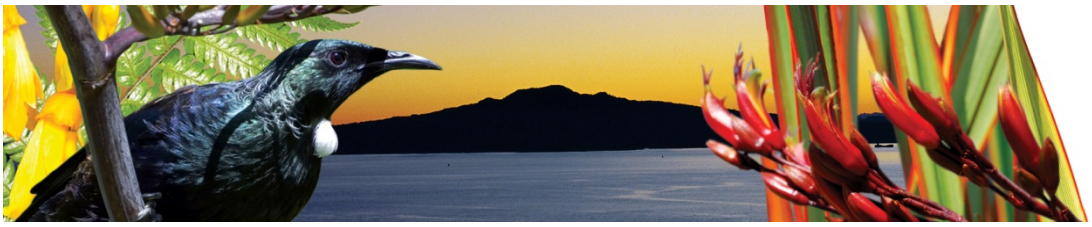


Waitemata
District Health Board
Best Care for Everyone

Finding the right counsellor or therapist for you

For West Auckland region

WHERE TO FIND THE RIGHT COUNSELLOR OR THERAPIST FOR YOU

Are you needing support during pregnancy, childbirth or with parenting?	•Babies Out West provides information on counselling and education services in the West Auckland area. **Visit this link to access the latest brochure of support services. https://www.waitakerehealthlink.org.nz/babies-out-west**
Have you experienced sexual violence?	•ACC funds support following sexual violence. It offers fully funded and immediate support and treatment – including support for your family and whānau. It doesn't matter if it happened recently or a long time ago, there's support available when you're ready. **Visit www.findsupport.co.nz or call 0800 735 566 (Mon-Fri, 8am-5pm)**
Do you have any issues around alcohol or substance use that you would like support with?	•The Community Alcohol and Drug Services (CADS) provides a range of free services to those wanting to solve an alcohol or drug related question, issue or problem. **Visit www.cads.org.nz or phone 09-8451818 when you're ready. Walk-in assessments welcome Mon-Fri 10am-1pm.** •The Problem Gambling Foundation also offers counselling services; www.pgf.nz
Are you in paid employment?	•You may be able to access free confidential counselling through your company's employee assistance programme (EAP). **Speak with your employer.**
Are you enrolled in tertiary studies?	•Some tertiary institutions provide free counselling for their enrolled students. **Ask your tertiary education provider.** •The University of Auckland student counselling services •Auckland University of Technology (AUT) counselling services •Massey University counselling services
Are you eligible for a WINZ Disability allowance?	• Counselling fees or transport to counselling can be subsidised as part of a Disability allowance. **Ask your GP if you are eligible for this allowance.**
Can you pay for counselling or therapy sessions?	•There are numerous providers of low cost or free counselling/therapy. •**Please see list of directories on page 3 to find the right counsellor or therapist for you.**
Can you receive counselling through your GP's primary health organisation (PHO)?	•Most family doctors or GPs are part of Primary Health Organisations (PHOs) that offer counselling or therapy . **Please ask your GP if you are eligible for PHO counselling.**
Do you have mental health problems that are severely impacting your life?	• Local Community Mental Health services provide psychological therapy for those who meet mental illness criteria and are moderately to severely impaired. **Speak with your GP who can refer you to the community mental health team.**

SOME COUNSELLING OR THERAPY PROVIDERS BY CATEGORY

- **Community Alcohol and Drugs Services (CADS) -** Free 1:1 and group counselling ; phone **09-8451818**; www.cads.org.nz; walk-in assessments Mon-Fri 10am-1pm
- **Hearts and Minds -** Free well-being support groups with referral from health professional; phone **09-4418989**; www.heartsandminds.org.nz
- **VisionWest Counselling Centre** - Offers a wide range of counselling and psychotherapy services; phone **09-8180760**; www.visionwest.org.nz
- **CARE Waitakere** - **09-8346480**; https://www.carewaitakere.org.nz/
- **Antara Free Natural Health Clinic -** Offers individual and family counselling; phone **09-8347987**; www.antara.org.nz

General

- **Antara Free Natural Health Clinic**
- **Family Action**
- **Tu Wahine Trust**
- **Family Works -** https://familyworks.org.nz
- **Man Alive -** Offers family and couples counselling; www.manalive.nz, phone **0800 826 3672**

For Families

- **Mother's Helpers** - Offers 10-week perinatal depression/anxiety recovery course - https://www.mothershelpers.co.nz/pnd-recovery-course/
- **Daysprings Trust** - **09-8276321**; https://www.dayspring.org.nz/counselling-services
- **Pregnancy Counselling Services –** phone **0800** 773462**;** www.pregnancycounselling.org.nz

Pregnacy, post-partum and parenting

- **Women's Centre Waitakere -** Provides counselling to women, children and couples; phone **09-8386381**
- **Tu Wahine Trust -** Provides support to Maori women , children and families affected by violence and abuse; phone **09-8388700**
- **Family Action** - Provides support for women, children and families who have experienced family or sexual harm, trauma or abuse; phone **09-8361987.** Visit https://www.familyaction.org.nz/counselling/

For Women

- **The Youth Health Hub -** Offers free counselling for 12-24 year olds. Visit http://healthwest.co.nz/our-services/the-youth-health-hub; phone **09-8362329**
- **Man Alive**
- **Rainbow Youth -** for LGBTIQA+ youth; www.ry.org.nz; phone **09-3764155**

For Youth

- **Man Alive -** Offers counselling and anger management courses to men and youth; www.manalive.nz; phone **0800 826 3672**

For Men

- **Life Skills Programme** - http://lifeskillsprogramme.co.nz/
- **CARE Waitakere** - **09-8346480**; https://www.carewaitakere.org.nz/
- **HELP Auckland** - **0800 623 1700;** https://www.helpauckland.org.nz

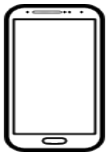
Dialectical Behavioural Therapy Skills Groups

DIRECTORIES OF COUNSELLORS AND THERAPY PROVIDERS

Listed here are helpful directories with up-to-date information on counsellors and therapy providers, including information on their location, the therapies they provide and any associated costs.

Family Services Directory	www.familyservices.govt.nz/director y
Healthpoint	www.healthpoint.co.nz
Talking Works	www.talkingworks.co.nz
Hearts and Minds	www.heartsandminds.org.nz
Citizen's Advice Bureau	www.cab.org.nz
ACC-accredited therapists	www.findsupport.co.nz

MOBILE PHONE APPS FOR MENTAL HEALTH AND WELLBEING



Health Navigator New Zealand has an online directory of apps available. You can search on https://www.healthnavigator.org.nz/apps/. **Speak with your doctor or health professional to find out if a particular app is the right one for you.**

For Specific Issues

- **Anxiety** - Breathe2Relax, Headspace, Just a Thought, Mind Shift, Sanvello - stress & anxiety, Self-help Anxiety Management (SAM), Thinkladder, T2 Mood Tracker, Virtual Hope Box, Wellmind, Togetherall
- **Depression** - Aunty Dee, Just a Thought, Mentemia, Thinkladder, T2 Mood Tracker, Virtual Hope Box, Wellmind, Togetherall
- **Post-traumatic stress** - CPT Coach, PTSD Coach, PE Coach 2, T2 Mood Tracker
- **Apps for self-harm prevention** - Calm Harm, Distract, Self-Heal
- **Apps for sleep** - Sleepio, CBT-i Coach, Sleep as Android, Pzziz app, Snore lab app

For Specific Groups

- **Pregnancy** - Positively Pregnant
- **For young people and teenagers** - SPARX, Aroha Chatbot, Just a Thought, Aunty Dee, Smiling Mind, Mindshift

For Specific Therapies

- **Breathing, meditation and mindfulness** - Breathe2Relax, Headspace, Smiling Mind, Virtual Hope Box
- **Goal setting, problem solving and motivation** - Aunty Dee, SuperBetter, WOOP, Happify, Sanvello - stress & anxiety, All Right?
- **Cognitive behavioural therapy (CBT)** - Just a Thought, SPARX, Thinkladder, CBT i-Coach, Sleepio, Staying on Track
- **Dialectical behavioural therapy (DBT)** - Calm Harm

ONLINE THERAPY RESOURCES

Computer Assisted Learning for the Mind (CALM)	www.calm.auckland.ac.nz
Just A Thought	www.justathought.co.nz
MoodGYM	www.moodgym.com.au
Depression.org.nz	www.depression.org.nz
SPARX (*for youth*)	www.sparx.org.nz
The Lowdown (*for youth*)	www.thelowdown.co.nz
Aunty Dee (*for youth*)	www.auntydee.co.nz

Centre for Clinical Interventions 'Looking After Yourself' has information and self-help modules for many mental health conditions. The link is https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

HELPLINES AND OTHER RESOURCES

General

- Talk with a trained counsellor, anytime - **Free call or text 1737**
- Lifeline - **0800 543 354 (0800 LIFELINE)** or **free text 4357 (HELP)**
- Suicide Crisis Helpline – **0508 828 865 (0508 TAUTOKO)**
- Healthline - **0800 611 116**
- Samaritans - **0800 726 666**
- Depression Helpline - **0800 111 757** or **free text 4202** to talk to a trained counsellor
- Anxiety Helpline - **0800 269 4389 (0800 ANXIETY)**
- Alcohol and Drug Helpline - **0800 787 797** or **free text 8681** or online chat
- Gambling Helpline - **0800 654 655**
- Asian Family Services – **0800 862 342**

For Support Following Trauma or Harm

- Shine domestic abuse helpline - **0508 744 633** (9am to 11pm, 7 days a week) or online chat
- It's Not OK Family Violence information line - **0800 456 450**
- He Waka Tapu – **0800 439 276 (0800 HEYBRO)** for men who feel they are going to harm a loved one/whānau
- Safe to Talk (Sexual Harm Helpline) – **0800 044 334**; www.safetotalk.nz
- Rape Crisis - **0800 883 300**, for support after rape or sexual assault
- 24/7 HELPline – **0800 623 1700** for support for sexual abuse survivors
- Women's Refuge Crisis Line - **0800 733 843 (0800 REFUGE)** for women living with violence, or in fear, in their relationship or family
- Shakti Crisis Line - **0800 742 584 (0800 SHAKTI)** for migrant or refugee women living with family violence

For Youth

- Youthline - **0800 376 633**, **free text 234** or email talk@youthline.co.nz or online chat
- The Lowdown - **Free text 5626** or email team@thelowdown.co.nz
- What's Up - **0800 942 8787 (0800 WHATSUP)** Mon-Fri 12pm-11pm and weekends 3-11pm. Online chat on www.whatsup.co.nz on Mon-Fri 1-10pm, on weekends 3-10pm
- Kidsline - **0800 543 754 (0800 KIDSLINE)**

For Men

- Mensline - **0800 636 754 (0800 MENSLINE)** (outside Auckland); 09- 5222500 (Auckland); operates 5:30-11pm
- He Waka Tapu – **0800 439 276 (0800 HEYBRO)** for men who feel they are going to harm a loved one/whānau

For Women

- Women's Refuge Crisis Line - **0800 733 843 (0800 REFUGE)** for women living with violence, or in fear, in their relationship or family
- Shakti Crisis Line - **0800 742 584 (0800 SHAKTI)** for migrant or refugee women living with family violence

For Help with Specific Issues

- Covid-19 Healthline – **0800 358 5453** for Covid-19 advice and information
- EDANZ – **0800 233 269**; www.ed.org.nz for information, support and resources about supporting someone with an eating disorder.
- OUT Line - **0800 688 5463 (0800 OUTLINE)** for sexuality or gender identity issues
- PlunketLine - **0800 933 922**, support for parents, including mothers experiencing post-natal depression
- Rural Support - **0800 787 254**, for people in rural communities dealing with financial or personal challenges
- Refugees as Survivors **- 0800 472 769**, psychological support for refugees and asylum seekers.
- Pregnancy Counselling Services **–0800 773462** for anyone with pregnancy or abortion related issues

For Families, Whānau and Support Workers

- Skylight - **0800 299 100**, for support through trauma, loss and grief; available 9am – 5pm weekdays
- Yellow Brick Road (formerly Supporting Families) – **0800 732 825**, https://yellowbrickroad.org.nz, for families and whānau supporting a loved one who has a mental illness
- The Grief Centre – **0800 331 333**, www.griefcentre.co.nz, for support for all forms of loss, grief, trauma or difficult change
- Victim Support – **0800 842 846**, 24-hour support for people affected by crime, trauma and suicide
- Le Va - www.leva.co.nz; information and support for Pasifika families on mental health, addiction and suicide prevention
- Common Ground - www.commonground.org.nz; a central hub providing information, tools and support to help a young person who is struggling
- Mental Health Foundation - www.mentalhealth.org.nz
- After a Suicide - www.afterasuicide.nz; offers practical information and guidance to people who have lost someone to suicide

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