800 167 168

🌐 savethechildren.org.nz

Home Schooling Advice in an Emergency

📞 04 463 8000

🌐 education.govt.nz

Plunket Line

📞 0800 933 922

🌐 plunket.org.nz/plunket/what-we-offer/plunketline





NOT SURE WHERE TO START?

We encourage you to get in touch if you're not sure where to start. We can help connect you with the support and assistance you need.

Call **0800 965 468**

or email **office@wmk.govt.nz**

Visit **waimakariri.govt.nz** for regular updates and information.

Find out more at waimakariri.govt.nz

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Find out more at waimakariri.govt.nz



Developed in
partnership with

FOR MORE INFORMATION PLEASE CONTACT

Waimakariri District Council

Phone: 0800 965 468

Website: waimakariri.govt.nz