

90 SUPPORT FOR PARENTS



Primary Healthcare

- Your GP
- 198 Youth Health Centre (03) 3653 139
- Advocacy Services South Island Trust 0800 37 77 66
- After Hours Surgery (Bealey Ave) (03) 3657 777
- Family Planning Service/FPA (03) 3537 033
- Healthline 0800 611 116
- National Poison Information Centre 0800 764 766
- Sexual Health Centre (03) 3640 485

Mental Health

- Child & Family Speciality Service 0800 218 219
- Depression Support Network (03) 3668 083
- Family Mental Health Service 0800 218 219
- Family Mental Health Service Rural 0800 218 219
- Mental Health & Resource Centre (03) 3655 344
- Psychiatric Emergency (03) 3640 482
- Pura Pura Whetu (03) 3798 001
- Youth Specialty Service 0800 218 219

Drug & Alcohol Help

- Adventure Development Counselling (03) 3797 779
- Alcohol Drug Helpline 0800 787 797
- Alcohol Anonymous (AA) 0800 229 6757
- Community Alcohol & Drug Service (CADS) — for 18 years and over (03) 335 4350
- Familial Trust (03) 981 1093
- Waipuna Community Trust (03) 3862 139

Men's Support

- Father & Child Trust (03) 3729 140
- Menstrust (03) 3653 139
- Men's Support Group (03) 3654 239
- Men & Fathers Network (03) 3795 645
- Mensline 0800 636 754

Women's Support

- Christchurch Women's Centre (03) 3797-047
- Christchurch Women's Refuge (03) 3647 306
- Ōtautahi Māori Women's Refuge 0800 117 474
- Shakti Ethnic Women's Refuge 0800 742 584
- Solo Women as Parents (SWAP) (03) 3795 645
- Women's Health Info. Centre (03) 3796-970

Parent Education/Support

- Barnados (03) 3653 923
- ChildWise (03) 3668 839
- Cholmondeley Children's Home (03) 3299 832
- Family Works (03) 3638 219
- Field & Social Workers in Schools & Glenelg Health Camp (03) 3322 541
- GAIN Family Programme (03) 3584 507
- Grandparents as Parents (03) 3638 219
- Home Educators Soc. Inc (03) 3477 371
- Step Parent Support Group (03) 3795 645
- Open Home Foundation (03) 3665 977
- Parentline (03) 3811 040

- Parent to Parent (*toll-free*) 0508 236 236
- Tough Love (03) 3379 452

Counselling/Support Agencies

- *School counsellors/chaplains* ... *contact school*
- Arahura Health Centre (03) 3381 080
- ChildWise (03) 3668 839
- Catholic Social Services (03) 3790 012
- Child, Youth & Family (CYFS) 0508 326 459
- Christchurch Gay & Lesbian Support (03) 3794 796
- Family Works (03) 3638 219
- Home & Family Services (03) 3795 645
- Intersex Awareness New Zealand (04) 3812 221
- Pregnancy Counselling (03) 3383 057
- Pregnancy Help Inc. (03) 3663 355
- Rainbow Trust/Agenda New Zealand 0800 2436337
- Rainbow Youth (09) 376 4155
- Relationship Services 0800 735 283
- Petersgate Counselling (03) 3433 391
- Special Education Services (03) 3643 723
- Stopping Violence Services (03) 3656 266
- START Incorporated (03) 3554 414
- STOP Trust (03) 3656 266
- The Family Court (03) 9624 271

Maori & Pacific Island Health, Support & ESOL Services

- He Waka Tapu (03) 3813 205
- Multicultural Learning Centre (03) 3772 890
- Pacific Trust Canterbury (03) 3663 900
- Pura Pura Whetu (03) 3798 001
- Refugee Resettlement (03) 3770 292
- Rehua Marae Services (03) 3555 615
- Te Puna Oranga (03) 3818 472
- Te Whare Roimata (03) 3795 134

Legal & Advocacy Issues

- Citizens Advice Bureau (03) 3666 490
- Community Law Centre (03) 3666 870
- Christchurch Truancy Service (03) 9821865
- Youth Aid, Community Constables, social workers (03) 3637 400

General Helplines

- Domestic Violence 0800 456 450
- Citizens Advice Bureau/CAB 0800 367 222
- Emergency Services dial 111
- Lifeline 0800 543 354
- Youthline 0800 376 633
- Child Helpline 0800 366 694
- Victim Support 0800 842 846
- Police 24/7 (*non-emergency*) (03) 3637 400
- Police Deaf Phone 0800 161 161

Useful websites

- GAIN Canterbury www.gain.co.nz
- Family Services Directory www.familyservices.govt.nz
- Headspace www.headspace.org.nz
- Kidspot www.kidspot.co.nz
- Parent Inc. www.parentsinc.org.nz