



Hauora
Kotahitanga

Te Tai Tokerau Directory

of Wellbeing Services and Resources



Te Whatu Ora
Health New Zealand



The Hauora Kotahitanga directory connects up Te Tai Tokerau iwi, community, government and non-government resources in one place. The directory is designed to provide consumers, social and healthcare providers with an up-to-date tool to find services or resources their clients need, all in one place.

This website directory was developed due to the COVID-19 pandemic when Te Whatu Ora (then Northland DHB) saw the need to create a platform to host local information to support individuals, whānau and communities at risk of experiencing adverse health, social or economic outcomes.

The listings and information included on the online directory and in this printed directory have been specifically selected to help our community with the maintenance and improvement of wellbeing (directly and via community agencies). We have also included reputable evidence-based resources that we feel add value.

Our online directory site (www.northlandwellbeing.org.nz) is updated regularly and promoted, so it reaches all those who need our support.



Emergency Contact Numbers

Talk to a Registered Nurse or visit your Doctor

You can call Healthline on **0800 611 116 24/7** and receive advice after-hours from a registered nurse.

Mental Health

If you require urgent or crisis mental health care in Northland contact the Mental Health Community Assessment & Treatment Team. This is a **24/7 service**. Please note calls will be taken by the Mental Health Healthline after hours.

Monday to Friday 8am to 4.30pm:

Mental Health Helplines – Northland	Phone
Whangārei	(09) 430 4101 Extn: 3537
Kaipara	(09) 439 3330 Extn: 65401
Mid North / Kaikohe	0800 643 647
Far North	(09) 408 9187
AFTER-HOURS PHONE	0800 223 371

Urgent Referrals – Crisis Service Contact Numbers

If there is someone in imminent danger call the police on

111

Weekends and after hours:

0800 223 371

Crisis Service

For people who are experiencing a mental health crisis and are considered a danger to themselves or others.

Suicide Crisis Helpline

0508 82 8865

0508 82 8865 (TAUTOKO) is a free, nationwide service available 24 hours a day, 7 days a week and is operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training. This service is for you, or someone you know, who may be contemplating suicide.

Taituaraa – Suicide Postvention

The role of Taituaraa is to support whānau and communities navigate death by suicide. Taituaraa can assist whānau, hapū and communities to strengthen their resistance and resilience to suicide with models of whānaungatanga, wellbeing and advocacy.

taituaraa@northlanddhb.org.nz

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Whānau – Wellbeing Support

Adults

HEYBRO Helpline

HEYBRO is here to listen and offer support for men who feel they are going to harm a loved one or whānau member.

Website: www.hewakatapu.org.nz/services/0800-hey-bro

Email: reception@hewakatapu.org.nz

Phone: 0800 439 252

Nationwide

Elders

Age Concern Whangārei

Age Concern provides Support Services – Information, Advice, support & assistance to appropriate service provider; Advocacy: confidential support and empowerment to older persons; Information Resources; Dedicated Carer Relief Service; Assessors for mobility scheme, Home Maintenance Advisory Service; Garage Sale.

We have offices at the following locations:

Kaitaia 09 408 2977

Kerikeri 09 407 4474

Whangārei 09 438 8043

Website: www.ageconcern.org.nz

Email: info@ageconcernwhg.org.nz

Phone: Kaitaia 09 408 2977, Kerikeri 09 407 4474, Whangārei 09 438 8043

Nationwide

60s–Up Movement of New Zealand Inc.

Non profit organisation – look after the welfare of members. Regional meetings held on a regular basis. Every region has a Welfare Officer and will contact members if they require help. Lots of fun and activities are available.

Website: www.60supmovement.org.nz

Email: helenmprobert@gmail.com

Phone: 09 238 1457

Nationwide

GrandFriends NZ

GrandFriends is an organisation that connects people by linking families with children with GrandFriends (usually our older community). It is a win-win situation for all. Families are seeking support and a connection with our older, wiser folk and our older community are looking for more purpose, companionship and to be able to help others.

Website: www.grandfriends.nz

Email: info@grandfriends.nz

Phone: 09 947 5815

Whangaparaoa



Whānau – Wellbeing Support

Elders

Northpoint Services Trust

Northpoint Services Trust is dedicated to enabling people with a diagnosed mental illness or disability to experience a better life. It empowers them to live and participate, to the best of their ability, in the community whilst experiencing a mental illness or a disability.

Website: www.facebook.com/Northpointtrust

Email: reception@northpointtrust.org.nz

Phone: 09 401 2522

Kaikohe

Forget Me Not Adult Day Centre

We are an adult daycare service available to adults of all ages. Clients have an age range from 18-94 years including those who are young with disabilities, the elderly, and the frail. The Centre is a daycare service and available to adults ranging from 18-94 years including those who are young with disabilities, the elderly and frail, those with memory loss, Head injuries and/ or other disabilities. The Centre provides quality daycare that enhances the welfare not only of the clients but also of the carers and families who look after their loved ones at home on a 24 hour a day basis.

Website: www.adultdaycentre.co.nz/contact

Email: manager@forgetmenot.org.nz

Phone: 09 437 1144

Whangārei

Grandparents Raising Grandchildren Trust NZ (GRG)

Grandparents Raising Grandchildren Trust New Zealand is a unique organisation that has a deep understanding of both the long-term benefits for grandchildren being raised by their grandparents and the challenges it can present. Our services are focused on strengthening and empowering grandparent and whānau care families so that they can raise resilient and healthy tamariki and rangatahi.

Website: www.grg.org.nz

Email: office@grg.org.nz

Phone: 0800 472 637

Nationwide



Whānau – Wellbeing Support

Child and Youth

Jigsaw North

At Jigsaw North we care about children and their families. OUR vision is Thriving Children, Flourishing Families and healthy Communities. OUR MISSION is to Awahi families through counselling, education, family support and Whānaungatanga.

Website: www.jigsawnorth.org.nz

Email: contact@jigsawnorth.org.nz

Phone: 09 438 8852

Whangārei

Family Start Dargaville – Te Uri O Hau

Family Start is a home visiting programme that focuses on improving children's growth and health, learning and relationships, family circumstance, environment and safety. Family Start is a programme to inspire you to be the best parent you ever want to be and family Start Dargaville can help you to help your baby learn, grow to be strong and healthy, have good positive relationships, be safe and have a warm stimulating, nurturing environment.

Website: www.uriohau.com/hapu-development

Email: tangata@uriohau.co.nz

Phone: 0800 438 894

Dargaville

Whangārei Youth Space

Whangārei Youth Space is a friendly safe environment for young people to relax and enjoy time with their friends, take part in after-school and holiday programmes.

Whangārei Youth Space [WYS] provides a fully integrated Youth Development and Youth health service with youth workers and clinical staff trained specifically to work with young people. All the services are free to members and having the health clinic as part of the youth drop in space makes it super easy to access health support.

Whangārei +M285 Youth Space provides free Youth health and Youth Development services, programmes and activities for 12-24 yr olds in our city.

Website: www.whangareiyouthspace.co.nz

Email: contact@youthspace.co.nz

Phone: (09) 972 7248; Text: 021 765 838

Whangārei

A Girl Called Hope

A Girl Called Hope is passionate about strengthening the resilience, self-esteem and wellbeing of young women and their contribution to our communities. We do this by providing Wellbeing Toolkit courses (online), Wellbeing Skills Short Courses (in person) Wellbeing coaching, and counselling.

Website: www.agirlcalledhope.org.nz

Email: info@agirlcalledhope.org.nz

Phone: 09 443 7136

Nationwide



Whānau – Wellbeing Support

Child and Youth

Dignity Limited

Dignity supports period equity by providing free period products to all people without access to them.

Website: www.dignitynz.com

Email: hello@dignitynz.com

Phone: Not listed

Kaikohe

Youth Horizons | Kia Puāwai

Youth Horizons | Kia Puāwai, provide evidence-based and bi-culturally focused programmes that create better futures for rangatahi who are impacted by conduct problems. They work to improve the lives of children and young people who are dealing with behavioural, emotional, mental health or development issues.

Website: www.wdc.govt.nz/Community/Advisory-groups

Email: jacki.cooper@wdc.govt.nz

Phone: 09 222 7137

Whangārei

Manaaki Kakano

Manaaki Kakano is a maternal and infant mental health service provided by Te Whatu Ora – Te Tai Tokerau. We support women and their partners struggling with their mental health related to pregnancy, birth, and the first year of parenting an infant.

Website: www.healthpoint.co.nz/public/mental-health-specialty/te-whatu-ora-te-tai-tokerau-northland-mental-8/

Email: Not listed

Phone: Not listed

Nationwide

Parent to Parent Northland – Altogether Autism and Care Matters

A nationwide not-for-profit organisation formed by parents and professionals to support the families of babies, children, teens and adults with any type of disability or health impairment.

Website: www.parent2parent.org.nz

Email: northland@parent2parent.org.nz

Phone: 0508 236 236

Nationwide

Youth Advisory Group

The Youth Advisory Group meets once a month to provide advice on how Council can make Whangārei an even better place for young people to live, learn, earn, play and have their say.

Website: www.wdc.govt.nz/Community/Advisory-groups

Email: jacki.cooper@wdc.govt.nz

Phone: 09 430 4200

Nationwide



Whānau – Wellbeing Support

Child and Youth

Youthline – National Helpline for Youth

Youthline is a “with youth, for youth” organisation that supports young people throughout Aotearoa New Zealand. This includes young people who are struggling (with their mental health or other issues). They offer a free Helpline service (text, phone, webchat & email), free face-to-face counselling services, youth mentoring, programmes in schools and communities to help people grow and develop.

Website: www.youthline.co.nz

Email: talk@youthline.co.nz

Phone: 0800 376 633

Nationwide

Family Works Northern

We deliver social services to support children and families to learn, grow and thrive. We offer counselling and social work support for children and families, along with a range of group programmes. We also partner with others to prevent family violence and strengthen communities.

Website: www.familyworksnorthern.org.nz

Email: admin.whangarei@fwn.org.nz

Phone: 09 437 6729

Whangārei

Caring Families Aotearoa

Caring Families Aotearoa helps children heal. On their own children do not recover from the devastating impact of abuse, neglect, or family violence. They need to be surrounded by families or whānau who can support them to heal, who understand them, and can help them create secure attachments. Caring Families Aotearoa is here to support families and whānau who open their homes and hearts to tamariki in need of care and protection by creating homes that heal.

Website: www.caringfamilies.org.nz

Email: enquiries@caringfamilies.org.nz

Phone: 0800 693 323

Nationwide

Dargaville Early Years Service HUB

The Early Years Hub is a safe, welcoming place where parents of young children can come to for information on what's available for them and their community.

Website: www.facebook.com/Dargaville-Early-Years-HUB-630685330712373

Email: krisatthehub@gmail.com

Phone: 09 439 7861

Dargaville

The Fono

A free Whānau Ora service for families in Kaikohe branch. Whānau Ora is about building the capability and capacity of Pacific families by supporting them to achieve their aspirations in health, housing, education, training and economic development. Whānau Ora Navigator Falesiu Fotu supports families to achieve their goals.

Website: Not listed

Email: socialservices@thefono.org

Phone: 0800 366 648

Nationwide



Whānau – Wellbeing Support

Child and Youth

Child Matters

Child Matters works with all sectors including professionals, community organisations, families and whānau, to deliver training, provide advice regarding policy and procedures, and recommend resources regarding child protection issues. Education of all sectors of our community is essential in reducing abuse and neglect in New Zealand.

Website: www.childmatters.org.nz

Email: info@childmatters.org.nz

Phone: 07 838 3370

Nationwide

Parents of Deaf Children

Call us any time of day and one of our committee will be able to talk to you – we are all parents of a Deaf or Hard of Hearing child or children.

Website: www.deafchildren.org.nz/parents

Email: Not listed

Phone: 0800 332 324

Nationwide

Parent to Parent Northland

Often raising a child with a disability is an experience that isn't planned, and we know it can be a challenging journey. We can inform, educate, inspire and support you as you navigate your way through your family's experience with disability. Our services are free and confidential.

Website: Not listed

Email: mihaka.aupouriyouth@gmail.com

Phone: 0508 236 236

Whangārei

Aupouri Youth Trust

Aupouri Youth Trust provides life skills to youth and their whānau to improve self-esteem and discipline, enhance cultural identity, provide activities for youth from a Māori perspective, support a safe and caring community

Website: www.parent2parent.org.nz

Email: northland@parent2parent.org.nz

Phone: (09) 409 7700, 021 225 7812

Te Kao

Parents Centre Aotearoa

Supporting parents through the early years with Antenatal classes and other programmes to help parents grow.

Website: www.parentscentre.org.nz

Email: admin@parentscentre.org.nz

Phone: 04 233 2022

Whangārei



Whānau – Wellbeing Support

Gender Diverse

Gender Minorities Aotearoa

Gender Minorities Aotearoa is a nationwide transgender organisation. It is run by and for transgender people; including binary and non-binary, intersex, and irawhiti takatāpui. We support transgender people of all ages, cultures, and backgrounds, and provide one-to-one peer support and information nationwide.

Website: www.genderminorities.com

Email: support@genderminorities.com

Phone: 04 385 0611

Nationwide

Genderbridge NZ

Genderbridge is a peer to peer trans community organisation providing support to transgender / gender diverse / non binary people, their whanau and friends throughout Aotearoa. It is a private Facebook group.

Website: www.facebook.com/groups/genderbridge/about/

Email: Not listed

Phone: Not listed

Nationwide

Parenting

Parent Help

Parenting helpline and counselling service for all parents, caregivers and whānau in Aotearoa.

Website: www.parenthelp.org.nz

Email: info@parenthelp.org.nz

Phone: 0800 568 856

Nationwide

Incredible Years Programme (Tai Tokerau)

The Incredible Years programme is a parenting programme aimed at helping whānau and parents gain skills and stimulate the development of positive behaviour for their tamariki.

Website: www.education.govt.nz

Email: IY.TT@education.govt.nz

Phone: 04 463 8000

Nationwide



Pekenga Hapori – Connecting to Community

Elders

Grey Power New Zealand Federation Inc

Grey Power is an advocacy organisation promoting the welfare and wellbeing of all those citizens in the 50 plus age group. We monitor what the government is doing and how that will affect our members – meeting with influential people including politicians, to make our views known. Grey Power is dedicated to the welfare, interests and concerns of the many people who are over 50 years and is a neutral but assertive voice of influence in the political arena with no party political affiliation.

Website: www.greypower.co.nz

Email: fed-office@greypower.co.nz

Phone: 09 4040241

Moerewa

Pekenga Hapori
Connecting to Community

Child and Youth

Barnardos – Children’s Safety Programme

For children aged 5–17 years who have witnessed or experienced family violence. The programme focuses on: working with children to develop a safety plan they understand, supporting them as they make sense of the events of violence in their lives, helping them stay safe.

Website: www.barnardos.org.nz

Email: greg.parker@barnardos.org.nz

Phone: 09 438 2954

Whangārei

Te Ora Hou Northland Incorporated

Te Ora Hou Northland is a not-for-profit community of workers who are committed to journeying with young people who are navigating the tricky and sometimes difficult teenage years in a variety of ways with a range of youth focused programmes and services that are creative, fun and supportive.

Website: www.tohn.org.nz

Email: northland@teorahou.org.nz

Phone: 09 438 5556

Kaitiaki

Future Leaders

The Future Leaders Programme aims to become transformative for young people and their communities, helping to create a more resilient, vibrant, and sustainable Aotearoa New Zealand. At its core, the programme puts young people at the heart of creating solutions to the challenges they face in their backyard, building their capability and confidence, and a community of support around them.

Website: www.futureleaders.nz

Email: Anahera@inspiringstories.org.nz

Phone: 027 591 5733

Nationwide



Pekenga Hapori – Connecting to Community

Services to Help

MusicHelps

A unique charity, dedicated to changing lives through music. MusicHelps was originally established in 2012 under the name “The New Zealand Music Foundation”. Through our Grants Programme we have invested in more than 70 projects with 42 partners from Whangarei to Invercargill, all using the power of music to change the lives of over 60,000 New Zealanders in need. We’ve also provided emergency assistance to hundreds of kiwi music people experiencing hardship and illness through our Backline suite of services, including a world first professional online, on-the-phone and face-to-face counselling service tailored to people who make live and recorded music possible.

The MusicHelps Wellbeing Service is a 24/7 online, on the phone (toll free 0508MUSICHELP) and in-person counselling service fully funded by MusicHelps and provided free of charge to those that make live or recorded music possible or who work in the arts in Aotearoa. Composer, songwriter or performer, manager or crew, production or backroom person, corporate or retail worker, actor, comedian, dancer or someone who works front or back of house in the arts: our Wellbeing Service is available to you.

Website: www.musichelps.org.nz

Email: Not listed

Phone: 09 623 4728

Nationwide

Positive Women Inc

A support organisation for women and families living with and affected by HIV. We also provide HIV awareness through educational programmes with a focus on education and de-stigmatisation.

Website: www.positivewomen.org.nz

Email: info@positivewomen.nz

Phone: 09 303 0094

Nationwide

Civil Defence

New Zealand Red Cross

New Zealand Red Cross is part of the largest humanitarian network in the world working to improve the lives of vulnerable people across the street and around the world.

Website: www.redcross.org.nz

Email: firstaid@redcross.org.nz

Phone: 0800 733 27677

Nationwide



Pekenga Hapori – Connecting to Community

Community Services

Work and Income

Providing wage subsidy extensions, income relief payments, recruitment services, information about child support payments, housing help, support for seniors and helping people into work.

- 72 Normanby Street, Dargaville 0310
- 7 Memorial Avenue, Kaikohe 0440
- 28 North Park, Kaitaia 0410
- 424 Kamo Road, Whangarei 0112
- 62 Gillies Street, Kawakawa 0210
- 2 Fairway Drive, Kerikeri 0245
- 4 Albert Street, Whangarei 0140

Website: www.workandincome.govt.nz

Email: Not listed

Phone: 0800 559 009

Nationwide

Pekenga Hapori
Connecting to Community

Family Works

Family counselling; Social Work Support; parenting in Prison; The Incredible Years, Social Workers in schools; counselling for children and young people. Family Works in Whangārei provides counselling, social work services and a range of group programmes for children, young people, parents/caregivers and families.

Website: www.familyworksnorthern.org.nz

Email: admin.whangarei@fwn.org.nz

Phone: 09 437 6729

Whangārei

Skylight Trust

Skylight offers a range of support services to help you, or those you love, when they need it most. Here you can get connected to Skylight Counsellors, find books and information, sign up for the support groups that we offer, and request workshops and training. The right help at the right time in the right way.

Website: www.skylight.org.nz

Email: info@skylight.org.nz

Phone: 04 939 6767

Wellington

Dargaville Library

Access to computers and internet, books, DVD and magazine lending.

Website: www.kaipara.kotui.org.nz

Email: library@kaipara.govt.nz

Phone: 0800 532 542

Dargaville



Pekenga Hapori – Connecting to Community

Community Services

Barnardos – Supervised Contact

Children's Supervised Contact enables a child to spend time with a parent or family member with whom they do not have day-to-day contact. Trained Barnardos staff supervise all meetings and provide a controlled, safe and caring environment for children and their parents. This supervision allows children to feel comfortable as they make contact or reconnect with a parent or family member who has been out of their life.

Website: www.barnardos.org.nz

Email: greg.parker@barnardos.org.nz

Phone: 09 438 2954

Whangārei

155 Whare Awhina Community House

Together with Kāhui Tū Kaha and Ngāti Hine health Trust, help is available for the community's chronically homeless to find homes and whānau are supported in transforming these houses into their own kāinga (home).

Website: www.literacy.org.nz/literacy-aotearoa-Whangārei

Email: info.cl@literacy.org.nz

Phone: 09 601 4144

Dargaville

New Zealand Police – Northland

New Zealand Police is working with the community to make New Zealanders be safe and feel safe. With over 13,000 staff, we provide policing services 24 hours a day, every day. We operate by land, sea and air, manage over 860,000 emergency calls a year and are always actively preventing crime and crashes. Northland

Website: www.police.govt.nz

Email: media@police.govt.nz

Phone: 111; 105

Whangārei

155 Whare Awhina Community House – Open Arms

Open Arms / Te Ruruhau o Nga Ringa Ringa Tuwhera is a community space open 7 days a week. A relaxed and friendly environment where people can come in, have a cuppa, and for those people who need the use of our facilities for showering, washing clothing or having a kai.

Website: www.whare.org.nz

Email: admin@whare.co.nz

Phone: 09 437 0185 Ext 4

Whangārei

Te Mana Oranga Trust – Residential care and respite care for Mental Health clients

24 hour residential care for mental health clients and respite care for mental health clients. We are contracted to work with mental health clients in the community and in their homes.

Website: www.tohn.org.nz

Email: northland@teorahou.org.nz

Phone: 09 408 1182; 027 556 6323

Kaitiaki



Pekenga Hapori – Connecting to Community

Community Services

155 Whare Awhina Community House – Community Support

Drop in centre, meeting venue, Whānau support, information centre & skills bank.

Website: www.whare.org.nz

Email: info@155.org.nz

Phone: 09 437 0185

Whangārei

Pekenga Hapori
Connecting to Community

Te Ora Hou Northland Inc

Te Ora Hou Northland is a not-for-profit community of workers who are committed to journeying with young people who are navigating the tricky and sometimes difficult teenage years. We disrupt negative cycles and create positive futures by developing strong relationships and reconnecting young people back into a village of support which includes people in their Whānau, school, community and peer group. We offer this in a variety of ways with a range of youth focused programmes and services that are creative, fun and supportive.

Website: www.tohn.org.nz

Email: northland@teorahou.org.nz

Phone: 09 438 5556

Whangārei

Citizens Advice Bureau

At the CAB we try to help people to know and understand their rights and obligations and how to use this information to get the best outcomes, provide people with the confidence and support they need to take action, and work for positive social change within communities and wider society. We provide a free and independent service to all.

Locations below:

- Dargaville 09 439 6100
- KeriKeri 09 407 9829
- Wellsford 09 423 7333
- Whangārei 09 438 8046

Website: www.cab.org.nz

Email: Not listed

Phone: Dargaville 09 439 6100,
KeriKeri 09 407 9829, Wellsford 09 423 7333,
Whangārei 09 438 8046

Northland

Rerengātahi

Rerengātahi is a digital and community development project to help develop connections and strengthen support networks. We encourage buying locally, because money spent in your local community will go back into local wages, into community activities, into local schools, and benefit local whanau.

Website: www.rerengatahi.nz

Email: eden@rerengatahi.nz

Phone: Online Service

Moerewa



Pekenga Hapori – Connecting to Community

Community Services

Court Services for Victims

Information about support available for people affected by crime, particularly those who are going to court.

Website: www.victiminfo.govt.nz/en/home/going-to-court/

Email: Not listed

Phone: Not listed

Nationwide

Fale Pasifika Te Taitokerau

We work to bridge the gap between our island roots and NZ born. We help to connect people who identify as Pasifika in Northland. We work with and support existing groups. We organise events highlighting our unique Pacific Island cultures. We maintain positive, good relationships with local councils, government agencies, education providers, and social services. We represent Pacific peoples living in Te Tai Tokerau region at various forums – from local through to central government.

Website: www.pasifikanorth.wixsite.com/npict

Email: admin@falepasifika.co.nz

Phone: 09 430 2717

Whangārei

Combined Beneficiaries Union (CBU)

The Combined Beneficiaries Union can provide advocacy services to beneficiaries, to ensure they receive their entitlements from the Ministry of Social Development / Work and Income.

Website: Not listed

Email: Not listed

Phone: Not listed

Nationwide

CitySafe

CitySafe is a collaborative project among community safety stakeholders in Whangārei. Its aim is to ensure that people feel welcome and safe when in Whangārei.

Website: www.wdc.govt.nz/Community/Safer-communities/CitySafe

Email: mailroom@wdc.govt.nz

Phone: 0800 932 463

Whangārei

Family Support Services Kaiwaka/Mangawhai Inc.

We provide community support services for people in the Kaiwaka area. Support includes funding, advocacy, community health services and community employment support.

Website: Find us on Facebook

Email: kirstie.katesplace@gmail.com

Phone: 09 431 2661

Nationwide



Pekenga Hapori – Connecting to Community

Community Services

Bay of Islands Community Centre

The Bay of Islands community centre runs community activities and services. Its activities include a seniors group, a mums and bubs group, a coffee group for those suffering grief loss or depression, toastmasters, AA, Fitness for the Not so Young, Kanga Training for mums and a carers' group for those with dementia.

Website: www.facebook.com/groups/183863621993849

Email: Not listed

Phone: Not listed

Nationwide

Pekenga Hapori
Connecting to Community

Friendship New Zealand Clubs

Friendship New Zealand is a welcoming social organisation for people living in New Zealand who are retired, semi-retired or soon-to-retire. If you are in that "golden" stage of your life, woman or man, our FNZI Friendship Clubs could be a great option for you.

Website: www.fnzi.nz

Email: Not listed

Phone: Not listed

Whangārei

Linking Hands Inc

Our mission is to meet the needs of the Community by providing transport for clients to health related appointments, providing support by resourcing practical help where needed, coordinating and liaising between services and support groups, and enable people to continue living independently in an area they are familiar with.

Website: www.linkinghands.co.nz

Email: linkinghands@extra.co.nz

Phone: 09 431 8969

Nationwide

Building Safer Communities

Building Safer Communities is a social enterprise service provider. Its main focus is to continue to tackle the increasingly complex social problems we face as a society. Its approach calls for multiple organisations and entities from different sectors to forge an alliance creating a common agenda for shared outcomes and alignment of effort.

Website: www.buildingsafercommunities.co.nz

Email: admin@buildingsafercommunities.co.nz **Phone:** 09 408 3030

Kaitiaki

Bream Bay Community Support Trust

The Bream Bay Community Support Trust has been active in the community for more than 25 years. It strives to be innovative and continuously evolve for the needs of the community. It endeavours to ensure access to education that creates opportunities for children, youth and adults.

Website: www.bbtrust.co.nz

Email: Not listed

Phone: Not listed

Ruakākā



Pekenga Hapori – Connecting to Community

Community Services

Northland Rural Support Trust

A charitable organisation set up to work with rural communities when times get tough – ranging from biosecurity and employment issues to financial, animal welfare, extreme weather events and health and wellbeing challenges.

Website: www.rural-support.org.nz

Email: northland@ruralsupport.org.nz

Phone: 0800 787 254

Nationwide

Dress for Success Northland

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

Website: www.northland.dressforsuccess.org

Email: northland@dressforsuccess.org

Phone: 09 438 5505

Whangārei

The Papermill

The Papermill is a safe, vibrant, creative space where artists with intellectual disabilities create handmade paper and works of art from natural fibres and recycled paper. Visitors can browse studio the shop and meet the Papermakers and are encouraged to watch the paper making processes, or have a go themselves under the watchful eye of one of the skilled tutors.

Website: www.thepapermill.co.nz

Email: info@thepapermill.co.nz

Phone: 09 459 1459

Whangārei

Education

Literacy Aotearoa Kaitaia

Our core activity is delivering learning services to adults nationwide, in the community and in workplaces, assisting them to improve their literacy, numeracy and communication skills.

Website: www.literacy.org.nz/literacy-aotearoa-Whangarei

Email: smonroe.115@literacy.org.nz

Phone: 09 408 1040

Kaitaia

Literacy Aotearoa Whangārei

Our core activity is delivering learning services to adults nationwide, in the community and in workplaces, assisting them to improve their literacy, numeracy and communication skills.

Website: <https://www.literacy.org.nz/literacy-aotearoa-Whangarei>

Email: info.cl@literacy.org.nz

Phone: 09 438 2511

Whangārei



Pekenga Hapori – Connecting to Community

Education

Community Education Whangārei (CEW)

Community Education Whangārei provides a wide range of short courses for busy people including evening classes and weekend workshops.

Website: www.cew.ac.nz

Email: cew@kamohigh.school.nz

Phone: 09 435 0889

Nationwide

New Focus NZ

Career Focus NZ provides a meaningful, practical and relevant career development services for clients of all ages and backgrounds for both individuals and businesses.

Website: www.newfocus.nz

Email: kiaora@newfocus.nz

Phone: 0800 693 362

Whangārei

English Language Partners

We teach English for work and everyday life in New Zealand. We help new Kiwis learn the English they need to participate and live independent lives.

Website: www.englishlanguage.org.nz

Email: northland@englishlanguage.org.nz

Phone: 09 438 2512

Whangārei

Graeme Dingle Foundation

We inspire all school age New Zealand children to reach their full potential through programmes that help build self-esteem, promote good values and which teach valuable life, education and health skills.

Website: www.dinglefoundation.org.nz

Email: tracy.walker@dinglefoundation.org.nz

Phone: 022 629 7386

Nationwide



Pekenga Hapori – Connecting to Community

Parenting

Mothers Helpers

Our mission is to prevent Perinatal (Antenatal and postnatal) depression or anxiety from occurring and reduce the impact it has on your life, your family's life and your child's life. We can do this by providing you with support and recovery.

Website: www.miscarriagesupport.org.nz

Email: info@mothershelpers.co.nz

Phone: 0800 002 717

Northland

Kidz Need Dadz

Kidz Need Dadz' mission is to help NZ men be the best fathers they can. We can help with parenting, relationship separation, assistance with legal advice and mentoring, information on health and wellbeing services for men, and events for dads to meet up.

Website: www.kidzneeddadz.org.nz

Email: auckland@knd.org.nz

Phone: 0800 563 123; Auckland: 09 525 1690

Northland

He Tupua Waiora – Pregnancy and Parental Service

He Tupua Waiora – Pregnancy and Parental Service provides free clinical assessment, information, and support to parents of children under the age of three (include wāhine hapu) who are struggling with substance use concerns.

Website: www.northlanddhub.org.nz/our-services/a-z/he-tupua-waiora-pregnancy-and-parental-service/

Email: TRKWHG.Referrals@northlanddhub.org.nz

Phone: 09 430 4100 ext 8320 in Whangārei and 09 408 2490 in Kaitia

Nationwide

Home Interaction Programme for Parents and Youngsters (HIPPY)

Home Interaction Programme for Parents and Youngsters is a home-based early education programme working in 40 communities around New Zealand. HIPPY serves families from a wide range of ethnic and geographic groups across the country, particularly focusing on those most at risk because of poverty, limited education and social isolation.

Website: www.greatpotentials.org.nz/hippy

Email: southkaiparahippy19@gmail.com

Phone: 09 420 7434

Nationwide



Pekenga Hapori – Connecting to Community

Addiction Support

Whakaoranga Whānau Recovery Hub

Whakaoranga Whānau Recovery Hub & He Waka Eke Noa te Tai Tokerau is a kaupapa Māori AOD community support service in Kaikohe. A team of passionate individuals who have lived experience and work together and collaborate with other health providers to strengthen, educate and empower individuals to reach their full potential.

Website: www.wowhub.co.nz

Email: info@wowhub.co.nz

Phone: 09 401 0975

Nationwide

Pekenga Hapori
Connecting to Community

Men's Group

Man Alive

We are dedicated to working people who identify as men and boys and their families on the issue that affect their lives. We provide a broad range of counselling services and programmes with the goal of providing support to men of all ages to strengthen their relationships with partners, children, family and friends. Run by men for men, Man Alive's team is dedicated to working in straightforward and practical ways.

Website: www.manalive.nz

Email: Not listed

Phone: 09 459 7930

Whangārei

Transport

Waka Ora – Health Shuttle – Whangārei

People of all ages living in and around can grab a return ride from their homes to appointments in Whangārei, Bay of Islands, Kaitiāia and Rawene for a koha (donation) or for free if people cannot afford it. St John Health Shuttle service can be booked by calling 0800 WAKA ORA (0800 9252 672)

Website: www.stjohn.org.nz

Email: Not listed

Phone: 0800 925 2672

Kaikohe



Oranga Hinengaro – Mental Wellbeing

Child and Youth

ADHD Association; Inc.

ADHD Association provides resources, support, information. We provide support and information for people affected by ADHD to live valued lives and realise their potential. Our Service helps anyone who experiences ADHD, or their friends/family/whānau.

Website: www.adhd.org.nz

Email: info@adhd.org.nz

Phone: 09 625 1754

Whangārei

Starfish Clinic

Psychological assessment, treatment and therapy for children, adolescents, adults and families.

Website: www.starfishclinic.com

Email: yvette@starfish.org.nz

Phone: 021 189 7540

Whangārei

Kidsline

Kidsline is uniquely about kids being there for other kids – we are the only near peer model that exists to include secondary school students. Kidsline is available 24/7 however when kids ring between 4pm – 9pm Monday – Friday they will speak to a Kidsline Buddy – a specially trained year 12 and 13 volunteers. At Kidsline we listen really carefully to what you’ve got to say. We’ll support and encourage you and help you come up with the best approach to what’s happening for you.

Website: www.facebook.com/0800kidsline

Email: info@lifeline.org.nz

Phone: 0800 KIDSLINE; (0800 54 37 54)

Northland

Deaf Aotearoa – Youth Service

Youth Service develops the potential of Deaf and hard-of-hearing youth as individuals and as a group, by providing: a transition programme to guide young people into work or study, a youth intern programme, activities to develop strong Deaf identities and leadership skills.

Website: www.deaf.org.nz

Email: hello@deaf.org.nz

Phone: 0800 33 23 22

Whangārei

Kids Link

KidsLink provides information, connections and solutions for parents/whānau and schools when kids are experiencing challenges with their learning.

Website: www.kidslink.co.nz

Email: michele@kidslink.co.nz

Phone: Not listed

Nationwide



Oranga Hinengaro – Mental Wellbeing Financial/Budgeting Support

Anglican Care Centre

Services provided include: counselling, Budget Advice, Senior Assistance, Crisis Help and Community education.

Website: www.whgcare.org.nz

Email: office2@whgcare.org.nz

Phone: 09 437 6397 or 0277 500 246

Whangārei

Services to Help

Mental Health Foundation of New Zealand – #radnotbad

#RadNotBad shares real stories from real New Zealanders who have lived through mental illness and navigated the mental health system. Media stories often talk about them, not with them. The media, especially in stories about the mental health system, can portray them as unpredictable and off-the-wall, or even worse, as violent and dangerous perpetrators.

Website: www.facebook.com/MauriEducationAndSocialServices

Email: maurimotuhake@gmail.com

Phone: 09 623 4812

Northland

Alzheimers Northland

Expert help and support are provided directly to families affected by dementia to help you live your best life. Help is provided for carers, home carer seminars and Day Programmes for people with dementia. We also share our knowledge and expertise with professionals through our Education Programme.

- Dargaville 022 691 6068
- Kaitaia 09 407 3010
- Kerikeri 09 407 3010
- Whangārei 09 438 7771

Website: www.alzheimersnorthland.org.nz

Email: northland@alzheimers.org.nz

Phone: Dargaville 022 691 6068
Kaitaia 09 407 3010
Kerikeri 09 407 3010
Whangārei 09 438 7771

Northland

Arataki Ministries

Arataki Ministries Ltd, a charitable company, is a Non-Government Organisation (NGO) that supports people who experience mental illness and have worked in this field since 1991. Community Support Workers offer mobile support.

- Dargaville 09 439 4651
- Maungaturoto 09 431 9091
- Whangārei 09 430 3044

Website: www.aratakimin.co.nz

Email: admin@aratakimin.co.nz

Phone: Dargaville 09 439 4651
Maungaturoto 09 431 9091
Whangārei 09 430 3044

Northland



Oranga Hinengaro – Mental Wellbeing

Services to Help

New Zealand Christian Counsellors Association (NZCCA)

At NZCCA our aim is to be a faith-filled, loving community of professional counsellors who have chosen to follow Christ and identify as Christian (i.e. who know, love and serve Jesus).

Website: www.nzcca.org.nz/find-a-counsellor/

Email: info@nzcca.org.nz

Phone: 09 361 4183

Northland (NZ wide)

Emerge Aotearoa

The New Zealand Association of Counsellors / Te Roopu Kaiwhiriwhiri o Aotearoa (NZAC), is also known as Counselling Aotearoa (CA). We are a professional membership body that represents the majority of counsellors in New Zealand. We have around 3,000 members and we offer a registration process for counsellors who meet our rigorous training, qualification and professional development standards.

Website: www.emergeaotearoa.org.nz

Email: barbara.disley@emergeaotearoa.org.nz **Phone:** 09 470 3530

Whangārei

Rubicon Alcohol & Other Drug; Co-Existing Problems Health Service for Youth

Confidential Drug testing, family Whānau Support, Group work, Youth Activity After School Programme, AOD/ CEP assessment & Treatment. Started in 2000, Rubicon Youth is a youth substance abuse program where professionals work alongside youth to help them overcome their struggles with addiction.

Accessible through high schools, GPs, other health and educational professionals in Whangārei, Kaipara and Far North. We approach the drug and alcohol problems from a holistic health perspective in a supportive and encouraging environment. Rubicon Youth was formed as means of mentoring and counselling young people to help minimise harm reduction and to encourage them to see how education can unlock a positive future.

Website: www.rubiconyouth.org.nz

Email: admin@rubiconyouth.org.nz **Phone:** 09 438 2340; Sandy 021 272 2472

Whangārei

New Zealand Association of Counsellors (NZAC)

The New Zealand Association of Counsellors / Te Roopu Kaiwhiriwhiri o Aotearoa (NZAC), is also known as Counselling Aotearoa (CA). We are a professional membership body that represents the majority of counsellors in New Zealand. We have around 3,000 members and we offer a registration process for counsellors who meet our rigorous training, qualification and professional development standards.

Website: www.nzac.org.nz/search-for-a-counsellor

Email: gill-ireland@hotmail.com

Phone: 04 471 0307

Northland



Oranga Hinengaro – Mental Wellbeing

Services to Help

Arthritis New Zealand

Services include advice and education about your diagnosis and managing arthritis, and advocacy support for issues people with arthritis face. Services are delivered through our Arthritis Assist department in multiple ways including through email, telephone, online support groups, peer-to-peer support, online courses, videos, and digital and printed resources.

Website: www.arthritis.org.nz

Phone: 0800 663 463

Email: info@arthritis.org.nz

Whangārei

New Zealand Association of Neuro Linguistic Programming (NZANLP) Inc

Neuro-linguistic programming is a method for modelling excellence. It is the study of how we do what we do, especially the behaviour that works well. By studying thinking patterns and behaviours that create excellent outcomes, NLP professionals can teach other people strategies for achieving their own best outcomes.

Website: www.nzanlp.org.nz/find-practitioner-northland

Email: michelle.sime@betterthinking.co.nz

Phone: 021 731 831

Northland

Supporting Families New Zealand/Yellow Brick Road

Formerly known as Supporting Families NZ, we're Yellow Brick Road; a national organisation that provides support for Whānau who have a loved one experiencing mental health challenges. For people who have a loved one experiencing mental health challenges.

Website: www.yellowbrickroad.org.nz

Email: online form via website

Phone: 09 378 9134

Whangārei

Salvation Army Kaitaia

The Salvation Army provides individual support and day programmes for people who are experiencing significant harm as a result of their alcohol and or other drug use. We also provide budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. The Salvation Army is committed to our mission of caring for people, transforming lives and reforming society.

Website: www.salvationarmy.org.nz

Email: kaitaia.bridge@salvationarmy.org.nz

Phone: 09 408 1078

Kaitaia

Miriam Centre – Whangārei

The Miriam Centre is a not-for-profit Charitable Trust established in 1988. We provide a first response service, helping people to address and to heal from issues of sexual and physical violence.

Website: www.miriamcentre.co.nz

Email: miriam-centre@xtra.co.nz

Phone: 09 437 6010

Whangārei



Oranga Hinengaro – Mental Wellbeing

Services to Help

Salvation Army Whangārei

The Salvation Army provides budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. We are committed to our mission of caring for people, transforming lives and reforming society.

Website: www.salvationarmy.org.nz

Email: northbridge@salvationarmy.org.nz

Phone: 09 430 7500

Whangārei

Young Stroke Survivors Group

The Stroke Foundation is the national organisation devoted to supporting stroke survivors, and helping all New Zealanders keep safe from stroke.

Website: www.stroke.org.nz/stroke-clubs

Email: northern@stroke.org.nz

Phone: 09 475 0070

Whangārei

Stuttering Treatment and Research Trust (START)

The Stuttering Treatment and Research Trust (START) is the only organisation in New Zealand that provides specialist treatment and support for people of all ages who stutter and their families. With many therapy options available, we have the advice and support that you need.

Website: www.stuttering.co.nz

Email: support@start.org.nz

Phone: 09 579 6775

Whangārei

Changing Minds

Changing Minds is a national not-for-profit organisation, proudly led and operated entirely by people who have navigated their own lived experience journey through mental health and addiction. The organisation works in the broad area of hauora services, advocacy, human rights, and health policy. It collects, articulates, and activates the strategic voice of lived experience.

Website: www.changingminds.org.nz

Email: operations@changingminds.org.nz

Phone: 09 623 1762

Nationwide

Love Somebody Charitable Trust

Love Somebody Charitable Trust is an all-inclusive values-based organisation whose mission is to prevent suicide by creating stronger, loving communities for all people. We want to significantly reduce the number of suicides. We aim to do this through our three core pillars of Connection, Awareness, and Research. We are committed to investing in expertise and resources in order to further achieve our cause. We are just a group of ordinary people, aiming to make an extraordinary difference.

Website: www.lovesomebody.org.nz

Email: info@lovesomebody.org.nz

Phone: 027 707 9494

Nationwide



Oranga Hinengaro – Mental Wellbeing

Services to Help

Sexual Health Service (123 Clinics)

Free, confidential service provided offering STI screening, Emergency Contraceptive Pill and Contraceptive advice, FREE CONDOMS, Pregnancy Testing, Sexual Health Counselling and education for clients and health professionals and an Adult Sexual Health Abuse Service.

Website: Not listed

Email: Not listed

Phone: 0800 286 828

Kaikohe

Stand Tū Māia

Stand Tū Māia is a charity providing an Intensive Wraparound social service response through its Stand for Children service (which includes Therapeutic Care and Education in Children's Villages) to children aged 5 to 12 and their families, its Family Therapy service for children 0-18 (including unborns) and their families, the Social Services in Schools service and a Kidzacoool Adventures holiday programme for children aged 5 up to 14. Their daily focus is to protect children from further trauma, support their recovery and enhance their wellbeing.

Website: www.standforchildren.org.nz

Email: Northern@standforchildren.org.nz

Phone: 09 437 9050

Whangārei

Kaupapa Māori Healthcare

Gambling Helpline – Māori

We have professional Māori counsellors trained to help people who are affected by gambling. Our Kaupapa is to listen and support you and your Whānau, in dealing with the effects of problem gambling. We can offer you a range of practical suggestions, and where possible we can put you in touch with support networks in your area.

We do not have Māori counsellors available all the time, but we can organise a suitable time with you for one of them to call you back and we can transfer you to one if they are available. Just let us know that you wish to speak to one of our Māori team. If you feel you may have or have had a gambling problem or you may be affected by someone who gambles, we welcome you to call the service.

Website: www.gamblinghelpline.co.nz

Email: info@gamblinghelpline.co.nz

Phone: 0800 654 656

Primarily by phone

Mapu Maia

We work with families and communities to help them to be healthy and resilient; free from gambling harm.

Website: www.mapumaia.nz

Email: help@mapumaia.nz

Phone: 0800 21 21 22

Nationwide



Oranga Hinengaro – Mental Wellbeing

Iwi / Hapū / Marae

Te Hā Oranga

Te Hā Oranga operates a free community based Māori mental health service, and a free comprehensive and discreet Alcohol and Other Drug addiction service.

Website: www.tehaoranga.co.nz

Email: dallas.taylor@TeHaoranga.co.nz

Phone: 09 439 3013

Dargaville

Te Runanga O Ngaitakoto

Te Runanga o Ngaitakoto is an organisation of credibility that strives and drives, success and opportunity for the wellbeing of its people

Website: www.ngaitakotoiwi.co.nz

Email: admin@ngaitakotoiwi.co.nz

Phone: 09 408 0271

Kaitaia

Regional and District councils

Northland Regional Council

At Northland District Council, our vision underpins everything we do. It's ultimately about working together to care for our region's incredible environment and many communities, matching our skills and resources with the vision and aspirations of our people.

Website: www.nrc.govt.nz

Email: mailroom@nrc.govt.nz

Phone: 09 470 1200

Whangārei

Community Services

Multicultural Whangarei

A not-for-profit community based organisation supporting migrants and newcomers to Whangārei with their settlement process. It also promotes positive race relations through community education, ensuring people of all ethnicities feel able to actively contribute to their adopted community.

Website: www.multiculturalWhangarei.co.nz

Email: info@multiculturalWhangarei.co.nz

Phone: 09 430 0571

Whangārei



Oranga Hinengaro – Mental Wellbeing

Gender Diverse

InsideOUT Kōaro

Our vision is to give rainbow young people in Aotearoa New Zealand a greater sense of safety and belonging in their schools and communities. InsideOUT Kōaro is a national charity providing resources, education, consulting and support for anything concerning rainbow and takatāpui communities. We offer guidance, professional development and workshops for schools, workplaces and community organisations across Aotearoa.

Website: www.insideout.org.nz

Email: hello@insideout.org.nz

Phone: 027 331 4507

Kerikeri

Thirdgender Whangarei

Transgender community support

Website: Not listed

Email: thirdgenderwhg@gmail.com

Phone: 022 397 4277

Whangārei

Education

Mauri Education and Social Services

Mauri has been providing Kaupapa Māori Education to tamariki, whānau and kaiako since January 2016. In 2018 we established Mauri Social Services to meet the gap in services available to tāne Māori in Te Hiku

Website: www.mentalhealth.org.nz

Email: info@mentalhealth.org.nz

Phone: 0210 606 170

Nationwide

Education, Kaupapa Māori Healthcare

Solomon Group Youth Service

A Māori Private Training Establishment (PTE) based in Auckland and Northland who work to empower individuals to recognise and develop their potential in a mutually respectful and supportive environment.

Website: www.solomongroup.co.nz

Email: amy.apiata@solomongroup.ac.nz

Phone: 0800 747 687

Whangārei



Oranga Hinengaro – Mental Wellbeing

Parenting

Sands – Pregnancy, Baby & Infant Loss Support

A network of parent-run, non-profit groups supporting families who have experienced the death of a baby.

Website: www.sands.org.nz

Email: sandsnorthland@gmail.com

Phone: Not listed

Whangārei

Disability Support

Deaf Aotearoa – iSign

iSign has a free text number 3359 if you would like to communicate via text. iSign enables access and participation for Deaf people by providing professional and confidential New Zealand Sign language (NZSL) interpreting services. iSign is a nationwide service enabling effective communication between Deaf and hearing people.

iSign matches job requests with available and appropriate interpreters throughout New Zealand. iSign contracts more than 80 qualified interpreters who are all members of their professional body, ensuring a confidential and professional service. Funding is available to cover a wide range of interpreting service jobs. iSign staff can advise on available sources of funding. Funding information is also available on the 'How it Works/Who Pays?' page of the iSign website.

Website: www.deaf.org.nz

Email: askus@isign.co.nz

Phone: 0800 93 46 83

Whangārei

Deaf Aotearoa – Employment Service

Deaf Aotearoa's employment service is a nationwide service focused on getting Deaf and hard-of-hearing people into successful employment. It includes pre-employment support and in-work support for both the Deaf person and employers. The employment service offers support for: Deaf and hard-of-hearing people to get a job, remain in their job and employers to understand more about employing Deaf people, including information on Deaf culture and funding for New Zealand Sign language (NZSL) interpreters in the workplace.

Website: www.deaf.org.nz

Email: hello@deaf.org.nz

Phone: 0800 33 23 22

Whangārei

Deaf Aotearoa – First Signs for Children 0-5

First Signs is a nationwide Deaf Aotearoa service for Deaf and hard-of-hearing children aged 0-5, supporting families and whānau with: learning New Zealand Sign language (NZSL), language development, learning about being Deaf/hard-of-hearing in Aotearoa.

Website: www.deaf.org.nz

Email: firstsigns@deaf.org.nz

Phone: 0800 33 23 22

Whangārei



Oranga Hinengaro – Mental Wellbeing

Disability Support

NorthAble Matapuna Hauora – DIAS – Disability Information and Advisory Service

DIAS – Independent disability information and advisory service. Free to people with a disability, their families, Whānau, caregivers, providers and the general public. We are here to assist and answer any of your questions. Our aim is to provide information that is relevant and useful to you. We can link you to a range of information including support organisations and groups, education and training, recreation, equipment options, funding options, link centres, Firstport.

Website: www.equipmentplus.org.nz

Email: Email form online – see website Contact Us **Phone:** 09 430 0988

Whangārei

Altogether Autism

Altogether Autism (Takiwātanga) supports autism awareness, acceptance and appreciation. It supports people to be ‘authentically autistic’. It works with autistics, their families/whānau and professionals to support their professional development and education.

Website: www.altogetherautism.org.nz

Email: communications@lifeunlimited.net.nz **Phone:** 0800 273 463

Nationwide

Huntington’s Disease Association

We offer community home visits, counselling, education and support navigating the health, social and care needs for individuals in Northland living with Huntingtons Disease.

Website: www.hdauckland.org

Email: huntingtonsakld@xtra.co.nz **Phone:** 0800 432 825 / 0274 328 255

Nationwide

Gambling Support

Gambling Helpline

Gambling Helpline is a 24 hour free service that you can call to receive immediate support, referral to another gambling support agency, or information services for gambling problems. Gambling Helpline is the national freephone support service for people affected by gambling in Aotearoa.

Website: www.gamblinghelpline.co.nz

Email: info@gamblinghelpline.co.nz **Phone:** 0800 654 655; text 8006

Primarily by phone

Mapu Maia (Pasifika Gambling Support Services)

Working with families and communities to be healthy and resilient; free from gambling harm. At Mapu Maia, we aim to provide services that are accessible to Pacific peoples. We deliver clinical interventions (talatalanoa) in English, Samoan and Tongan. We can also provide at-home services for individuals, couples, family groups, peer support and clinical groups.

Website: www.mapumaia.nz

Email: help@mapumaia.nz **Phone:** 0800 21 21 22

Northland



Oranga Hinengaro – Mental Wellbeing

Gambling Support

Ngā Manga Puriri

We are a professional, confidential and free service to all people in Te Taitokerau who are seeking help and information on problem gambling

Website: www.nmp.org.nz

Email: admin@nmp.org.nz

Phone: 09 437 0167

Kamo

Counselling

Lifeline

We're committed to providing a safe, effective and confidential service to support the emotional and mental wellbeing of our callers and communities. Calls and text messages are answered by qualified counsellors and well trained volunteers. Volunteers undergo world class counselling training and supervision, providing a confidential, caring and professional service to a wide range of people in need. They deal with many kinds of issues including psychological and emotional distress, financial and work issues, marriage and family problems and with callers who are lonely, ill, depressed or the victims of violence or abuse.

Website: www.lifeline.org.nz

Email: info@lifeline.org.nz

Phone: 0800 543 354

Northland

0800WHATSUP

0800What's Up is a free and confidential counselling service for children and teenagers to talk about anything that is bothering them. No problem is too small or too big for our trained counsellors. We do not tell our callers and chatters what to do, and instead provide support, allowing them to explore what is best for them and the possible consequences of their choices. Our phones are open from 11am to 11pm every day, and our online chat is open from 11am to 10:30pm every day, including public holidays.

Website: www.whatsup.co.nz

Email: Not listed

Phone: 0800WHATSUP 0800-942-8787

Whangārei

Counselling Matters

I am a registered counsellor and I facilitate peer support groups

Website: Not listed

Email: counsellingmattersnz@gmail.com

Phone: 021 233 1830

Whangārei

Loneliness NZ

We promote public health and social inclusion by supporting those already experiencing loneliness in their lives. We advance education by upskilling people in ways to prevent themselves and/or others being lonely.

Website: www.loneliness.org.nz

Email: Not listed

Phone: Online Only

Nationwide



Oranga Hinengaro – Mental Wellbeing

Multi Cultural

Northland Indian Association

Northland Indian community organisation

Website: www.northlandindianassociation.com(not working), www.facebook.com/northlandindian

Email: northland.indians@gmail.com

Phone: Not listed

Whangārei

Drug and Alcohol Support

Meth Help Counselling Service

A nationwide telephone, text and email counselling service for meth users and family/whanau and others impacted by Meth

Website: www.womensrefuge.org.nz

Email: leonette@midnorthrefuge.org.nz

Phone: 0800 6384 4357

Nationwide

Addictions Support

Brave Hearts NZ

Brave Hearts is a support service for people with loved ones with substance use and addiction issues. Our community has been directly affected by the agonising, daily trauma of having an addicted loved one. Brave Hearts facilitates group meetings, provides phone support and can refer those who need it to counselling or other professional service providers.

Website: www.bravehearts.nz

Email: support@bravehearts.nz

Phone: 0508 272 834

Nationwide



Ringa Hauora – Medical Services

Child and Youth

Spectrum Care

Spectrum Care is an independent charitable trust that provides services for children, young people and adults with disabilities and their families. People with disabilities living great lives.

Website: www.spectrumcare.org.nz

Email: info@spectrumcare.org.nz

Phone: 09 634 3790

Whangārei

Kidney Kids NZ

Kidney Kids is a not-for-profit organisation that supports children, their families and whānau with kidney disease. We provide families with resources, information, family support events, personal development, hospital visits, home visits and other assistance. Through this, we support parents' needs and support kidney kids to have the best possible experiences.

Website: www.kidneykids.org.nz

Email: rachel@kidneykids.org.nz

Phone: 0800 215 437

Nationwide

SPELD NZ

New Zealand's leading provider of support for children and adults with dyslexia and other specific learning disabilities.

Website: www.whatsup.co.nz

Email: Not listed

Phone: 0800 773 536

Nationwide

Child and Youth, Healthcare practitioners

Stand Children's Services

Stand provides social workers, therapeutic care workers helping people to problem solve, plan daily routines.

Website: www.standforchildren.org.nz

Email: rosej.davies@standforchildren.org.nz

Phone: 09 438 7660

Whangārei

Financial/Budgeting Support

Warkworth/Wellsford Budget Service (Mangawhai and Kaiwaka)

Warkworth Wellsford Budget Service offer confidential, free budgeting advice from trained budget advisers. They can assist with any personal budget problem or query. Budget advisers will help you create a plan to get out of debt, save money and start building a future for you and your family.

Website: www.wwbudgetservice.co.nz

Email: admin@wwbudgetservice.co.nz

Phone: 021 423 788

Nationwide



Ringa Hauora – Medical Services

Services to Help

Kind Hands Respite Care Cottage

Kind Hands is a purpose-built cottage at 19 Morningside Road Whangarei, offering Early Childhood Education and Respite Care for children who are aged under 6 years, have a disability and/or are medically fragile and/or are technology dependent. Although the facility is located in Whangarei, it is intended to benefit all children in the above categories throughout Northland.

Kind Hands is a home away from home with trained staff who can take care of all of your children's individual needs. Kind Hands has trained nurses and caregivers 24hrs every second Friday from 5pm to Monday 8.30am for Respite Care and ECE qualified teachers and Nurses and Caregivers Monday to Friday 8.30 to 5pm for ECE hours.

Website: www.kindhands.co.nz

Email: info@kindhands.co.nz

Phone: 09 459 7383

Whangārei

Aphasia New Zealand Charitable Trust

Aphasia New Zealand is a national organisation and registered charity, providing support services, resources, education, and information for anyone in New Zealand living with or affected by aphasia. Its aim is to assist people with aphasia, their families and friends, extended whānau, and the wider community to communicate effectively and reduce the barriers faced by people with aphasia.

Website: www.aphasia.org.nz

Email: Not listed

Phone: Not listed

Nationwide

Endometriosis New Zealand (ENZ)

Endometriosis New Zealand represents the tens of thousands of girls, women, and those assigned female at birth, with endometriosis and persistent pelvic pain in New Zealand, their whānau and we work with those who treat the condition.

Website: www.nzendo.org.nz

Email: info@nzendo.org.nz

Phone: 03 379 7959

Nationwide

Neurofibromatosis Association of NZ

Support and information for people who have Neurofibromatosis

Website: www.multiculturalwhangarei.co.nz

Email: info@mwhg.org.nz

Phone: 027 473 9543

Kerikeri

Breast Cancer Support Northland Trust

The Breast Cancer Northland Trust aims to provide practical and emotional care to every person in Northland receiving a breast cancer / mate ūtaetae diagnosis, their whānau and friends. The Trust provides specially trained volunteers who have themselves recovered from breast cancer. This provides an opportunity to speak with others who have been in a similar position. offering practical and emotional support, encouragement, and a shoulder to cry on. The Trust also supplies information on relevant services you may need.

Website: www.breastcancernorthland.co.nz

Email: Not listed

Phone: Not listed

Nationwide



Ringa Hauora – Medical Services

Services to Help

Burnett Foundation Aotearoa (formerly New Zealand AIDS Foundation)

The Burnett Foundation’s kaupapa has always been to have a human-centred, science-led, sex-positive approach to public health. Key workstreams of advocacy, education, and support have always been and remain our key pillars. With the same passion and commitment as those who came before us, Burnett Foundation Aotearoa continues to prevent HIV transmission, combat stigma, and maximise the wellbeing of those most affected by HIV. The Trust has centres in Tāmaki Makaurau Auckland, Whanganui-a-Tara Wellington and Ōtautahi Christchurch. It provides HIV and STI testing, counselling, group support, and other services at these centres as well as remotely for people anywhere in New Zealand.

Website: www.burnettfoundation.org.nz

Email: contact@burnettfoundation.org.nz

Phone: 0800 802 437

Nationwide

Toki Rau Stop Smoking Service

Toki Rau Stop Smoking Service provide a FREE Northland wide stop smoking service offering face-to-face support which can be provided in an individual, whānau/family or group setting. They have eight sites provide stop smoking support across Tai Tokerau. They provide free nicotine replacement therapy (NRT) to support you on your journey to quit/become smokefree. This includes gum, lozenges and patches. They can also advise you about other non-funded stop smoking medicines available.

Website: www.tokirau.co.nz

Email: referrals@tokirau.co.nz

Phone: 0508 865 4728

Kaitiaki

Tokotoko Solutions Ltd

Tokotoko Solutions help ensure clients, and the agencies that support them, have all the tools required to reach their goals. They focus on result based solutions that put people at the front and centre of their own journey, while also assisting with pulling together the services and support available through existing channels like schools, agencies, employers and families.

Website: www.tokotokosolutionsltd.co.nz

Email: admin@tokotokosolutionsltd.co.nz

Phone: 09 553 764

Kaitiaki

Family Planning

At our clinics we can help with contraception, sexually transmissible infection (STI) testing and treatment, cervical screening, pregnancy testing, abortion advice, premenstrual syndrome (PMS), menopause, HPV (human papillomavirus) vaccinations, and advice for other sexual and reproductive health issues including what to do if you’ve had unprotected sex. Our services are confidential and non-judgemental and for people of any age, gender, sexual orientation or nationality. If you are a New Zealand citizen or resident and under 22, your visit to Family Planning is free.

Website: www.familyplanning.org.nz

Email: national@familyplanning.org.nz

Phone: 04 384 4349

Kaikohe



Ringa Hauora – Medical Services

Services to Help

Coeliac New Zealand Incorporated

We promote the welfare of children and adults who have been medically diagnosed with coeliac disease and dermatitis herpetiformis. Coeliac New Zealand Inc raises awareness, and provides support, information and resources to people with coeliac disease, their whānau and the wider community. We support research, education, and initiatives for those working in the health sector and are an agent for change.

Website: www.coeliac.org.nz

Email: Not listed

Phone: 09 414 7467

Nationwide

Cystic Fibrosis New Zealand

Cystic Fibrosis NZ is the only charity in New Zealand dedicated to supporting and improving the quality of life for people with cystic fibrosis and their families. Established in 1968 as a volunteer support group for parents with a newly diagnosed child, we dedicate ourselves to shaping a brighter future for everyone with cystic fibrosis.

Website: www.cfnz.org.nz

Email: info@cfnz.org.nz

Phone: 0800 651 122

Nationwide

Body Positive Inc.

Body Positive Inc. is a peer support organisation, founded by and run for, all people living with HIV in New Zealand. Body Positive offers support services for people living with HIV, helping to break down isolation and building a sense of community, while advocating on behalf of people living with HIV at a national level.

Website: www.bodypositive.org.nz

Email: office@bodypositive.org.nz

Phone: 0800 448 5463

Nationwide

Amputee Society of Auckland and Northland

The Amputees Federation is a nationwide, non-government, non-profit, voluntary organisation. Its primary objective is to support and promote the welfare of all amputees. This includes offering peer support and encouragement when the going gets tough, and providing information and advice to help amputees achieve the quality lifestyle to which they aspire.

Website: www.amputee.co.nz/auckland-northland

Email: anamputeesociety@gmail.com

Phone: 09 430 6499

Nationwide

Keeping Connected

Association of supervised contact services Keeping Connected provides supervised contact and changeover services for children so that they can maintain or renew relationships which are important to them, in a safe child-focused environment. The service is available for parents, whānau or families.

Website: www.anzascs.org.nz

Email: keepingconnectednz@gmail.com

Phone: 021 662 674

Nationwide



Ringa Hauora – Medical Services

Services to Help

Dyspraxia Support Group of NZInc

The Dyspraxia Support Group of New Zealand provides support, training, resources, and information about Developmental Dyspraxia/Developmental Co-ordination Disorder. We support children, young adults and adults with Developmental Dyspraxia/Developmental Co-ordination Disorder, their family/whanau; caregivers; and professionals working in related fields.

Website: www.dyspraxia.org.nz

Email: dyspraxia.centre@xtra.co.nz

Phone: 03 358 3249

Nationwide

Early Psychosis Intervention Service

We provide support and treatment to people between the ages of 13 and 35 who are experiencing a "first psychotic episode.

Website: www.northlanddhb.org.nz/our-services/a-z/mental-health

Email: Not listed

Phone: Not listed

Nationwide

Seizure Support Northland

Seizure Support provide opportunities of friendship and peer support to people living with seizures.

Website: www.facebook.com/seizuresupportnorthland

Email: Northland@seizuresupport.org.nz

Phone: Not listed

Nationwide

Debra NZ Trust

We are an organisation dedicated to improving the quality of life for people with Epidermolysis Bullosa (EB) and their families. EB is a rare condition that causes fragile, blistering skin. The blisters may appear in response to minor injury, even from heat, rubbing or scratching. In severe cases, the blisters may occur inside the body, such as the lining of the mouth or stomach

Website: www.debra.org.nz

Email: debra@debra.org.nz

Phone: 027 2717084

Nationwide

Bald Angels

Bald Angels fundraise to support children in need around Te Tai Tokerau.

Website: www.baldangels.org.nz

Email: admin@baldangels.org.nz

Phone: Not listed

Kerikeri



Ringa Hauora – Medical Services

Healthcare Practitioners

Top Health Kaitia

This practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 408 9182

Northland

Epilepsy New Zealand – Northland

Epilepsy NZ provides seizure management planning that provides strategies to help the person with epilepsy gain control of their seizures and build confidence. We provide educational programmes to increase the understanding of a person with epilepsy, their family and friends. Information and support services are available, both face-to-face and over the phone via our national epilepsy helpline 0800 3745 37.

Our local branches offer various types of support and social groups. We also offer educational services for professionals who work with people with epilepsy such as ambulance service staff, police, nurses and teachers. We promote community awareness through speaking engagements in community groups including service clubs, workplaces, school and recreational clubs. Regular publications of information are distributed through newsletters, brochures, information sheets and our website www.epilepsy.org.nz.

Website: www.epilepsy.org.nz/northland

Email: northland@epilepsy.org.nz

Phone: 09 438 5498

Whangārei

Kerimed Doctors

Kerimed is a personal, caring and friendly team of Doctors, Nurses and Admin staff. We are all committed to providing the best possible care for our patients through our Quality Service, Professionalism, and Team Work.

Website: Not Listed

Email: info@kerimed.co.nz

Phone: 09 407 0025

Kerikeri

Rata Family Health

We are a general practice aiming to provide quality healthcare to you and your family. Consultations are by appointment only. Our standard consultation time is 15 minutes.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 438 4181

Northland

Paihia Medical Services

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 402 8407

Northland



Ringa Hauora – Medical Services

Healthcare Practitioners

Onerahi Family Healthcare

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.onerahifamilyhealthcare.co.nz

Email: reception@onerahifamily.co.nz

Phone: 09 436 0789

Whangārei

Te Whareora o Tikipunga

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 437 0015

Whangārei

West End Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 438 9050

Whangārei

Dargaville Hospital

Dargaville Hospital is jointly owned by Te Whatu Ora (54%) and the Kaipara Community Health Trust (46%). Kaipara Health Centre incorporates Dargaville Hospital and the Dargaville Medical Centre, as well as the Iwi provider, Te Hā O Te Oranga.

77 Awakino Road, Dargaville

Website: www.northlanddhub.org.nz

Email: Not listed

Phone: 09 439 3330

Nationwide

James Street Doctors

We are a sole GP Clinic. Dr Sarah Helagi-McCarthy has been in general practice since 1996. Sarah has a generalist approach and our family centred surgery offers a full range of general practice services to you and your whānau/family.

Website: Not listed

Email: Not listed

Phone: 09 438 4172

Whangārei



Ringa Hauora – Medical Services

Healthcare Practitioners

The Doctors Kamo

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 435 5323

Whangārei

Kensington Psychology Ltd

Psychological services, assessment and treatment, for adults.

Website: www.anzascscs.org.nz

Email: Not listed

Phone: 021 117 4310

Whangārei

Commercial Street Surgery

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 404 0885

Whangārei

Rust Ave Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 438 4161

Whangārei

Moerewa Medical Services

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 404 0328

Northland

Cancer Society Northland

The Cancer council (Te Kahui Matepukuku o Te Tai Tokerau) has partnered with Hauora Kotahitanga to provide a list of Cancer Support services in Northland, visit our up to date page to see the organisations that offer Cancer Support.

Website: www.auckland-northland.cancernz.org.nz

Email: northland@akcansoc.org.nz

Phone: 09 437 5593

Northland



Ringa Hauora – Medical Services

Healthcare Practitioners

Tui Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 430 0700

Whangārei

Broadway Health

GP Clinics in Kaitaia 09 408 9268, Waipapa 09 4017172, Kaikohe 09 401 1556

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: Kaitaia 09 408 9268, Waipapa 09 4017172, Kaikohe 09 401 1556

Northland

Kaitaia Hospital

Kaitaia Hospital is Te Whato Ora’s northernmost hospital. It is a general hospital serving a widely scattered population. The 26 bed hospital has a general ward, maternity and paediatric ward with all the supporting services, and also provides a substantial community health service.

Website: www.kaitaiacommunityhouse.co.nz

Email: info@kaitaiacommunityhouse.co.nz

Phone: 09 408 9180

Kaitaia

Ngunguru Medical Centre

We are a family centred surgery offering a full range of general practice services to you and your family.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 434 3732

Nationwide

The Doctors Kerikeri

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 407 7777

Kerikeri



Ringa Hauora – Medical Services

Healthcare Practitioners

Russell Medical Services

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 403 7690

Russell

Whangārei Hospital

Whangarei Hospital is Northland DHB’s largest and provides secondary specialist care to all of Northland and has 246 inpatient beds. Anyone

Website: www.northlanddhb.org.nz

Email: Not listed

Phone: 09 430 4100

Whangārei

Waipu Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 432 1190

Waipu

The Doctors Tikipunga

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 435 2528

Whangārei

Volunteering Northland

Volunteering Northland is a non-profit organisation providing a recruitment and referral service for volunteers and facilitates and enhances volunteering in general. Local organisations and organisers of one-off community events that employ volunteers sign up at the volunteer centre and list their available opportunities for volunteers. The opportunities are accessible on-line, at the centre, advertised in local media and promoted at public events. The volunteer centre matches potential volunteers with opportunities. This Service encourages volunteering and supports all aspects of the community as well as a wide variety of charitable organisations.

Website: www.volunteeringnorthland.nz/home

Email: info@volunteeringnorthland.nz

Phone: 09 945 4984

Whangārei



Ringa Hauora – Medical Services

Healthcare Practitioners

Northland Environmental Health Clinic

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.nehc.co.nz

Email: Not listed

Phone: 09 435 1674

Northland

Bayview Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 402 7132

Northland

Kensington Health

Kensington Health is centrally located in the Kensington Health Hub on the corner of Kamo Rd and Kensington Ave. With an on-site laboratory (blood collection) and neighbouring extended hours pharmacy, radiology (x-ray, ultrasound, CT and MRI scans), physiotherapy and a number of specialists located within close proximity, Kensington Health is ideally placed to meet all of your healthcare needs. Ample carparking is available on-site.

Website: Not listed

Email: reception@kensington.health.nz

Phone: 09 437 9070

Whangārei

Bream Bay Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 432 8060

Ruakaka

Raumanga Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 438 7161

Whangārei



Ringa Hauora – Medical Services

Healthcare Practitioners

Bank Street Medical

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 438 4379

Northland

Blind Low Vision NZ

Assistance is provided with getting around, accessible library, daily living skills, support and community, technology, employment readiness, specialist services, services for businesses.

Website: www.blindlowvision.org.nz

Email: info@blindlowvision.org.nz

Phone: 0800 24 33 33

Whangārei

Dargaville Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 439 3330

Dargaville

Bay of Islands Hospital

The Bay of Islands Hospital is located in Kawakawa and provides care to the people of the Bay of Islands and the Mid North. Anyone

Website: www.northlanddhb.org.nz

Email: Not listed

Phone: 09 404 0280

Kawakawa

Stroke Foundation NZ

Community Stroke Advisors work with stroke survivors, their family, whānau and carers. Their work and support helps people achieve the best possible outcome after stroke. Anyone who has survived a stroke, or their family, Whānau and carers.

Website: www.stroke.org.nz

Email: northern@stroke.org.nz

Phone: 0800 459 954;
Geno Milnes at 027 459 9545

Whangārei



Ringa Hauora – Medical Services

Healthcare Practitioners

Bush Road Medical Centre

General Medical Consultations. Standard appointments are 15 minutes long and are for one general medical problem. You will need to book an extended appointment for any of the following:

- Multiple health issues
- More than one person attending the consultation
- A smear and a consultation for another issue
- Minor surgery
- Insurance and other Medicals
- 6 weeks old Well Baby Check

Please check with our receptionist when you are booking your appointment. There will be an additional charge for an extended consultation or a double appointment.

Website: www.bushroad.co.nz

Email: admin@bushroad.co.nz

Phone: 09 435 0692

Whangārei

Central Family Health Care

To access detailed information about this GP please go to the Mahitahi Hauora website and search for Central Family Health Care.

Website: Not listed

Email: Not listed

Phone: 09 438 2703

Whangārei

Care on Call

Care on Call provides home care support services for people of all ages throughout New Zealand. Whether you live in your own home, a retirement village or a rest home Care on Call's highly trained staff are provided with the latest available technology to ensure that you or your loved ones have the best support available. Care on Call focus on training, care and client compatibility, best practice and clinical oversight.

Website: www.careoncall.co.nz

Email: central@careoncall.co.nz

Phone: 0800 664 422

Nationwide

Tlc4u2

Tlc4u2 support whānau/family with professional, quality and fully-personalised home care services throughout Northland

Website: www.tlc4u2.co.nz

Email: info@tlc4u2.co.nz

Phone: 0800 852 482

Whangārei



Ringa Hauora – Medical Services

Healthcare Practitioners

Dyslexia Plus

Dyslexia PLUS is a not-for-profit association of parents, teachers, assessors and others who are interested in, and involved with, advancing the educational and general wellbeing of children and adults with specific learning disabilities.

Website: www.dyslexiaplus.org.nz

Email: admin@dyslexiaplus.org.nz

Phone: 09 430 0693

Whangārei

Kaupapa Māori Healthcare

Hauora Whanui Kawakawa Medical Centre

This Practice is managed by Mahitahi Hauora – Northland’s largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.blindlowvision.org.nz

Email: info@blindlowvision.org.nz

Phone: 0800 24 33 33

Kawakawa

Advocacy Support

Whānau Focus

Family support, strengthening families social work, youth mentoring, and advocacy.

Website: www.cab.org.nz

Email: Whānaufocus@gmail.com

Phone: 09 439 7009; 021 260 6769

Dargaville

Community Services

Te Whai Community Trust

Te Whai Community Trust Mangawhai works in partnership, creating opportunities for improving safety and wellbeing, and promoting independence of all the people of the wider Mangawhai community.

Website: www.tewhaicommunitytrust.co.nz

Email: info@tewhaicommunitytrust.co.nz

Phone: 021 0247 8003

Mangawhai

Northland Multiple Sclerosis Society

The Multiple Sclerosis Society of New Zealand (MSNZ) is a non-profit organisation formed to advocate for systemic change, so people with MS in New Zealand have access to first world treatment, resources and services to improve their well-being and quality of life. The work of MSNZ aims to reduce the burden of MS on those diagnosed, their carers and families.

Website: www.msnz.org.nz

Email: nthIndms@xtra.co.nz

Phone: 09 438 3945; 021 132 6925

Whangārei



Ringa Hauora – Medical Services

Healthcare Practitioners

He Iwi Kotahi Tatou Trust

Creating a positive future for the people of Moerewa and outlying areas. We desire a community where we are all responsible for shaping a strong and sustainable future, with the richness of our history and our differences working for the good of all.

Website: www.heiwi.co.nz

Email: leevi@heiwi.co.nz

Phone: 09 404 1299

Nationwide

Otamatea Community Services (OCS)

Community support for families and individuals, to assist quickly where our tamariki/children may need help. We run a food bank and provide seniors with a monthly meal. OCS works closely and confidentially with other community agencies across the whole Kaipara district.

Website: www.otamateacs.org.nz

Email: reception@otamateacs.org.nz

Phone: 09 431 9080

Nationwide

Kaitia Community House and Family Budgeting Service

Kaitia Community House's kaupapa is to provide information, advocacy and a welcoming space, while the budgeting service educates people to better manage their finances.

Website: www.northlanddhd.org.nz

Email: Not listed

Phone: 09 408 0026

Nationwide

Parenting

Whangarei Home Birth Support Group

Home Birth Aotearoa is the national collective of regional home birth groups throughout Aotearoa.

Website: www.homebirth.org.nz

Email: admin@homebirth.org.nz

Phone: Not listed

Nationwide

La Leche League NZ

Our mission is to help people to breastfeed through person-to-person support, education, information, and encouragement and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the person breastfeeding them.

Website: www.lalecheleague.org.nz/get-help

Email: help@lalecheleague.org.nz

Phone: Not listed

Nationwide



Ringa Hauora – Medical Services

Men's Group

Kerikeri Men's Shed

A shed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed or community). There are Menzsheds in Dargaville, Kaitaia, Kerikeri, Hokianga, Waipu and Whangārei. To contact your nearest Menzshed go to: www.menzshed.org.nz/northland-region/ and select the location in the list.

Website: www.menzshed.org.nz/northland-region

Email: chairman@mensshed.co.nz

Phone: 09 435 1759

Nationwide

Disability Support

Parkinson's New Zealand

Parkinson's New Zealand offers information and professional support to people living with Parkinson's, their carers and families. Our team of Parkinson's Nurses provide practical personalised assistance, information, and clinical referrals. Parkinson's NZ also runs networking support groups and exercise classes.

Website: www.parkinsons.org.nz

Email: info@parkinsons.org.nz

Phone: 0800 473 4636

Northland

Northland Regional Council – Disability Parking Permit

This service will assist those seeking to apply for a mobility parking permit. At Northland Regional Council, our vision underpins everything we do. It's ultimately about working together to care for our region's incredible environment and many communities, matching our skills and resources with the vision and aspirations of our people. It's part of our strategic direction, which drives both what we do and how we do it.

Website: www.nrc.govt.nz

Email: totalmobility@nrc.govt.nz

Phone: 09 470 1112

Whangārei

Counselling

Odette Miller

I am a Psychologist with a particular interest and expertise in anxiety, including obsessive compulsive disorder and post traumatic stress. I provide psychological assessment and therapy for a range of mental health issues. In addition, I provide clinical supervision, education, service planning and research consultancy.

Website: www.mahitahihauora.co.nz

Email: odette.miller@ngita.co.nz

Phone: 022 228 2762

Dargaville



Ringa Hauora – Medical Services

Addictions Support

Te Ara Oranga

Te Ara Oranga offers a range of support options for those affected by Methamphetamine and their whānau in Te Tai Tokerau. You can access services confidentially including self-referrals for methamphetamine users. Choice is a one-day education programme for methamphetamine users whose use is not yet severely affecting their lives. Te Ara Oranga also offers whānau support through the 5-Step programme. The 5-Step Method helps whānau members affected by a loved one's use. If you or someone you know needs help with their addiction, Te Ara Oranga offer a range of support options you can access confidentially.

Website: www.community.northlanddhb.org.nz/NoP

Email: Not listed

Phone: Online Only

Northland

Dental

My Teeth

All types of dental and oral care are provided free of charge to children under 18 years of age.

Website: Not listed

Email: Not listed

Phone: 0800 698 3384

Dargaville

Support for Women

Fertility NZ

Fertility New Zealand is committed to supporting, advocating for and educating all people who face infertility challenges at all stages of their journey and beyond. FertilityNZ has a vision of a 'fertility friendly' and fertility-aware New Zealand where:

- Infertility is recognised, understood and supported.
- All men and women faced with the medical condition of infertility have access to appropriate, timely and fully-funded medical treatment.
- Men and women have all the information necessary to enable them to make informed decisions regarding their fertility.
- Young New Zealanders learn about fertility preservation.
- Fertility and all alternative forms of whānau building are respected and valued.

Website: www.fertilitynz.org.nz

Email: support@fertilitynz.org.nz

Phone: 0800 333 306

Nationwide

Miscarriage Support

Support and information to the many women and their families throughout New Zealand who grieve for the loss of their babies.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 0508 72 63 72

Nationwide



Whakaruruhau – To Protect, Shield and Shelter

Elders

Elder Abuse Response Service (EARS)

When people are disrespected, hurt, ignored, manipulated, isolated, or stolen from, they are experiencing abuse and neglect. When this happens to an older person by someone they know and trust, it is Elder Abuse. Elder Abuse often goes unreported due to the shame and stigma. The best thing to do is to seek support and ask for advice.

Website: www.ageconcern.org.nz

Email: natasha.muir@ageconcern.org.nz

Phone: 0800 652 105

Whangārei

Child and Youth

Immerse Charitable Trust

Immerse is a foster care agency founded by experienced Kiwi caregivers. Our mission is to help see a transformed and transformational culture of foster care in Aotearoa.

Website: www.immerse.org.nz

Email: info@immerse.org.nz

Phone: 0508 367 837

Nationwide

Crisis Support Services

Dargaville Community Corrections

Formerly Dargaville Probation Officer. Available Mon – Fri. We work with Sentence Management, court work and home detention. Possible community work groups for non profit organisations.

Website: www.corrections.govt.nz

Email: info@corrections.govt.nz

Phone: 09 439 3696

Dargaville

Refuge and Shelters

Oranga Tamariki

If you or someone you know is experiencing a mental health crisis and you're worried about your safety or their safety, we provide assessment and short-term treatment services 24 hours a day, 7 days a week.

Website: www.orangatamariki.govt.nz

Email: Not listed

Phone: 0508 326 459

Northland



Whakaruruhau – To Protect, Shield and Shelter

Refuge and Shelters

Women’s Refuge Te Puna O Te Aroha

New Zealand’s largest nationwide organisation that supports and helps women and children experiencing family violence.

Website: www.womensrefuge.org.nz

Email: admin@wtho.org.nz

Phone: Crisis 09 437 2127

Te Puna

Mid North Women’s Refuge

New Zealand’s largest nationwide organisation that supports and helps women and children experiencing family violence.

Website: www.midnorthrefuge.org.nz

Email: info@midnorthrefuge.org.nz

Phone: 09 401 1030

Northland

Whare Timatatanga Hou Ora Kaitaia Women’s Refuge

New Zealand’s largest nationwide organisation that supports and helps women and children experiencing family violence.

Website: www.wtho.org.nz

Email: admin@wtho.org.nz

Phone: Crisis/Office 09 408 2946;
Safehouse Office 09 408 3260

Kaitaia

SOS Kaipara Charitable Trust

Free and confidential services for survivors of abuse and violence their families and friends. Refuge accommodation, support and advocacy, counselling, parenting and women’s empowerment programmes.

Website: www.soskaipara.com

Email: sosreferrals@soskaipara.co.nz

Phone: 09 439 6070

Dargaville

Womens Refuge

New Zealand’s largest nationwide organisation that supports and helps women and children experiencing family violence.

Website: www.womensrefuge.org.nz

Email: admin@wtho.org.nz

Phone: Crisis/Office 09 408 2946;
Safehouse Office 09 408 3260

Kaitaia



Whakaruruhau – To Protect, Shield and Shelter

Refuge and Shelters

Barnardos – Women’s Safety Programme

Our women’s safety services work to build resilience and strength in women who have been victims of family violence.

Website: www.barnardos.org.nz

Email: greg.parker@barnardos.org.nz

Phone: 09 438 2954

Whangārei

Tai Tokerau Emergency Housing Charitable Trust

Tai Tokerau Emergency Housing Charitable Trust responds to the needs of homeless adults and children by providing safe, supportive, short term housing. We engage with tenants to enhance their life skills and connect them with services that enable them to move into and sustain more secure housing.

Website: www.emergencyhousing.org.nz

Email: admin@emergencyhousing.org.nz

Phone: 09 430 8098

Nationwide

Foodbanks/Kai

Oranga Kai

A group to post recipe ideas, tips & questions. Food ideas for school lunches, snacks.

Website: www.facebook.com/groups/orangakai

Email: Not listed

Phone: Not listed

Nationwide

Healthcare practitioners

Plunket (Whānau āwhina)

This assessment may be carried out at a clinic, in your home or at another agreed venue. We will discuss assessment and treatment options with you.

Website: www.plunket.org.nz

Email: northland.admin@plunket.org.nz

Phone: Hikurangi 09 438 2508

Hikurangi



Whakaruruhau – To Protect, Shield and Shelter

Parenting

Empowerment Trust

The NZ Centre of Kidpower International. We provide primary prevention work across New Zealand that is trauma-informed, culturally aware and evidence-based. The Kidpower approach increases protective factors and reduces risk factors for potential victims AND perpetrators of all types of violence (including sexual violence) by providing strategies, awareness, and skills to prevent potentially violent situations from escalating and getting out of control, build healthy relationships, and navigate conflict without aggression. Even though the issues we deal with are serious, the Kidpower approach is empowering, dynamic and fun. We create safe learning experiences for adults and young people to take positive effective action to avoid or stop bullying, abuse and violence. Skill building, hands-on, positive practices act as a catalyst for change.

Nationwide

Website: www.empowermenttrust.nz

Email: safeNZ@empowermenttrust.nz

Phone: 0800 543 769

Disability Support

Midway in Northland Day Services (Minds Trust)

Minds Trust opens its doors to people with a disability but when people come in, they see their ability not their disability. Then they establish a plan to meet their needs. They are there through the activity sessions to help their clients find a meaningful place in the community. Anyone can access this service/programme

Nationwide

Website: www.miriamcentre.co.nz

Email: miriam-centre@xtra.co.nz

Phone: 09 404 0402

Counselling

Victim Support

Victim Support provides a free, nationwide support service for people affected by crime, trauma, and suicide in New Zealand. We help our clients to find safety, healing, and justice after crime and other traumatic events. If you need our help: You can ask police to refer you to Victim Support or call us directly on 0800 842 846 to be connected with a Support Worker.

Nationwide

Website: www.victimsupport.org.nz

Email: mandy.kahotea@victimsupport.org.nz

Phone: 09 430 4559

Rongopai Community Trust

Rongopai House Community Trust journeys alongside whānau in Kaitaia, working to build homes that are free from violence, addiction and poverty. We offer practical, compassionate, restorative support for mothers, fathers and children so they can become the families they aspire to be.

Kaitaia

Website: www.rongopaihouse.org.nz

Email: connect@rongopaihouse.org.nz

Phone: 09 408 0528



Whakaruruhau – To Protect, Shield and Shelter Drug and Alcohol Support

Ember Korowai Takitini

Ember Services blends professional expertise and lived experience to provide mental health, alcohol and other drug and intellectual disability support services

Website: www.ember.org.nz

Email: info@ember.org.nz

Phone: 09 443 3700

Nationwide

Sexual Abuse

Miriam Centre – Kaitaia

The Miriam Centre is a not-for-profit Charitable Trust established in 1988. We provide a first response service, helping people to address and to heal from issues of sexual and physical violence.

Website: www.miriamcentre.co.nz

Email: miriam-centre@xtra.co.nz

Phone: 09 408 3269

Kaitaia

Korowai Tumanako

Korowai Tumanako is a kaupapa Māori service designed to support iwi, hapu and whānau who have been affected by sexual violence, on their journey toward greater wellbeing. The central message of Korowai Tumanako is that prevention of sexual abuse in all communities is achievable. Our primary aim is to join with community leaders, whānau and their support services to be part of an integrated approach to prevent sexual violence in their communities and to create safe and hopeful futures.

Website: www.korowaitumanako.org

Email: admin@korowaitumanako.nz

Phone: 0274 226 282

Nationwide

Indigo House

Indigo House supports victims and survivors of sexual violence and harm in New Zealand. We have a team of highly qualified counsellors, social workers and psychologists to help you start your healing journey. We help sexual assault survivors with counselling and therapy – everyone from teenagers to the elderly.

Website: www.indigohouse.co.nz

Email: admin@indigohouse.co.nz

Phone: 09 408 6050

Nationwide

Whangārei Rape Crisis

Whangārei Rape Crisis provides 24/7 immediate support to survivors of sexual harm within the Whangārei rohe. Call 24/7 Crisis Helpline 0800 88 33 00

Website: Not listed

Email: general@whangareirapecrisis.org.nz

Phone: 09 438 6221

Nationwide



Whakaruruhau – To Protect, Shield and Shelter

Sexual Abuse

Male Survivors Te Tai Tokerau

We work with male survivors of sexual abuse, and their family/whānau to help them build happier and healthier lives. We offer support services that are founded on mutual trust and respect, are non-judgmental, focused on hope and recovery.

Website: www.malesurvivorstaitokerau.nz

Email: info@msttt.nz

Phone: 021 378 987

Kerikeri

Rape Prevention Education (RPE)

Rape Prevention Education (RPE) works in the greater Auckland area and nationally to prevent sexual violence through the delivery of education and health promotion/prevention activities.

RPE also provides information for those affected by sexual violence through print and online media.

Website: www.rpe.org.nz

Email: info@rpe.org.nz

Phone: 09 360 4001

Waimate

Social Services

Te Pā

Te Pā responds to community needs and vulnerable whānau. They have a substantial history working in the space of reintegration and social services and pride themselves on operating with a tangata and whānau centric service operating model which is reinforced with kaupapa Māori values. Their driving philosophy is supporting tangata to lead their own change and to be the rangatira they were destined to be.

Website: www.tepaa.nz

Email: info@tepaa.nz

Phone: 09 630 0862

Nationwide



Aitua Taiao – Environmental, Disaster, Civil Defence

Elders

Coastal Care Tutukaka

We are a group of volunteers trained to give confidential care and assistance to all age groups in the Ngunguru and Tutukaka area from Kaitea Road to Sandy Bay. We help people with illness, injury, a new baby, and those needing transport or a visitor. We have medical equipment to loan for a donation. In 2021, our organisation celebrated 30 years of service to the coastal community.

Website: www.coastaltotalcare.wixsite.com/coastaltotalcare

Email: coastaltotalcare@gmail.com

Phone: 02CLEANUP2

Nationwide

Healthcare Practitioners

New Zealand Needle Exchange Programme

We distribute over 3 million needles each year. In addition to support and advice on harm reduction we also collect returns and ensure the safe disposal of equipment used for injecting drug use. People who are injecting drugs can access needles, syringes and other equipment to support safe injecting practice and reduce risk of health related complications.

Website: www.nznep.org.nz/index

Email: info@nznep.org.nz

Phone: 03 366 9403

Northland

Civil Defence

New Zealand Police – Iwi Liaison Officers

Police has a group of iwi liaison officers who help navigate cultural issues and work on improving police relationships with Māori. The group is made up of police officers and police employees, based in every police district in the country.

Website: www.police.govt.nz/about-us/maori-police/iwi-liaison-officers

Email: roderick.whiu@police.govt.nz

Phone: 111; 105

Whangārei

Police

New Zealand Police is working with the community to make New Zealanders be safe and feel safe. With over 13,000 staff, we provide policing services 24 hours a day, every day. We operate by land, sea and air, manage over 860,000 emergency calls a year and are always actively preventing crime and crashes.

Website: www.police.govt.nz

Email: media@police.govt.nz

Phone: 111; 105

Northland



Aitua Taiao – Environmental Disaster Civil Defence

Regional and District Councils

Far North District Council

Our vision is He Whenua Rangatira – A District of sustainable prosperity and wellbeing. The organisation's mission is Creating great places, supporting our people.

Website: www.fndc.govt.nz/Home

Email: ask.us@fndc.govt.nz

Phone: 09 401 5200

Kaikohe

Kaipara District Council

Our Vision is "Thriving communities working together" – supporting community involvement and providing transparent decisions to create opportunities for our area.

Website: www.kaipara.govt.nz

Email: council@kaipara.govt.nz

Phone: 09 401 5200

Dargaville



Iwi – Iwi Support Networks

Healthcare Practitioners

Whangaroa Health Services Trust

Whangaroa Health Services Trust is a registered charitable trust formed in 1996. Providing a wide range of health and wellbeing services for the Whangaroa community.

Website: www.whangaroahealth.co.nz

Email: bridget.mulligan@whst.org.nz

Phone: 09 405 0649

Kaero

Iwi / Hapū / Marae

Ngāi Takoto

Create an organisation and develop capabilities that reflect our people and place in Te Hiku, Aotearoa, The World.

Website: www.ngaitakotoiwi.co.nz

Email: admin@ngaitakotoiwi.co.nz

Phone: 0508 TAKOTO (825 686)

Kaitaia

Ngātiwai

Ngātiwai is unified by its descent from one of the oldest lineages in Taitokerau, Ngāti Manaia. Unlike surrounding iwi, direct descent from Manaia has given Ngātiwai status on Northland's east coast since the beginning of human occupation. The occupation of Manaia established iwi status in the northern part of the Ngātiwai rohe. Principally through the son of Manaia, Tahuhunuiorangi, manawhenua and manamoana of Ngātiwai on the coast from Whangarei to Whangaparaoa was established.

Website: www.ngatiwai.iwi.nz

Email: ngatiwai@ngatiwai.iwi.nz

Phone: 09 430 0939

Whangārei

Te Rūnanga O Whaingaroa

Focus is on the delivery of Whānau Ora holistic services to all resident families/Whānau and individuals seeking assistance in our geographic area. We deliver support across: Social well being – health – education – housing Repairs and Emergency housing – General information/advice services.

Free access to help is offered, such as: social workers, financial capability budget mentoring, play-centre, driver licensing assistance, positive parenting, Whānau ora planning, pre-employment preparation and placement services, and smoking cessation.

Website: www.whaingaroa.iwi.nz

Email: admin@whaingaroa.iwi.nz

Phone: 09 405 0340

Kaero

Ngāti Whātua

The 2013 census data indicates there were 14,784 uri living in New Zealand that affiliated with Ngāti Whātua. Of this number 85% of the population were living in the upper North Island, of which half were in Auckland.

Website: www.ngatiwhatua.iwi.nz

Email: runanga@ngatiwhatua.iwi.nz

Phone: 09 470 0720

Whangārei



Iwi – Iwi Support Networks

Iwi / Hapū / Marae

Te Kahu O Taonui (TKOT)

Formed in 2015, the purpose of Te Kahu o Taonui was to create a taumata for our Iwi Chairs to come together, to wānanga, share ideas and concerns with each other and also utilise the power of our collective Iwi to create more opportunities to benefit all of our whānau, hapū and Marae.

Website: www.tkot.org.nz

Email: admin@tkot.org.nz

Phone: 0210 292 4328

Kaeo

Te Hiku Hauora – Whānau Support

This service supports Whānau to achieve positive and healthy lifestyle changes. We work with the entire Whānau to help achieve their life goals. We provide information and support to be: self managing, healthy, participating in the community, engaged in Te Ao Māori, knowledgeable and to have an improved standard of living.

Website: www.tehikuhauora.nz

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Kaitaia

Te Aroha Noa Medical Centre

This Practice is managed by Mahitahi Hauora – Northland's largest primary health organisation, that works to achieve equity and improve outcomes for whānau and communities across Te Tai Tokerau.

Website: www.mahitahihauora.co.nz

Email: Not listed

Phone: 09 438 9777

Whangārei

Te Rarawa

The Kia Piki Te Ora programme uses specially designed activities to assist whānau and individuals to face the challenging issues and impacts of suicide. Applying Māori knowledge within a constantly changing world, learning environmental awareness as a vehicle to grow and succeed, engaging professional support. Māori practices and learning experiences, within the natural environment, are used to increase participant's ability to overcome social, mental and wairua issues that may be impacting them. Kia Piki Te Ora works closely with partner organisations and ensures Māori participation in planning, decision making, and the development of resources and processes.

Website: www.terarawa.iwi.nz/pou/social/services/kia-piki-te-ora

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Kaitaia

Ngāti Kahu Social and Health Services – Whānau Ora

Whānau Ora Support is provided by staff from our mobile team providing support to Tangata Whaiora and Whānau whose lives are affected by mental health and/or addictions. We have the skills and experience to assist Whānau to navigate their way to: access services, inform, enable and empower Whānau, access information to assist Whānau with employment or training, gaining/regaining day to day relationships with Whānau, develop new skills and capabilities needed to reach their goals.

Website: www.Ngatikahu.co.nz

Email: reception@Ngatikahu.co.nz

Phone: 09 406 1441

Kaitaia



Iwi – Iwi Support Networks

Iwi / Hapū / Marae

Ngāti Kuri

Kia ora koutou. Nau mai haere mai. Ngāti Kuri are descended from the original inhabitants, the founding peoples of the northernmost peninsula of Aotearoa, in Te Hiku o Te Ika. Today we have a strong core of kaumatua and kuia living in our rohe, and many of our whanau are all over Aotearoa and the world. In part this site represents an effort to virtually gather our whanau home and to provide a space where they and the world can see our strategic vision in action.

Website: www.ngatikuri.iwi.nz

Email: enquiries@ngatikuri.iwi.nz

Phone: 09 409 8151

Kaitaia

Ngāpuhi

We lead the spiritual, social, cultural, environmental and economic growth of Ngāpuhi by ensuring the self-determination and on-going sustainability of our people.

Website: www.ngapuhi.iwi.nz

Email: information@ngapuhi.org

Phone: 09 401 5530

Kaikohe

Te Rūnanga-a-iwi o Ngāti Kahu

In 1990 a hui-a-iwi was called to set up a body to be the iwi authority for Ngāti Kahu. This body was to be a runanga and care had to be taken to ensure that it was set up according to traditional Runanga criteria and not government legislative requirements. McCully Matiu played a pivotal role in the setting up of Te Runanga-a-iwi o Ngāti Kahu.

Website: www.ngatikahu.iwi.nz

Email: reception@ngatikahu.co.nz

Phone: 09 408 3013

Kaitaia

Te Aupōuri

Te Aupōuri are one of the five iwi of Muriwhenua, also known as Te Hiku o te Ika a Māui, the Far North of Aotearoa.

Website: www.teaupouri.iwi.nz

Email: info@teaupouri.iwi.nz

Phone: 09 409 8006

Kaitaia

Te Rarawa Anga Mua

The Mission of Te Rūnanga o Te Rarawa is to provide the means for hapu/marae to develop their resources within each rohe to enhance the wellbeing of Te Rarawa.

Website: www.terarawa.iwi.nz

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Nationwide



Iwi – Iwi Support Networks

Iwi / Hapū / Marae

Ngāti Kahu Social and Health Services

Ngāti Kahu Social and Health Services work towards achieving He Oranga Tangata by providing and encouraging strong leadership, enabling innovation and cultivating capability for our team, our whānau and all those within the rohe o Ngāti Kahu.

Website: www.Ngatikahu.co.nz

Email: reception@Ngatikahu.co.nz

Phone: 0800 428 452

Nationwide

Ngāpuhi Hokianga Ki Te Raki Society Incorporated

Ngā Puhi Hokianga Ki Te Raki is based in the rural area of Mangamuka, between Kaikohe and Kaitaia, and aims to be responsive to the needs and aspirations of its communities through education, information and support services. They deliver programmes for kaumātua (elderly), holiday programme for tamariki, Adult Community Education (whānau) and services for rangatahi (youth).

Website: www.facebook.com/ngapuhihokiakangakiteraki

Email: nhktrsecretary@gmail.com

Phone: 021 162 8231

Nationwide

Te Awhi Whanau Charitable Trust

Providing mental health and addictions support for whānau in Waikato (Hamilton) and Te Tai Tokerau (Whangārei)

Website: www.tehaoranga.co.nz

Email: dallas.taylor@TeHaoranga.co.nz

Phone: 09 430 2403

Nationwide

Te Kotahitanga E Mahi Kaha Trust

6-week Employability Training Scheme by Te Kotahitanga E Mahi Kaha Trust. This programme is FREE! Ages 16-24 years old. NEW ACTIVITIES. NEW LEARNING. NEW OPPORTUNITIES.

Activities included:

- Noho Marae
- Te Reo lessons
- Barista course
- Visit Potential Employers
- Visit Tertiary Providers
- Outdoor Excursions
- Fun and Games
- Lunch is provided every day.

Website: www.tkemkt.co.nz

Email: admin@tkemkt.co.nz

Phone: 09 405 2573

Nationwide

Te Hāu Awhiowhio o Otangarei Trust

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole Whānau.

Website: www.otangarei.org/programmes/rakau-raNgātira

Email: contactus@otangarei.org

Phone: 09 437 0908

Whangārei



Iwi – Iwi Support Networks

Iwi / Hapū / Marae

Te Mana Motuhake ā Rohe o Whangārei

Community support organisation.

Website: Not listed

Email: temanamotuhake.whangarei@gmail.com **Phone:** 027 818 6440

Whangārei

WINGS (Women's International Newcomers Group Social)

WINGS is a community based non-profit organisation for women. A friendship network where women can exchange traditions and knowledge, share settlement issues, build connections and create a sense of belonging in their community. WINGS welcome women from all around the world and all parts of New Zealand. It is a great way to meet people and to become a part of the local community.

Website: www.wingsnz.org.nz

Email: wingsnz@hotmail.com

Phone: 09 430 3221

Whangārei

Education

Ringa Atawhai Matauranga LTD

We offer a range of FREE full-time tertiary Level 3 – 5 NZQA accredited programmes for the Health & Disability Sector and all of our programmes are created to improve the Health & Wellbeing of individuals, whānau, hapū and Iwi. We currently have a roll of 150 adult students that work in or/are interested in getting in to a career in the Health & Disability sectors. We are also contracted by the Ministry of Health to provide FREE Rongoā Māori Services to whānau across Te Tai Tokerau wanting to access the following services:

- Karakia (Spiritual Guidance)
- Whitiwhiti Korero (Pastoral Care and Counselling)
- Mirimiri (Physical Massage)

We are an ACC Accredited Vendor and our Rongoā Maori Practitioners are also ACC approved should whānau accessing ACC support and services be interested in accessing these FREE Rongoā Maori Services.

Website: www.ringaatawhai.org.nz

Email: anita@ram.org.nz

Phone: 09 430 3307

Whangārei



Tama Tū Tama ora – Participating in Life

Education

Tama Tū Tama ora
Participating in Life

Aotearoa Latin American Community Inc (ALAC INC)

Aotearoa Latin American Community works with communities in their positive resettlement, working and taking into account their potential, aptitudes and capabilities to create opportunities for them under the principles of Well-being (El Buen Vivir) and Te Tiriti O Waitangi.

Website: www.alacinc.org.nz

Email: socialservices@alacinc.org.nz

Phone: 09 636 5313

Nationwide

Centre for Pacific Languages

The Centre for Pacific Languages helps students get to know, understand, and use heritage Pacific languages to participate in ancient cultural protocols and activities in a culturally authentic way, drawing on the language required and using it for everyday communication.

Website: www.centreforpacificlanguages.co.nz

Email: tuiloma@centreforpacificlanguages.co.nz **Phone:** 09 260 4042

Nationwide

Rangatahi Ora

A well-being philosophy and personal development programme for youth inclusive of all cultures and demographics. Grounded in Mātauranga Māori and Bi-cultural in teachings it allows for participants of all ethnic backgrounds to embrace their culture and identity. Designed to equip its students with the knowledge and skills needed to face challenges in life. The students will participate through shared experience, learning and understanding to better enhance their lives and the lives of others around them including potential employers.

Website: www.rangatahiora.easy.co

Email: rangatahiora@hotmail.com

Phone: 021 148 2797

Moerewa

Far North REAP

Far North REAP was established in 1980 to foster and facilitate Rural Education Opportunities for the Te Hiku region. We are primarily a community development organisation. Where there is a community need we will endeavour to resource it and find a solution. In all cases it will look to finding a solution locally and if it can't be found then look nationally. Far North REAP is adaptive and responsive and has become a pivotal member of the Far North community. Far North REAP can provide assistance and training for community organisations in all aspects of governance and management training.

This includes strategic planning and development of business plans, training for boards of directors, human resource management and best practice, policy and procedural development and review processes and financial management and planning. It can also provide administrative support services and all aspects of financial support. Far North REAP is one of 13 REAPs in New Zealand. Each REAP is a locally-based Incorporated Society or Trust. REAPs aim is to deliver education opportunities to rural communities in order to make a difference to the lives and long term plans of rural people. Commitment to Te Tiriti o Waitangi is core to how REAP approaches its work.

Website: www.farnorthreap.org.nz

Email: reception@farnorthreap.org.nz

Phone: 09 4081380

Kaitaia



Rawa Hāpai – Social Wellbeing Providers

Employment Opportunities

Te Mana Oranga Trust

Te Mana Oranga is an Individual Placement and Support (IPS) employment provider in the Mid North and Far North

Website: www.opencounselling.com>NewZealand>kaitaia

Email: reg.te.mana@xtra.co.nz

Phone: 09 408 1135

Nationwide

Financial/Budgeting Support

Bay of Islands Budgeting and Community Services

Free confidential budgeting advice, advocacy and support for members of the community. Our aim is to help and educate individuals and families with their financial affairs through the development of money management skills, thereby strengthening family well being as a whole.

Website: www.boibs.co.nz

Email: info@boibs.co.nz

Phone: 09 404 1582

Kawakawa

Foodbanks/Kai

Food Banks Northland

If you are in need of a food parcel please get in touch with Work and Income first on 0800 559 009 They have a range of assistance options available. You can find more information on their website at www.workandincome.govt.nz. If you are declined for food assistance from Work & Income, contact your local foodbank for a food parcel. Please call them directly. DO NOT JUST TURN UP. Please be patient as they are under a lot of pressure meeting demand.

Website: www.northlandwellbeing.org.nz/kai---food-banks

Email: Not listed

Phone: Not listed

Northland



Rawa Hāpai – Social Wellbeing Providers

Foodbanks/Kai

Far North Community Foodbank

If you are in need of a food parcel please get in touch with Work and Income on 0800 559 009 They have a range of assistance options available, You can find more information on their website at www.workandincome.govt.nz. If you are in need of assistance please contact one of the agencies we work with for a referral.

Agencies for referrals:

Ngati Kahu Social & Health Services.
35 Puckey Avenue, Kaitaia
0800 428 452 or 09-406 1441

Kaitaia Family Budgeting Services
Kaitaia Community House, 12 Puckey Avenue, Kaitaia
09-408 1021

Te Rarawa Anga Mua
16 Matthews Avenue, Kaitaia
09-408 0141

Work & Income Kaitaia
28 North Park Drive, Kaitaia
0800 559 009

The Salvation Army
100 Commerce Street, Kaitaia
09-408 0795
Open Mondays, Tuesdays & Thursdays 12.30-3pm

Women's Refuge Kaitaia / Whare Timatatanga Hou Ora
249 Commerce Street, Kaitaia
09-408 2946

Website: www.farnorthcommunityfoodbank.com

Email: farnorthcommunityfoodbank@gmail.com **Phone:** Not listed

Kaikohe Foodbank

Agency Referral Required. If you are in need of food assistance the Kaikohe Foodbank is operated by the Mid North Budgeting Services Trust. You will need to be referred by a social agency / Work & Income and bring proof of address and photo I.D.

Website: www.foodbank.co.nz/kaikohe-foodbank

Email: info@mnbs.org.nz

Phone: 09 401 2216



Rawa Hāpai – Social Wellbeing Providers

Foodbanks/Kai

Kaiwaka Foodbank

Te Pataka O Kaiwaka Food Bank provides food parcels for those in need in the Kaiwaka community.

Website: www.facebook.com/KaiwakaFoodBankOpShop

Email: tepatakaokaiwaka@gmail.com

Phone: 022 564 3830

Kaiwaka

Soul Food What's Cooking Whangarei

Helping to feed the tamariki (children) whānau (families) and those in need.

Website: www.facebook.com/Soulfoodwhangarei

Email: speedster1976@outlook.com

Phone: 021 087 05352

Nationwide

Kairos Connection Trust

Our food bank offers a helping hand to people who are struggling to feed themselves and their families. When a request is received we will chat with you to ensure that what we provide will best meet your needs. Each parcel should provide enough food for three days and the contents vary according to your needs and what has been donated to us. If the need becomes regular, we will talk with you about other support services, such as budget advice, to enable you to become independent again.

Website: www.kairos.org.nz

Email: chrishirley130@icloud.com

Phone: 021 881 568

Kerikeri

Social Services

Salvation Army Kaikohe

The Salvation Army provides budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. Provides support to people and their whānau who are experiencing harm as a result of alcohol and or other drug use. We are committed to our mission of caring for people, transforming lives and reforming society.

Website: www.salvationarmy.org.nz

Email: kaikohe.bridge@salvationarmy.org.nz

Phone: 09 401 2865

Kaikohe

Whānau Ora Kaeo

This Practice is managed by Mahitahi Hauora– Northland's largest primary health organisation, that work to achieve equity and improve outcomes for whānau and communities across Tai Tokerau.

Website: www.whanauoracommunity.com

Email: receptionkaeo@toa.org.nz

Phone: 09 405 0541

Northland



Rawa Hāpai – Social Wellbeing Providers

Social Services

Dargaville Combined Churches Foodbank

Please call us first to make an appointment. Ph: 021 177 7886 Deliveries Monday to Friday.

Website: www.foodbank.co.nz/dargaville-foodbank

Email: Not listed

Phone: 021 177 7886

Dargaville

Whangārei Budgeting Service

Financial mentoring and community education services are provided.

Website: www.Whangareibudgeting.co.nz

Email: help@moneytalks.co.nz

Phone: 0508 637 200

Whangārei

Pātaka Kai Open Street Pantries

CURRENT PANTRIES:

- 66A Onerahi Rd, Onerahi
- Cnr 831 Pataua South Road & Hutchinson Road, Pataua South
- Raurimu Avenue, Onerahi
- The Korna Store, Morningside Road, Morningside
- 34 Balmoral Road, Tikipunga
- 1 Kensington Avenue, Kensington (open hours vary)
- Whare Awhina, 155 Kamo Rd, Kensington
- Open Arms reception, corner of Walton & Robert St, Whangarei
- 91 King Street, Hikurangi

Website: www.patakai.co.nz/whangarei-pantries.html

Email: kaipataka@gmail.com

Phone: Not listed

Whangārei

Connected

Connected is a Government agency Website that offers online advice and support for Job opportunities and training. Support is available for you to improve or change your work or education and training journey.

Website: www.connected.govt.nz

Email: Not listed

Phone: Not listed

Nationwide



Rawa Hāpai – Social Wellbeing Providers

Social Services

South Hokianga Community Support Trust

Community support organisation in South Hokianga

Website: www.facebook.com/groups/561257568134606

Email: shokicst@xtra.co.nz

Phone: 09 405 8632

Nationwide

Kaitaia People's Centre – Nga Hoa Awhina Inc

The Kaitaia People's Centre offers advocacy, free legal clinics, budgeting advice and information.

Website: www.facebook.com/Kaitaia-Peoples-Centre-704893326203598

Email: kpckta@xtra.co.nz

Phone: 09 408 3378

Kaitaia

APM

APM is a leading health and human services organisation. Its purpose is to enable better lives. It helps people overcome barriers to employment, and to support them to return to work following an injury or illness, provides health and psychological services, and so much more. Worldwide, APM has assisted more than one million people. APM offers a wide range of services across New Zealand including allied health, psychological intervention, employment support, physiotherapy, vocational rehabilitation, pain management, and community-based services.

Website: www.apm-nz.co.nz

Email: nzemploymentservices@apmworkcare.co.nz **Phone:** 0800 967 522

Whangārei



Rawa Hāpai – Social Wellbeing Providers

Social Services

Christians Against Poverty (CAP)

Christians Against Poverty works through churches and its debt centres around the country to help people and families with unmanageable debt. Unmanageable debt impacts more than just material poverty. It also affects taha whānau (family relationships), taha hinengaro (mental and emotional health), taha tinana (physical health), and taha wairua (spiritual health). That's why CAP's long-term practical help takes a whole-of-person approach, including sharing that there is a God who loves and values every single one of us.

Website: www.capnz.org

Email: info@capnz.org

Phone: 0508 227 111

Nationwide

Ngā Ara Tōnui – Successful Pathways Ltd

Providing career development training, employment support with a hauora Māori approach.

Website: www.ngaaratonui.co.nz

Email: tawh.nat@xtra.co.nz

Phone: 021 414 171

Kaitiaki

Waitomo Papakainga

Waitomo Papakainga is a Social Service agency that has been operating in Kaitiaki for more than 20+ years.

Website: www.facebook.com/waitomopapakainga

Email: waitomo.papakainga@xtra.co.nz

Phone: 09 408 0900

Kaitiaki

Wilson Home Support Trust

The Wilson Home Trust is a private Trust that provides information, support and services to physically disabled children and their families, in the upper North Island of New Zealand.

Website: www.wilsonhometruster.org.nz

Email: info@wilsonhometruster.org.nz

Phone: 09 488 0126 or 0800 948 787

Whangārei



Whānau Hāua – Disability Support

Disability Support

Brain Injury Association Northland

Brain Injury Association Northland is a not for profit organisation that provides support for individuals and their families that are living with the effects of a brain injury. This service covers a large area from Wellsford to Cape Reinga offering practical support, education, advocacy and advise with help navigating services.

Website: www.braininjurynorthland.org

Email: northland@brain-injury.org.nz

Phone: 09 459 5013

Whangārei

CCS Disability Action – Mobility Parking

Mobility Parking Permits are issued for people with medical conditions or a disability that affects their mobility. Eligibility for a new permit (first time) must be confirmed by your Doctor.

Website: www.ccsdisabilityaction.org.nz

Email: Northland@ccsDisabilityAction.org.nz

Phone: 09 437 1899

Whangārei

Northland Down Syndrome Support Group Trust

We are a community organisation that provides support to families, caregivers who have a child/adult with Down Syndrome.

Website: www.NorthlandDSSG.org

Email: ksadgrove@xtra.co.nz

Phone: 021 0814 3744

Northland

I Am Hope

I AM HOPE aims to promote positive attitudinal societal change around mental health throughout New Zealand, offering hope and a voice to young people. I AM HOPE works in schools and in the community.

Website: www.iamhope.org.nz

Email: admin@keytolife.org.nz

Phone: 1737

Nationwide

Selwyn Centre Fellowship

Residential care, independent retirement living and community outreach services for older people.

Website: www.selwynfoundation.org.nz

Email: rjwestone@yahoo.co.nz

Phone: 021 461 189

Nationwide



Whānau Hāua – Disability Support

Disability Support

Children with Disability

Our mission is to make New Zealand the most disability-friendly region in the world, to provide more events for our disabled children their parents and siblings to enjoy togetherness and more usable and wheelchair-friendly outdoor experiences sensory programs and equipment in public spaces. Our mission is to make every disabled child welcome in New Zealand.

Website: www.childrenwithdisability.co.nz

Email: childrenwithdisabilitynz@gmail.com

Phone: 021 685 400

Nationwide

Special Olympics Whangarei

Through sport, Special Olympics is building communities of acceptance and inclusion for all people.

Website: www.specialolympics.org.nz

Email: martinbarrie10@gmail.com

Phone: 021 118 2422

Nationwide

Cerebral Palsy Society

Cerebral Palsy NZ enables people with cerebral palsy to maximise their potential, offering services that are wanted and needed by its members. These services include general information, access to funding and grants, and events.

Website: www.cerebralpalsy.org.nz

Email: cpsociety@cpsociety.org.nz

Phone: 0800 503 603

Nationwide

Far North Disabilities Resource Centre

We are a free service providing info and support in developing skills to participate in the community. These skills include Vocational and Life Skill training and Rehabilitation Services. Our aim is to break down barriers to employing people with disability.

Website: Not listed

Email: fndrc@xtra.co.nz

Phone: 09 408 0867

Nationwide

Community Group Strength and Balance Classes

Live Stronger is an initiative to prevent falls and fractures and help people to develop strength and balance to increase their amount of movement and confidence and help them to keep living the life they want to live.

Website: www.livestronger.org.nz

Email: Not listed

Phone: Not listed

Nationwide



Whānau Hāua – Disability Support

Disability Support

Taimahi Trust

Taimahi trust enable meaningful work for young adults with disabilities. They build micro enterprises that create long term employment opportunities, foster real-life work skills and enable independence.

Website: www.taimahitrust.org.nz

Email: info@taimahitrust.org.nz

Phone: 09 553 3511

Whangārei

Probus South Pacific

Probus provides retirees with the opportunity to connect socially through a range of activities including trips and outings for members to enjoy, depending on their interests, lifestyle and location.

Website: www.probusouthpacific.org

Email: probuserahi@gmail.com

Phone: 027 667 3055

Nationwide

Riding for the Disabled Association – Bay of Islands

NZRDA provide interaction with horses to improve health and wellbeing outcomes for people experiencing disability, or who have specific challenges or needs. We aim to enable and support disabled people to achieve good lives including meaningful participation in, and contribution to, important life activities and roles in their community.

Website: www.rda.org.nz/volunteering/your-local-rda/bay-of-islands

Email: boirdal@gmail.com

Phone: 09 405 9771

Nationwide

Disability Advisory Group

The Disability Advisory Group is a valuable forum for Council to communicate with the disability sector. The group is made up of members who have experience of disability.

Website: www.wdc.govt.nz/Community/Advisory-groups

Email: claire.wilson@wdc.govt.nz

Phone: 09 430 4200

Nationwide

Tiaho Trust

Tiaho Trust aims to significantly contribute to the New Zealand Disability Strategy's vision of 'A society that highly values the lives and continually enhances the full participation of disabled people'. They endeavour to do this by positioning Tiaho Trust to be the leading proactive disability led organisation in Tai Tokerau from which the community can obtain expert advice and support. We promote the disabled community as valued citizens who contribute, participate and add to the diversity of New Zealand society through training and education.

Website: www.tiaho.org.nz

Email: info@tiaho.org.nz

Phone: 09 430 3406

Northland



Whānau Hāua – Disability Support

Disability Support

SeniorNet

SeniorNet provides a community learning network that supports and motivates people aged 50 years with digital skills training to confidently use technology in their everyday lives.

Website: www.seniornet.nz

Email: bream.bay@seniornet.nz

Phone: 09 438 3418

Nationwide

IDEA Services

IDEA Services supports people with intellectual disabilities to enjoy great lives as part of their communities.

Website: www.idea.org.nz

Email: northern@idea.org.nz

Phone: 09 529 8716

Nationwide

IHC

IHC advocates for the rights, inclusion and welfare of all people with intellectual disabilities and supports them to live satisfying lives in the community.

Website: www.ihc.org.nz

Email: Not listed

Phone: 0800 442 442

Nationwide

Positive Ageing Advisory Group

The Positive Ageing Advisory Group aims to support overall improvements in the independence, participation, care, self-fulfilment and dignity of the District's older people.

Website: Not listed

Email: petersenbest@gmail.com

Phone: 09 430 4200

Kerikeri

GoodLife Projects Charitable Trust

GoodLife Projects develops projects that provide space and opportunities so people with intellectual disabilities are included in our community's workforce. Our purpose is to: Benefit the intellectually disabled community by developing safe and stimulating workplace projects, Providing vocational opportunities that encourage, build confidence, and inspire people with intellectual disabilities to reach their potential, Foster skills and practices that can be transferred into the wider community and workforce, and Work co-operatively with others involved in supporting those with intellectual disabilities.

Website: www.facebook.com/GoodLife-Projects-Charitable-Trust-575323929273318

Email: pamsea@gmail.com

Phone: 021 298 0266

Nationwide



Whānau Hāua – Disability Support

Disability Support

Taimahi Trust

Taimahi trust enable meaningful work for young adults with disabilities. They build micro enterprises that create long term employment opportunities, foster real-life work skills and enable independence.

Website: www.taimahitrust.org.nz

Email: info@taimahitrust.org.nz

Phone: 09 553 3511

Kaikohe

Northland Parents of Deaf Children Inc.

Northland Parents of Deaf Children Inc. is a voluntary organisation formed in 1994 by parents of Deaf and Hard of Hearing children. As parents, we aim to support one another to provide our children with opportunities that will enable them to become the best that they can be. We work closely with professionals to improve the quality of services to Deaf and Hard of Hearing children and their families. We believe it is important for parents to be heard and for their views and opinions to be valued and that they are important members of the team.

For more information contact Leah Petersen – Phone 09 437 6727

Website: www.tiaho.org.nz

Email: Not listed

Phone: Leah Petersen – Phone 09 437 6727

Northland

Whānau Hāua
Disability Support



Ki A Ora Ngātiwai – www.kaont.co.nz

Breast/Cervical Screening – Whangārei

Ki A Ora Ngātiwai can support women in having cervical screening or breast screening. cervical screening is undertaken either in a women's home or at a Ki A Ora Ngātiwai clinic. Your GP can refer to our services.

Website: www.kaont.co.nz/mahi

Email: reception@kaont.co.nz

Phone: 09 435 4586

Breast/Cervical Screening

Ki A Ora Ngātiwai can support women in having cervical screening or breast screening. cervical screening is undertaken either in a women's home or at a Ki A Ora Ngātiwai clinic. Your GP can refer to our services.

Website: www.kaont.co.nz/mahi

Healthy Tamariki – Rheumatic Fever Programme

The throat swabbing programme targets tamariki aged between four and fourteen years. The intention is to find tamariki who have Strep A throat infections and offer treatment with antibiotics in order to reduce the risk of rheumatic heart disease. We also swab the throats of all whānau members if tamariki have had Strep A throat infections multiple times or where siblings have had positive throat swab results. Kaiawhina attend the following schools three times per week and are available to swab any child who has a sore throat:

Website: www.kaont.co.nz/mahi

Manaaki Manawa

Manaaki Manawa is a home based cardiac rehabilitation programme. It aims to improve the health and well-being of people who have had heart problems. The programme involves exercise training, education on heart healthy living and support for returning to an active life. Someone who has been admitted to hospital for a cardiac intervention will be referred to this programme.

Website: www.kaont.co.nz/mahi

Manawa Ora

A healthy homes initiative, this service assists whānau, who have tamariki aged between birth and five years of age and who are living in cold, damp homes. Manawa ora provides resources to ensure that homes are warm, dry and healthy and therefore reduce the chances of whānau and tamariki catching illnesses.

Website: www.kaont.co.nz

Toki Rau Stop Smoking

Toki Rau is a stop smoking service. Our trained practitioners can design and tailor behavioural support programmes that meets the needs of whānau to stop smoking. The programme is aimed at pregnant women and whānau living with a pregnant women, Māori and Pasifika.

Website: www.kaont.co.nz

Whānau Ora

Ki A Ora Ngātiwai provides comprehensive community health and primary nursing care to all age groups. The service is led by a competent team of mobile nursing staff supported by a clinical manager, nurse practitioner and Kaupapa Māori Medical Officer. Community health Kaiarahi are also available to assist with other concerns.

Website: www.kaont.co.nz/mahi

Whānau Ora Kaiārahi

Kaiārahi (navigators) work alongside whānau to develop their plans and support them in achieving their goals. Kaiārahi continue to work alongside whānau until all goals have been achieved.

Website: www.kaont.co.nz/mahi

Te Hā Oranga – www.tehaoranga.co.nz

Te Hā Oranga – Wellsford/Dargaville

Te Hā Oranga was established in the early 1990s, with the support of the Northern Regional Health Authority, as an iwi endorsed and owned health service provider that operates under the tikanga of Ngāti Whātua. The objective was to set up a kaupapa Māori, iwi endorsed provider that was able to implement Te Rūnanga O Ngāti Whātua hauora obligations. This continues to be our objective. With a range of services that support whānau, from Pēpi, Tamariki, Rangatahi, Pakeke, Mātua, Kaumātua anō hoki, and all the challenges in between. We hope to be able to support, to listen, and to learn how best to serve our whānau and communities. Te Hā Oranga have significant experience working with Māori whānau and we know how to improve their wellbeing through the provision of structured, whānau ora orientated care that encompasses the logic of Te Pae Mahutonga. Our wide range of existing services enables us to provide comprehensive wrap-around services to whānau and/or our extensive provider networks throughout Northland (Kaipara) enable us to work in partnership with other providers to co-deliver integrated care.

Website: www.tehaoranga.co.nz

Email: betty.toi@TeHaoranga.co.nz

Phone: 09 423 6091

Address: 158 Rodney Street,
Wellsford

Email: Irena.Roulston@tehaoranga.co.nz

Phone: 09 439 3013

Address: Dargaville Hospital, Awakino Road,
Dargaville

Addiction Support

Te Hā Oranga provides support for whānau who struggle with drug and/or alcohol addiction and / or are in recovery.

- One on one counselling services
- Clinical and Peer support services in the community
- Kaupapa Maori Support Services
- Aftercare
- He Waka Eke Noa Kapa Haka Aftercare Support Group
- He Waka Eke Noa Rangatahi Programme
- Gender Responsive Recovery Programme
- Aftercare and Reintegration – Facilitated in the prison

Clinical Services

- Whānau Ora Primary Health Services
- Mobile Nursing service
- In house doctors clinic
- Outreach clinics
- Cardiac Rehab
- Breast Screening
- Podiatry Clinic
- Mirimiri Clinics
- Māori Rongoa
- Outreach Immunisation Services
- Cervical Screening
- Rheumatic Fever – School Based Throat Swabbing

Public Health

- Māori Public Health Services
- Smoking Cessation Service
- Rheumatic Fever
- School Based Throat Swabbing
- ACC Home Based Rehabilitation
- Te Ha Oranga will provide in home support for whanau as they rehabilitate and recover following an accident.

Education

- Rangatahi Educational Wananga
- He Waka Eke Noa Rangatahi Programme
- He Maara Hou In School Programme
- Whānau Ora Kaiarihi (Social) Services
- Navigation Services



Te Hau Ora O Ngāpuhi – www.tehauoraongapuhi.org

About Te Hau Ora O Ngāpuhi (THOON)

Te Hau Ora O Ngāpuhi, also known as THOON, was established in 2015 as a subsidiary company of Te Rūnanga-Ā-iwi-Ō-Ngāpuhi (TRAION) following the merger of Te Hauora o Kaikohe with TRAION. THOON is charged with leading the health strategy for Ngāpuhi, serving whānau, hapū and hāpori living within Te Whare Tapu O Ngāpuhi, whether Māori or non Māori.

The strategic direction for THOON is aligned to the Rūnanga's vision, mission statement, Whānau Ora strategy, and the desire for safe and healthy communities where whānau thrive. Based in the main centre of Kaikohe, THOON delivers programmes that contribute to achieving optimal outcomes for whānau.

They serve whānau within Te Whare Tapu o Ngāpuhi iwi boundaries, covering the middle Far North from South Hokianga through to Mangakāhia, across to the Bay Of Islands and down to the South-Western Whangārei district. Kaikohe is the main centre visited by whānau.

Website: www.tehauoraongapuhi.org

Address: 113 Broadway, Kaikohe

Post: PO Box 733, Kaikohe 0405

Email: referrals@thoon.org.nz

Phone: 09 405 2647

Freecall: 0800 484 006



Whangaroa Health Service – www.whangaroahealth.co.nz

Whangaroa Health Service

Whangaroa Health Services is a charity providing health and wellbeing services for the community. Our vision for the Wellness team is to support individuals and whanau to live fulfilling lives. We acknowledge that optimum wellbeing is achieved through strengthening our physical wellbeing (taha tinana), our mental wellbeing (taha hinengaro), our spiritual wellbeing (taha wairua) and our family wellbeing (taha whanau).

The Wellness Team utilise a whanau ora holistic model of care to support you to achieve your goals.

If you live in Whangaroa you can utilise the Wellness Team for free. You may be referred to our service by your GP or you can refer yourself or anyone in your whanau.

Website: www.whangaroahealth.co.nz

Address: 180 Omaunu Rd, Kaeo,
New Zealand

Email: contact@whst.org.nz

Phone: 09-405 0649

Long-term Conditions

Whānau centred healthcare.

Oral Health

Support navigating pathways to positive oral and dental health

Mobility and Fitness

Providing opportunities to improve through our community fitness centre, The Pā

Mental Health Conditions

Advocacy for those living with the challenges of mental health conditions Navigating pathways to improved wellbeing.



NorthAble Matapuna Hauora – www.northable.org.nz

EQ+ Store

EQ+ Store – NorthAble Equipment Plus are Northland’s largest supplier of equipment and products to support people who may have a temporary or permanent impairment. Our trained and experienced equipment and Disability Information Consultants offer free advice on a wide range of equipment and supports for daily living that we have available for purchase and hire.

Email: lynkz@northable.org.nz

Phone: 09 430 3469

LYNKZ

Whanau who attend our programme are aged between 16 and 64 and have learning, intellectual, physical, or sensory disabilities and/or conditions. Our daily activities run from Monday to Thursday with everything from classes in cooking to road trips to the zoo, beach or other amazing activities which encourage our whanau to become more confident whilst learning skills as we engage in the community. Our service is free to people who meet the Ministry of Social Development criteria for funding, if you are unsure whether you meet this then give us a call and we can help you figure it out. If you do not meet the MSD Criteria we can offer a pay per visit option, so please ring us to discuss further. Our LYNKZ-Outreach operates in Mid to Far North in Kerikeri, Kaikohe, Opononi and Kaitaia.

Email: northable@northable.org.nz
and des.cawood@northable.org.nz

Phone: 09 430 0988

Needs Assessment and Service Coordination

NASC – Needs Assessment Service Coordination: Information and support options to assist you to meet goals, NASC is a free service provided by NorthAble for people living with a disability. If you meet the Ministry of health’s (MoH) eligibility criteria, NASC will meet with you to explore your support options and goals. We can then discuss the information and support options that may assist you to meet your goals. These may include: Managing household tasks, self-care, supported assistance in the community, carer support subsidy providing time out for unpaid full time carers, rehabilitation support, residential support services, support to live in your own residence, and more.

Email: northable@northable.org.nz

Phone: 09 430 0988

Navigation Service

We understand that it can be difficult to know who to go to for a variety of needs and issues, that’s why we are here to help you make sense of it all. We will get to know you and your whanau, and understand your full set of circumstances. Working alongside you, we will draw up a plan of action that helps you to achieve your goals. Our Navigators are independent – they don’t work for us, they work for you! They are here to support you with a plan that gives you courage to participate in your community with confidence and enjoyment.

“He putanga ki to ora – The emergence of wellness”

A people and whanau focused service
Empowering you by working with you
Accessing our service is easy. Anyone can refer
We will match you to the right navigator for your situation
The navigator will work with you to draw up a plan that focuses on what you want to achieve

Email: dias@northable.org.nz

Phone: 09 430 0988

Total Mobility

NorthAble is an assessment and issuing agency of this nationwide programme which aims to assist people with disabilities to become more mobile by subsidising taxi fares. The scheme uses an electronic swipe card system – Ridewise. In Northland Total mobility is available in the Whangārei District ONLY.
People with disabilities

Email: northable@northable.org.nz

Phone: 09 430 0988



NorthAble Matapuna Hauora – www.northable.org.nz

Transition Services

NorthAble's Transition service will work with Ongoing Resourcing Scheme (ORS) funded students as they transition out of education to create a plan that focuses on their wants, needs, aims and aspirations. Working with you, your Whānau and your school, we will look at what you want to achieve within your life after school, and what steps or supports may be required to enable you to achieve this. We will draw up a plan that supports all the things you want to do, focusing on creating opportunities in everything from jobs and training to your hobbies, interests and activities. All the things that matter to you. Because we work across Northland, Te Tai Tokerau we can meet you somewhere that you are comfortable with, and as often as you need us to. We can even go with you as you trial your next steps, providing that little extra help you may need, be it directly or just a bit of moral support.

Ongoing Resourcing Scheme (ORS) funded students

Email: Not listed

Phone: 09 430 0988

VHN – Very High Needs

Supporting people to achieve meaningful engagement, identifying long and short term vocational and community goals, services and activities that match interests, capabilities and needs. Together, making a plan to achieve set goals, supporting self-choice. People with disabilities who have very high needs.

Email: dias@northable.org.nz
and des.cawood@northable.org.nz

Phone: 09 430 0988



Te Hiku Hauora – Kaitaia – www.tehikuhauora.nz

Asthma and respiratory – Healthcare

Every day we set out to ensure they feel listened to, supported, equipped and confident to overcome the challenges they face.

Email: health.promotion@tehikuhauora.nz

Phone: 09 408 4024

Whānau Support – Healthcare

This service supports Whānau to achieve positive and healthy lifestyle changes. We work with the entire Whānau to help achieve their life goals. We provide information and support to be: self managing, healthy, participating in the community, engaged in Te Ao Māori, knowledgeable and to have an improved standard of living.

Email: admin@tkot.org.nz

Phone: 09 408 4024

Chronic care – Healthcare

This highly specialised service is delivered by advanced nurses aimed at high-risk patients with chronic health conditions. We will help you to: understand your chronic conditions, understand your medications, develop individual care plans with Whānau involvement, and access health programmes and services which will assist you in achieving your goals.

Email: GP.clinics@tehikuhauora.nz

Phone: 09 408 4024

Whānau Health & Wellness – Healthcare

Free practical advice, support and health assessments for all ages. Services we offer are: identification of clients at risk of illness or injury, client assessment and ongoing health monitoring, development of individual care plans with Whānau involvement, health promotion and education, follow up on hospital discharges and GP services, and collaboration with other health providers.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Manaaki Manawa/Cardiac Rehabilitation – Healthcare

NorthAble is an assessment and issuing agency of this nationwide programme which aims to assist people with disabilities to become more mobile by subsidising taxi fares. The scheme uses an electronic swipe card system – Ridewise. In Northland Total mobility is available in the Whangārei District ONLY.
People with disabilities

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Home Support – Home Support

Our service provides support to the elderly to enable them to live independently in their own homes. Services provided include (but are not limited to): personal attendant care (which may include; dressing and undressing, personal grooming, bathing, personal hygiene, mobility and community interaction), household management (which may include; laundry, vacuuming, dusting, bed making, meal preparation and shopping), professional appointments (specialist and/or GP, blood tests and X-ray appointments).

Email: health.promotion@tehikuhauora.nz

Phone: 09 408 4024

Korikori A Kaumatua/Nutrition and Activity for Elderly – Elders

With a variety of weekly activities including nutritional classes and opportunities to socialise with each other and the wider community, we assist them to live longer, healthier, lives. New enrolments welcome. Services we provide are: Nutrition information and advice, and physical activity events.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Te Hiku Hauora – Kaitaia – www.tehikuhauora.nz

Redan Rd Kaitaia Medical Clinic – GP

Our GP clinics have nursing staff and General Practitioners who assist clients in achieving optimal health. Our clinics offer affordable health care to enrolled patients and are affiliated to Te Tai Tokerau PHO.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 0049

Puckey Ave Kaitaia Medical Clinic – GP

Our GP clinics have nursing staff and General Practitioners who assist clients in achieving optimal health. Our clinics offer affordable health care to enrolled patients and are affiliated to Te Tai Tokerau PHO.

Email: GP.clinics@tehikuhauora.nz

Phone: 09 408 1300

Coopers Beach Medical Clinic – GP

Our GP clinics have nursing staff and General Practitioners who assist clients in achieving optimal health. Our clinics offer affordable health care to enrolled patients and are affiliated to Te Tai Tokerau PHO.

Email: dental.clinic@tehikuhauora.nz

Phone: 09 406 0074

Korikori a Hauora/Nutrition & Activity to Improve Wellbeing – Promoting Health & Nutrition

This service provides a free 24 week physical activity and nutrition programme for people with/ at risk of heart disease, diabetes and obesity.

Email: health.promotion@tehikuhauora.nz

Phone: 09 408 4024

Dental Health Promotion – Dental

Free dental and oral health education and promotion for children from birth to 17 years of age. This service is community based and aims to ensure that all children are enrolled in, and have access to, a free dental service. Services provided: enrolling children to a FREE dental service, information on healthy diet, dental health promotional workshops and presentations (e.g. 'Lift the Lip'), free transport to dental services, where required (conditions apply).

Email: home.support@tehikuhauora.nz

Phone: 09 408 4024

Adolescent Health – Child and Youth

We provide a range of free and confidential services for 12 – 24 year olds at our two clinics located in Kaitaia and Taipa. We have the services of two doctors, adolescent health and sexual health nurses, public health nurses, counsellors and a referral process to other primary health services.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Tamariki Ora/Well Child – Child and Youth

Support is provided to Whānau to raise happy, healthy tamariki by providing free practical advice, support and health checks for your 0–5 year olds. We provide support with: health, development and behaviour, sleeping and feeding, safety recommendations, immunisation advice, b4 school checks for 4 year olds, referral to other agencies. We will measure, weigh and physically check your baby in your home or at the clinic.

Email: health.promotion@tehikuhauora.nz

Phone: 09 408 4024

Toki Rau/Stop Smoking Services – Addiction and Substance Use

Comprehensive free stop smoking programmes for all members of the community. All of our programmes are delivered by qualified stop smoking practitioners and provide the highest quality service and support for people in their effort to stop smoking and enjoy a smoke free lifestyle. Services provided are: education, awareness and preparation to stop, free Nicotine replacement therapy consisting of patches, lozenges or gum, ongoing support via telephone, home visits, one to one consultation or group consultation, support and advice with Zyban and Champix.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024



Te Hiku Hauora – Kaitaia – www.tehikuhauora.nz

Korikori A Iwi/Nutrition and Activity for Community – Community organisations

Free nutrition and physical activity programmes are provided for the community, working within a kaupapa Māori framework. Services we provide are: in-school and ECE nutrition and physical activity workshops/ programmes, annual Trail event, and Childhood obesity referrals.

Email: health.promotion@tehikuhauora.nz

Phone: 09 408 4024

Mental Health Support – Mental Health

Coordination and support for people with mental health issues. Services we provide include: assessment and brief intervention service for people with mild to moderate anxiety and depression, access to counselling and other support services, identifying and managing physical health issues for those with serious mental health issues.

Email: GP.clinics@tehikuhauora.nz

Phone: 09 408 4024

Disability Support – Disability Support

Provides support to the disabled to enable them to live independently in their own homes. Services provided include (but are not limited to): personal attendant care (which may include; dressing and undressing, personal grooming, bathing, personal hygiene, mobility and community interaction), household management (which may include; laundry, vacuuming, dusting, bed making, meal preparation and shopping), professional appointments (specialist and/or GP, blood tests and X-ray appointments).

Email: home.support@tehikuhauora.nz

Phone: 09 408 4024

Breast and Cervical Screening – Women's Health

Services we provide: Free screening support service, transport and support to local appointments, assessments and treatment at all screening programme venues, facilitating the needs of women for a better breast and cervical screening services, safe environment, smear parties, women's health education.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Maternity Support – Pregnancy and Maternity

Free maternity support from conception through to 2 years of age and work alongside our local midwives, Tamariki Ora and Plunket nurses. Services we provide include: support with maternity needs, help with accessing appropriate services, education around parental skills.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024

Breastfeeding Support – Pregnancy and Maternity

Breast care and breastfeeding support for all breast feeding mothers to give babies the best start in life. We work alongside our local midwives, Plunket and Tamariki Ora nurses. Support and assistance is provided in your home or at our local birthing unit by providing: preparation for breastfeeding, breastfeeding technique, expressing and safe storage, loan of hospital grade pump.

Email: health.promotion@tehikuhauora.nz

Phone: 09 408 4024

Korikori A Kaumatua/Nutrition and Activity for Elderly – Elders

With a variety of weekly activities including nutritional classes and opportunities to socialise with each other and the wider community, we assist them to live longer, healthier, lives. New enrolments welcome. Services we provide are: Nutrition information and advice, and physical activity events.

Email: mobile.nursing@tehikuhauora.nz

Phone: 09 408 4024



Whakawhiti Ora Pai Community Health Service – www.wop.co.nz

Budgeting

Budgeting support offers: Free budgeting advice, advocacy support with other agencies or services (WINZ, IRD, HNZ, Ministry of Justice, Baycorp, Local clinics and chemists, Archibald Motors, and more), confidentiality and discretion, budgeting education, budgeting and savings plans.

Email: charlottet@wop.co.nz

Phone: 09 409 7880

Kaiarahi

Charlotte provides a variety of support such as: facilitated hui, navigation services (i.e. finding the right service provider for whānau to access health and social services), advocacy for Work and Income NZ or health and Wellbeing, support, planning – to develop plans, set goals, support them to achieve their intended outcomes and document their success along the way.

Email: abigaill@wop.co.nz

Phone: 09 409 7880

Puna for tamariki under 6 years old

Welcome is extended to all Whānau with tamariki under 6 years old, in an educational and friendly space. Our mahi here is to introduce and encourage Whānau and tamariki to the adventure of education. Educating our Whānau in the importance of Early Childhood education and helping transition their tamariki into Daycare or Kohanga Reo.

Email: enquiries@wop.co.nz

Phone: 09 409 7880

Te Kao – Women’s Health; Men’s Health; Children’s Health

Women’s health: cervical Smears, breast Screening Referrals, Contraception, Men’s health: Prostate cancer Screening, Children’s health: b4 school Checks, Immunizations, Well Child Checks.

Email: barbaral@wop.co.nz

Phone: 09 409 7880

Te Puarangi

This programme is a first for Whakawhiti Ora Pai and a first for the community. The programme is about taking a positive approach to address challenges including addiction and supporting and enabling Whānau on their wellbeing journey.

Email: enquiries@wop.co.nz

Phone: 09 409 7880

Te Reo Whare Ora – Women’s Health; Men’s Health; Child Health

Women’s health: cervical Smears, breast Screening Referrals, Contraception, Men’s health: Prostate cancer Screening, Children’s health: b4 school Checks, Immunizations, Well Child Checks.

Email: enquiries@wop.co.nz

Phone: 09 409 8287

Tohoraha – Women’s Health; Men’s Health; Child Health

Women’s health: cervical Smears, breast Screening Referrals, Contraception, Men’s health: Prostate cancer Screening, Children’s health: b4 school Checks, Immunizations, Well Child Checks.

Email: enquiries@wop.co.nz

Phone: 09 409 7874



Te Rūnanga O Te Rarawa – www.terarawa.iwi.nz

Te Rūnanga O Te Rarawa

Community support is offered for youth to grow without the influence of drugs or alcohol. Then, our family Centred Services programme is an innovative approach to supporting whānau who have experienced, or are at risk of experiencing family violence. Also, the Kia Piki Te Ora programme uses specially designed activities to assist whānau and individuals to face the challenging issues and impacts of suicide. Lastly, the Youth Justice programme supports 12–17 year old taitamariki who are entering, or are already in the justice system.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Breastfeeding programme

The Te Rarawa breastfeeding programme assists mums with understanding the importance of exclusive breastfeeding; knowing how to deal with the challenges of breastfeeding; and most of all, supporting you in the early stages of motherhood. Breastmilk is the best food for your baby, and breastfeeding is perfect for you too. Learn the importance of breastfeeding, understand the relationship between breastfeeding and a child's brain development, support a breastfeeding mother, enjoy the wonderful bond between mother & child.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Community Action on Youth and Drugs (C.A.Y.A.D.)

C.A.Y.A.D. helps communities to provide a safer environment for youth to grow without the influence of drugs and alcohol. Innovative community initiatives, leadership development, promoting positive healthy behaviour, alcohol and Other Drug (A.O.D.) policy, creative flourishing Whānau. C.A.Y.A.D. quietly works in the background to support youth, whānau and community groups to build positive environments. C.A.Y.A.D. staff use innovative approaches to co-design new and exciting activities for youth and communities, towards a future that is free from alcohol and drug addiction. C.A.Y.A.D. staff are experts in A.O.D. policy and leadership development, in support of community-directed initiatives. We are here for YOU!

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Family Centred Services

The Family Centred Services programme is an innovative approach to supporting whānau who have experienced, or are at risk of experiencing family violence. The Family Centred Services programme provides holistic guidance towards restoring the wellbeing of the family – hei whakaora i te mana o te whānau. Whānau needs are met through appropriate wrap-around support. Whānau learn strength and resilience to restore safety. Whānau experience positive behavioural transformation. The Family Centred Services programme provides specialised staff who are equipped and passionate about supporting whānau to restore their mauri. Using discreet and flexible methods, whānau experiencing violence can return their wellbeing to a calm and healthy dynamic.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Healthy Lifestyles

Healthy Lifestyles is an exciting, energetic programme designed to motivate and inspire increased wellbeing for YOU and your WHĀNAU. Fun and engaging physical activities, whānau friendly, positive social environment, dynamic motivated staff. The Healthy Lifestyles programme aims to assist women aged 18 years and older, including pre and post-pregnant mums, to achieve physical, mental and nutritional wellbeing. Through 'next-level' physical activity, you can achieve your desired goals, build confidence and create lifelong friendships – make the change!

Email: admin@terarawa.co.nz

Phone: 09 408 0141



Te Rūnanga O Te Rarawa – www.terarawa.iwi.nz

Iwi

Ko ngā whānau o Te Rarawa, kei te tūkaha ki tō rātou tuākiri tangata, kei te piri pūmau ki tō rātou marae, kei te mau tonu te manawa ki ngā mahi āwhina. Te Rarawa whānau strong in their identity, active with their marae, and making a contribution.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Kia Piki Te Ora

The Kia Piki Te Ora programme uses specially designed activities to assist whānau and individuals to face the challenging issues and impacts of suicide. Applying Māori knowledge within a constantly changing world, learning environmental awareness as a vehicle to grow and succeed, engaging professional support. Māori practices and learning experiences, within the natural environment, are used to increase participant's ability to overcome social, mental and wairua issues that may be impacting them. Kia Piki Te Ora works closely with partner organisations and ensures Māori participation in planning, decision making, and the development of resources and processes.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Tūturu Tangata

The Tūturu Tangata programme is a leader in the development of innovative Māori health initiatives for young people. The programme offers opportunities for taitamariki, schools and community groups to explore ancestral activities through dynamic contemporary expression. Experience the knowledge of leaders in traditional Māori games, fun engagement in dynamic physical & nutritional activities, youth leadership development, and high calibre expert staff. The Tūturu Tangata programme is focussed on getting taitamariki involved in healthy activities, promoting positive nutritional benefits, and stimulating the development of youth leadership. The Tūturu Tangata team are experts in motivating positive healthy behaviours, through fun-filled activity. This is a programme that cannot be missed.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Youth Justice Programme

The Youth Justice programme supports 12-17 year old taitamariki who are entering, or are already in the justice system. Establish resourceful, supportive relationships, promote positive behavioural transformation, motivate connections and inspire purposeful aspirations, provide support for whānau, and create new and exciting preventative activities. The programme develops strong, trusting relationships with participants, who are given tools to express their identity, aspirations and purpose. The programme supports youth and their whānau to work through the rigours of the justice system. Participants are given opportunities to positively transform their behaviours. The Youth Justice programme is committed to developing effective activities focussed on preventing offending and promoting healthy behaviour choices for young people.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Te Rūnanga O Te Rarawa – Ngā Tau Mīharo – The Incredible Years Programme (IYP) Dargaville

The Incredible Years strengthens positive whānau dynamics by providing parenting skills to parents and caregivers of children aged 3-8 years. This amazing 14-week programme builds confidence, promotes positive solutions and confirms your qualities as a parent or caregiver. The programme provides in-depth parenting support, positive fun interactions, build confidence in parenting skills and supportive group learning environments. The Incredible Years team is passionate about supporting parents to gain the skills needed to raise a well-rounded child. Parents are recognised as the foundation for establishing future leaders.

Email: admin@terarawa.co.nz

Phone: 09 408 0141

Ngāti Hine Health Trust – www.nhht.co.nz

Rural Beat Youth Health Clinic – Hauora Whanui (Kawakawa)

Charlotte provides a variety of support such as: facilitated hui, navigation services (i.e. finding the right service provider for whānau to access health and social services), advocacy for Work and Income NZ or health and Wellbeing, support, planning – to develop plans, set goals, support them to achieve their intended outcomes and document their success along the way.

Email: abigaill@wop.co.nz

Phone: 09 409 7880

Kawakawa Medical Centre – Hauora Whanui (Northland)

NHHT's medical centre operates with a GP and Practice Nurse on the Kawakawa Office site.

Email: Angela@nhht.co.nz

Phone: 0800 200 562

Tapuhi/Nursing Services – Hauora Whanui (Kawakawa)

Nurses go out and meet clients in all areas of our community. The nurses also often make referrals to other services to ensure all needs of the patient are met. Other services include: Whānau Ora primary health Services, Rheumatic Fever Prevention Programme in schools, breast & cervical Screening Services, Asthma management and the Manaaki Manawa Heart care Programme.

Email: thh@nhht.co.nz

Phone: 027 358 3010

Tamariki Ora Service – Hauora Whanui (Northland)

For mothers and babies. Services include: Tamariki Ora Well Child Service, b4 school checks and a maternity support service. Tamariki Ora also conduct unique kaupapa Māori "Te Mata o Mau" Antenatal 2 day Wānanga. The benefits of wahakura in preventing SIDS are promoted at the wānanga and hapū māmā often get the opportunity to make one.

Email: Tapuhi@nhht.co.nz

Phone: 0800 737 573 Ext 7751

Outreach Clinics – Hauora Whanui (Northland)

Bi-Monthly and Monthly, we go out to the Outreach Clinics with a range of health and social services clinicians, nurses and support staff and of course our GP Dr Tamara Birchall. Services include free health checks, referrals, specialist advice and on the spot services are provided plus a kapu tī!

Email: recep@nhht.co.nz

Phone: 027 358 3010

Rongoa Māori Traditional Health Clinic – Hauora Whanui (Kawakawa)

This clinic in the Kawakawa Office offers mirimiri (massage) with karakia and whitiwhiti kōrero (cultural support).

Email: ruralbeat@nhht.co.nz

Phone: 09 404 1551

Te Hononga Hou – Hauora Whanui (Kawakawa)

Ngāti Hine Mental health & Addictions (Te Hononga Hou) supports those living in the community who have mental health or alcohol and other drug issues. Kaupapa Māori service providing community based support for mental health and addictions, stop smoking service, including a residential alcohol and drug rehabilitation facility. Te Hononga Hou Mental health and Addictions Service have two drug and alcohol residential rehabilitation facilities and also a large Community Mental health and alcohol and Other Drugs (AOD) Team. Four of the Community Team work solely with at-risk youth. A unique kaupapa Māori programme, "He Tohu Rangātira", has also been developed for our work with youth in secondary schools (utilises a tupuna world-view and philosophy to build resilience, confidence, courage and commitment that will lead to positive changes and increased wellbeing).

Email: info@nhht.co.nz

Phone: 09 404 1551



Ngāti Hine Health Trust – www.nhht.co.nz

Tapuhi/Nursing Services – Hauora Whanui (Whangārei)

Nurses go out and meet clients in all areas of our community. The nurses also often make referrals to other services to ensure all needs of the patient are met. Other services include: Whānau Ora primary health Services, Rheumatic Fever Prevention Programme in schools, breast & cervical Screening Services, Asthma management and the Manaaki Manawa Heart care Programme.

Email: tamarikiora@nhht.co.nz

Phone: 027 358 3010

Korikori ā Iwi – Maiaorere (Northland)

A community-based weekly activity “day programme” for kaumātua & kuia that focuses on ensuring our kaumātua and kuia are active participants within their community. Programmes are delivered in Kaeo, Kawakawa, Moerewa and Whangārei.

Email: jennifer@nhht.co.nz

Phone: 09 404 1489

Home Support Services – Maiaorere (Northland)

The primary focus of Maiaorere Services is to make a positive difference in the lives of people with disabilities, with wrap-around services that protect, support and treasure the integrity and independence of our Whānau so they can lead full and valued lifestyles of their choice in and around their home and community.

Email: lana@maiaorere.co.nz

Phone: 09 430 1230

Community Residential Homes/Services – Maiaorere (Moerewa)

Three residential facilities provide 24/7 care to whānau with a disability.

Email: maiaorere_admin@nhht.co.nz

Phone: 09 430 1230

Rangatahi Physical Activity – Maturanga Whanui (Whangārei)

Delivering kaupapa Māori physical activity programmes, cycling and fitness programmes to youth and whānau in Whangārei/Mid North.

Email: keiulani@nhht.co.nz

Phone: 027 304 9536

Youth Service – Maturanga Whanui (Northland)

Support for 16 -17 year olds not in employment, education or training and those aged 16-19 who are eligible for Youth Payment (YP) or Youth Parent Payment (YPP). Phone the 0800 number to be connected to the best kaimahi who will help you with your needs.

Email: Karen@nhht.co.nz

Phone: 0800 824 826

Education Programmes – Maturanga Whanui (Northland)

This service is the health Promotion, education and Training arm of NHHT.

Email: darlene.hita@nhht.co.nz

Phone: 027 454 1252

Sexual Health Promotion – Maturanga Whanui (Northland)

Promoting healthy relationship messages to Year 10 and 11 students through school programmes and wānanga.

Email: Tikiahi@nhht.co.nz

Phone: 021 054 5246

Ngāti Hine Health Trust – www.nhht.co.nz

Manawa Ora – Matauranga Whanui (Northland)

Healthy homes assessment and referrals in Whangārei and the Mid North areas.

Email: KC@nhht.co.nz

Phone: 021 833 870

Kia Piki te Ora Suicide Prevention – Matauranga-Whanui (Whangārei)

Suicide prevention projects including facilitating the Raid Movement – youth designed, youth delivered activities that promote the message “Life over Everything” in Te Tai Tokerau.

Email: martha.latu@nhht.co.nz

Phone: 027 245 8687

Community Action Youth and Drugs (CAYAD) – Matauranga Whanui (Whangārei)

Coordinating youth and community champions in the Whāngareī and Mid North area to facilitate projects to reduce harm from alcohol and drugs.

Email: leanne@nhht.co.nz

Phone: 027 494 1033

Injury Prevention – Matauranga Whanui (Whangārei)

Delivering road safety, fire safety and falls prevention programmes to whānau of all ages in Whangārei/Mid North.

Email: naini@nhht.co.nz

Phone: 027 454 1251

Restorative Justice – Whānau Whanui (Whangārei)

Working with referrals from the Whangārei, Kaikohe and Dargaville District Courts, the Restorative Justice (RJ) team brings together “victims” and “offenders” in an RJ conference to find a healing pathway forward.

Email: Tapuhi@nhht.co.nz

Phone: 0800 942 628

Incredible Years – Whānau Whanui (Whangārei)

This clinic in the Kawakawa Office offers mirimiri (massage) with karakia and whitiwhiti kōrero (cultural support).

Email: waana.joyce@nhht.co.nz

Phone: 0800 942 628

Family Start – Whānau Whanui (Whangārei)

Includes a child-centred intensive home visit programme to improve children’s health, learning, relationships, whānau circumstances, environment and safety. This team also work with whānau referred with family violence issues. Kaimahi focus on support to restore safety, wellbeing and long-term positive change that prevents family violence from reoccurring.

Email: shelley.stringfellow@nhht.co.nz

Phone: 0800 942 628



Ngāti Hine Health Trust – www.nhht.co.nz

Ngāti Hine FM Radio (NHFM) – Ngāti Hine FM Radio (NHFM) (Kawakawa)

Ngāti Hine FM is one of 21 iwi radio stations in Aotearoa New Zealand who receive funding by Te Māngai Paho to support te reo revitalisation initiatives. Ngāti Hine FM is situated in Whangārei with a satellite studio in Kawakawa from which it broadcasts daily via its radio frequencies: 99.6FM & 99.1FM and its online streams.

Email: temirumiru.info@nhht.co.nz

Phone: 09 438 6115

Early Childhood Education Centre – Te Mirumiru – Early Childhood Education Centre (Kawakawa)

Māori values and knowledge feature strongly in the teaching programmes and day to day life at Te Mirumiru. The Early Childhood Centre has 4 classrooms; the bilingual units are Kōtare Rūma for 0-18 months, Pūkeko Rūma for 3 year olds and Kiwi Rūma for 4 and 5 year olds. Tūi Rūma caters for tamariki aged 18 months- 3 years but is also a rumaki reo full immersion unit where only te reo Māori is spoken. Those tamariki whose parents prefer for them to continue their education solely in te reo Māori stay in Tūi Rūma (with age appropriate programmes) until they leave for school.

Email: quila.wilson@nhht.co.nz

Phone: 09 404 0123

Nga Whare mo Nga Whānau (Whānau Housing) – Nga Whare mo Nga Whānau (Whānau Housing) (Kawakawa)

Ngāti Hine health Trust own and manage kaumātua housing, houses and flats in Moerewa and an emergency house in Kawakawa. They are rented to whānau at affordable rates. Whānau/tenants are also encouraged to access our other services.

Email: onair@Ngatihinefm.co.nz

Phone: 09 945 8160

Te Whatu Ora – Te Tai Tokerau – www.northlanddhb.org.nz

Adult Kaupapa Māori Service – Te Roopu Whitiara (Dargaville)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whaiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 439 3330 Ext 6701

Adult Community Mental Health (Dargaville)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whaiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 439 3330 then option 3 and option 1

Child & Adolescent Service – Te Roopu Kimiora (Dargaville)

This team provides acute and community services for children and young people (up to 19 years) who have significant mental health, alcohol and other drug concerns. The service includes assessment, therapeutic intervention from key workers and psychologists and psychiatry. Our Service supports children and young people (up to 19 years).

Phone: 0800 333 783

Adult Kaupapa Māori Service – Te Roopu Whitiara (Kaikohe)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whaiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 408 9187 ext 4720/4749

Intensive Community Team (ICT) (Kaikohe)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whaiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 404 0280 ext 5871; 0800 222 449

Adult Community Mental Health (Kaikohe)

Adult community mental health and addictions teams provide assessment and diagnosis, treatment, advice and referral to those affected by mental health and alcohol and other drug problems. Our Service supports adults affected by mental health or addiction problems.

Phone: 09 408 9187 extn 4720/4749

Te Whatu Ora – Te Tai Tokerau – www.northlanddhd.org.nz

Child & Adolescent Service – Te Roopu Kimiora (Kaikohe)

This team provides acute and community services for children and young people (up to 19 years) who have significant mental health, alcohol and other drug concerns. The service includes assessment, therapeutic intervention from key workers and psychologists and psychiatry. Our Service supports children and young people (up to 19 years).

Phone: 09 401 2570; 0800 100 643

Psychiatry for Older People Service (POPS) (Kaikohe)

Provides assessment and treatment for persons aged 65 yrs+ who are experiencing an acute mental health illness or people living with dementia of any age who are experiencing significant behavioural and psychological challenges. Our Service supports persons aged 65 yrs+.

Phone: 09 404 0280 ext 5871/5873; 0800 222 449

Adult Kaupapa Māori Service – Te Roopu Whitiara (Kaitiāia)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whāiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly.

Phone: 09 404 0280

Psychiatry for Older People Service (POPS) (Kaitiāia)

Provides assessment and treatment for persons aged 65 yrs+ who are experiencing an acute mental health illness or people living with dementia of any age who are experiencing significant behavioural and psychological challenges. Our Service supports persons aged 65 yrs+.

Phone: 09 408 0010 ext 4720

Adult Community Mental Health (Kaitiāia)

Adult community mental health and addictions teams provide assessment and diagnosis, treatment, advice and referral to those affected by mental health and alcohol and other drug problems. Our Service supports adults affected by mental health or addiction problems.

Phone: 09 404 0280 extn 5871 or 0800 222 449

Adult Community Mental Health (Kaitiāia)

Adult community mental health and addictions teams provide assessment and diagnosis, treatment, advice and referral to those affected by mental health and alcohol and other drug problems. Our Service supports adults affected by mental health or addiction problems.

Phone: 09 404 0280 extn 5871 or 0800 222 449

He Tupua Waiora (Pregnancy and Parental Service) (Kaitiāia)

He Tupua Waiora – Pregnancy and Parental Service provides free assessment, information, and support to pregnant women and parents of children under three years of age.

Phone: 09 408 2490



Te Whatu Ora – Te Tai Tokerau – www.northlanddhub.org.nz

Child & Adolescent Service – Te Roopu Kimiora (Kaitiāia)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whāiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 408 2490

Te Roopu Kimiora – Child and Adolescent Mental Health & Addictions Services (Kaitiāia)

A secondary care mental health service seeing young people/ rangatahi aged 0–18 who have severe to moderate mental health concerns. They work closely alongside the young person and their whānau to achieve goals that are set collaboratively so they can live to their fullest potential.

Phone: 09 430 4100

Adult Community Mental Health (Kāmo)

Adult community mental health and addictions teams provide assessment and diagnosis, treatment, advice and referral to those affected by mental health and alcohol and other drug problems. Our Service supports adults affected by mental health or addiction problems.

Phone: 09 404 0280

Intensive Community Team (ICT) (Kāmo)

This service provides assertive community outreach to clients identified as at high risk, primarily due to reluctance to engage in mental health treatment. The majority of clients were previously high users of adult mental health services. This is a regional service, based at Whangārei and in Kaikohe. Our Service primarily supports adults who are previous users of mental health services.

Phone: 09 430 4101 ext 3502/3503

Psychiatry for Older People Service (POPS) (Kerikeri)

Provides assessment and treatment for persons aged 65 yrs+ who are experiencing an acute mental health illness or people living with dementia of any age who are experiencing significant behavioural and psychological challenges. Our Service supports persons aged 65 yrs+.

Phone: 09 404 0280

Adult Kaupapa Māori Service – Te Roopu Whitiāia (Kerikeri)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whāiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 404 0280 ext 5871; 0800 222 449

Te Whatu Ora – Te Tai Tokerau – www.northlanddhd.org.nz

Adult Community Mental Health (Kerikeri)

Adult community mental health and addictions teams provide assessment and diagnosis, treatment, advice and referral to those affected by mental health and alcohol and other drug problems. Our Service supports adults affected by mental health or addiction problems.

Phone: 09 404 0280

Child & Adolescent Service – Te Roopu Kimiora (Kerikeri)

This team provides acute and community services for children and young people (up to 19 years) who have significant mental health, alcohol and other drug concerns. The service includes assessment, therapeutic intervention from key workers and psychologists and psychiatry. Our Service supports children and young people (up to 19 years).

Phone: 09 401 2570; 0800 100 643

Inpatient Unit (He Manu Pae) (Whangārei)

He Manu Pae is a six bed subacute unit for people over the age of 18 years and is based in a community setting. He Manu Pae has a recovery focus with all clients supported to be part of their individual care plan. He Manu Pae has a small team of a nurse, auxiliary workers and an occupational and social worker assisting clients in their recovery journey. Our Service supports all age groups (Child, Youth, Adult, Older adult), who are experiencing acute symptoms.

Phone: 09 430 4101 ext 8278/8295

Adult Community Mental Health (Whangārei)

Adult community mental health and addictions teams provide assessment and diagnosis, treatment, advice and referral to those affected by mental health and alcohol and other drug problems. Our Service supports adults affected by mental health or addiction problems.

Phone: 09 430 4101 extn 3537

Psychiatry for Older People Service (POPS) (Whangārei)

Provides assessment and treatment for persons aged 65 yrs+ who are experiencing an acute mental health illness or people living with dementia of any age who are experiencing significant behavioural and psychological challenges. Our Service supports persons aged 65 yrs+.

Phone: 09 430 4101 ext 8408

Adult Kaupapa Māori Service – Te Roopu Whitiara (Whangārei)

We are a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia. We are culturally and clinically responsive to the needs of Whāiora and their Whānau through the stages of their journey. If you or your Whānau are worried about your safety or their safety, our service can be contacted directly. Our Service supports Māori, between the ages of 18 to 65 years, who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: 09 430 4101 ext 3537

Child & Adolescent Service – Te Roopu Kimiora (Whangārei)

This team provides acute and community services for children and young people (up to 19 years) who have significant mental health, alcohol and other drug concerns. The service includes assessment, therapeutic intervention from key workers and psychologists and psychiatry. Our Service supports children and young people (up to 19 years).

Phone: 09 430 4101 ext 8320

Te Whatu Ora – Te Tai Tokerau – www.northlanddhub.org.nz

Crisis – Community Assessment & Treatment Team (CATT) (Whangārei)

Acute Service – If you or someone you know is experiencing a mental health crisis and you're worried about your safety or their safety, we provide assessment and short-term treatment services 24 hours a day, 7 days a week. Our Service supports all age groups (Child, Youth, Adult, Older adult), who are experiencing acute symptoms. Once we've spoken with you or with someone who's supporting you, we will assess you to decide what the best options are. This assessment may be carried out at a clinic, in your home or at another agreed venue. We will discuss assessment and treatment options with you.

Phone: 09 430 4101 ext 3537

Inpatient Unit (Tumanako) (Whangārei)

Tumanako is a 29 bed inpatient unit for people experiencing an acute phase of their psychiatric illness, or who are in need of a period of close observation and/or intensive investigation and/or intervention, where this is unable to be safely provided within the client's home or less acute treatment facility. Our Service supports all age groups (Child, Youth, Adult, Older adult), who are experiencing acute symptoms.

Phone: 09 430 4101 ext 8278/8295

Triage Service (Whangārei)

Non-acute specialist mental health community services. The Triage Service provides a single point of entry for non-urgent referrals to adult mental health services.

Phone: 09 430 4101 ext 3537

He Tupua Waiora (Pregnancy and Parental Service) (Whangārei)

He Tupua Waiora – Pregnancy and Parental Service provides free assessment, information, and support to pregnant women and parents of children under three years of age.

Phone: 09 430 4100 ext 8320

Early Psychosis Intervention Service (Whangārei)

We provide support and treatment to people between the ages of 13 and 35 who are experiencing a "first psychotic episode" and who live in the Northland area. Our objective is to provide a service to people who experience acute mental illness and to assist them with maintaining mental wellness. Our Service supports people between the ages of 13 and 35.

Phone: 09 430 4101 ext 3502/3503

Smeaton Drive Community House (Whangārei)

Local community group

Phone: 021 438 801

Te Roopu Whitiara (Whangārei)

Te Roopu Whitiara is the adult kaupapa Māori mental health service provided by Te Whatu Ora – Te Tai Tokerau. It is a specialist Kaupapa Māori service for Māori, between the ages of 18 to 65 years who are experiencing symptoms suggestive of psychosis or schizophrenia.

Phone: Not listed

Psychiatry For Older People Service (POPS) (Whangārei)

Community based assessment and treatment for older people with mental illness, including crisis support.

Phone: 09 430 4101

Pharmacies

Pharmacy	Location	Address
Chemist Warehouse Okara Park	Whangārei	21 Okara Drive, Morningside, Whangārei
Countdown Pharmacy Whangārei - Okara Park	Whangārei	4 Port Road, Whangārei
David's Pharmacy	Whangārei	6d Three Mile Bush Road, Kamo, Whangārei
Doubtless Bay Pharmacy	Coopers Beach	Coopers Beach Shopping, 137c State Highway 10, Coopers Beach
Far North Pharmacy	Kaitaia	53 Commerce Street, Kaitaia
Kaeo Chemist	Kaeo	28a Leigh Street, Kaeo
Kawakawa Pharmacy	Kawakawa	21-23 Gillies Street, Kawakawa
Kensington Pharmacy	Whangārei	4 Kensington Avenue, Kensington, Whangārei
Life Pharmacy Orrs	Whangārei	48 Cameron Street, Whangārei
Mangawhai Pharmacy	Mangawhai	12 Wood Street, Mangawhai Heads, Mangawhai
Marsden Cove Pharmacy	One Tree Point	1b Ngawaka Lane, One Tree Point
Maunu Pharmacy	Whangārei	115a Maunu Road, Woodhill, Whangārei
Orrs Kowhai Pharmacy	Whangārei	27 Rust Avenue, Whangārei
Otaika Pharmacy	Whangārei	147a Otaika Road, Raumanga, Whangārei
Paihia Pharmacy	Paihia	4 Williams Road, Paihia
Rawene Pharmacy	Rawene	15 Parnell Street, Rawene, Northland
Russell Healthspot - Pharmacy Depot	Russell	21 York Street, Russell
Rust Avenue Pharmacy	Whangārei	22 Rust Avenue, Whangārei
Shackleton's Kaitaia Pharmacy	Kaitaia	89-91 Commerce Street, Kaitaia
Te Hiku Pharmacy	Kaitaia	49 Redan Road, Kaitaia
Unichem Buchanan's Pharmacy	Whangārei	81 Paramount Parade, Tikipunga, Whangārei
Unichem Kamo Dispensary	Whangārei	521a Kamo Road, Kamo, Whangārei
Unichem Kamo Pharmacy	Whangārei	6c Three Mile Bush Road, Kamo, Whangārei
Unichem Kerikeri Medical Centre Pharmacy	Kerikeri	4 Homestead Road, Kerikeri
Unichem Kerikeri Pharmacy	Kerikeri	64 Kerikeri Road, Kerikeri
Unichem Kerimed Pharmacy	Kerikeri	2 Rānui Avenue, Kerikeri
Unichem Kiripaka Buchanans Pharmacy	Whangārei	157 Kiripaka Road, Tikipunga, Whangārei
Unichem Mansfield Buchanans Pharmacy	Whangārei	7 Mansfield Terrace, Regent, Whangārei
Unichem Onerahi Pharmacy	Whangārei	116 Onerahi Road, Onerahi, Whangārei
Unichem Orrs Pharmacy Dargaville	Dargaville	Cnr Hokianga Road & Parenga Street, Dargaville
Unichem Orrs Pharmacy Kaikohe	Kaikohe	34 Broadway, Kaikohe
Unichem Orrs Pharmacy Maungaturoto	Maungaturoto	144 Hurndall Street, Maungaturoto
Unichem Orrs Pharmacy Ruakaka	Ruakaka	Cnr Marsden Point Road & Peter Snell Road, Ruakākā
Unichem Orrs Pharmacy Tui	Whangārei	7 Tui Crescent, Maunu, Whangārei
Unichem Whangārei Pharmacy	Whangārei	32 Reyburn Street, Whangārei
Waipapa Unichem Pharmacy	Waipapa	5 Klinac Lane, Waipapa
Waipu Pharmacy	Waipu	25 The Centre, Waipu
Zoom Pharmacy	Remote	www.zoompharmacy.co.nz



Te Tai Tokerau Directory

of Wellbeing Services and Resources



Te Whatu Ora
Health New Zealand