

## Useful Phone Numbers

If you are unable to get an appointment with Student Counselling as soon as you wish and you want to talk to someone immediately or after hours you can phone the following:

### 24 Hour services

Mental Health Phone Line (Palmerston North Hospital)	0800 653 357	Psychiatric emergencies
Samaritans	0800 726 666	Confidential, emotional support over the phone <a href="http://www.samaritans.org.nz">www.samaritans.org.nz</a>
Lifeline	0800 543 354	Confidential, emotional support over the phone
Chinese Lifeline	0800 888 880	Confidential emotional support for speakers of Mandarin & Cantonese.
Youthline	0800 376 633	Confidential and non judgemental telephone counselling service <a href="http://www.youthline.co.nz">www.youthline.co.nz</a>
Parent Line	0800 432 6459	Support for parents regarding parenting & family issues
Plunket Line	0800 933 922	Support for continuing a pregnancy, miscarriage support, confidential counselling <a href="http://www.plunket.org.nz">www.plunket.org.nz</a>
Rape & Sexual Abuse Centre	(06) 356 5868	Emotional support for victims of sexual abuse or rape

### Non 24 Hour services

ACC Sensitive Claims -	0800 735 566	Mental effects of sexual abuse or assault. <a href="http://www.acc.co.nz/for-providers/lodge-and-manage-claims/PRV00028#P12_1113">http://www.acc.co.nz/for-providers/lodge-and-manage-claims/PRV00028#P12_1113</a>
Alcohol & Drug Helpline	0800 787 797	FREE from your landline or mobile 10 am - 10 pm, 7 days a week <a href="http://www.adanz.org.nz/">http://www.adanz.org.nz/</a>
Barnados	0800 4 BARNARDOS 0800 KIDSTART 0800 4 PARENT 0800 WHATSUP	<a href="http://www.barnardos.org.nz">www.barnardos.org.nz</a>
Family Information & Cot Death (SIDS) Parent-to-Parent helpline	09 828 7576	
Gambling Problem Helpline	0800 654 655	Mon-Fri 8am-10pm/Sat-Sun 9am-10pm <a href="http://www.gamblingproblem.co.nz">www.gamblingproblem.co.nz</a>
Ministry of Health Depression Helpline	0800 111 757	8pm to midnight
Ministry of Social Development Family Services 211 Helpline	0800 211 211	Access community help services (even from a cell phone) that can help with issues relating to parenting, special needs, family support, family violence, custody and access, child behaviour, life skills, counselling, addiction, sexual abuse, grief and loss.
Narcotics Anonymous	0800 628 632	<a href="http://www.nzna.org/">http://www.nzna.org/</a>

OUTLine		gay, lesbian and transgender support Weekdays: 10 am - 9 pm Weekends and holidays: 6 pm - 9 pm <a href="http://www.outlinenz.com/">http://www.outlinenz.com/</a>
The Pregnancy Centre	(06) 354 2273	
Pregnancy counselling service (Social Work Unit, PN Hospital)	(06) 350 8322	
Quit Line (smoking)	0800 778 778	Safe confidential environment for women to discuss their pregnancy options. Counselling support post termination. Weekdays 8am to 9.30 pm, Sundays 10am to 7.30 pm <a href="http://www.quit.org.nz">www.quit.org.nz</a>
Department of building and housing	0800 TENANCY (0800 83 62 62)	Advice and help with renting issues <a href="http://www.dbh.govt.nz/index">http://www.dbh.govt.nz/index</a>
Citizens Advice Bureau	0800 367 222	Free advice on a whole range of areas <a href="http://www.cab.org.nz/">http://www.cab.org.nz/</a>
Manawatu Community Law Centre	(06) 356 7974	
Family Court	(06) 952 6200	free relationship & parenting counselling

National Services directory

<http://www.familyservices.govt.nz/directory/>

Or [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

#### **Affordable Counselling Services in the Community**

Youth One Stop Shop	355 5906	this is a free service for ages 9 to 25yrs <a href="http://www.yoss.org.nz/">http://www.yoss.org.nz/</a>
Methodist Social Services	357 3277	
Across	356 7486	
Amesbury Christian Counselling	357 4424	
Womens' Health Collective	357 0314	
Te Aroha Noa	358 2255	
Manline	358 1211	<a href="http://www.manline.co.nz/">http://www.manline.co.nz/</a>
Whakapai Hauora	353 6385	<a href="http://www.whakapaihauora.maori.nz/">http://www.whakapaihauora.maori.nz/</a>

#### **Useful Brochures**

Visit <http://health-counselling.massey.ac.nz> and look for Counselling Resources (CROW)