



WHO IS OUT THERE?

Here is a list of organisations and services that you can contact over the holiday period if you need help or support. Some will only be closed on the Public Holidays. Please listen to the messages for when they re-open.

Taeaomanino Trust	0800 345 345
Te Haika Mental Health Service	0800 745 477 or 111
Porirua Police Station	04 238 1400 or 111
Te Whare Marie – Mental Health Service	04 918 2901
Health Pasifika – Mental Health Service	04 230 6324
Child Youth & Family Services	0508 326 459
Wesley Waitangirua	04 235 5750
Women’s Refuge Services	0800 REFUGE (7338430)
Youth Line (24hrs)	0800 376 633
Vakatautua Service	04 237 6054 or 04 237 1096
Te Roopu Awhina	04 238 4092 or 04 238 4091
Cannons Creek Whanau Centre	04 237 7749
Te Waka Whaiora Trust	04 237 9608
Atareira Mental Health Support for Families and Whanau	04 499 1049
Pacific Health Services - Porirua	04 237 9824
EMERGE Aotearoa	04 238 4095
Ora Toa – 227 Bedford Street	04 237 6057
Ora Toa – 2 Ngati Toa Street	04 238 4071
Depression Helpline	0800 111 757
Te Korowai Aroha	04 237 9205
Lifeline	0800 543 354
Plunket Line (24hrs)	0800 933 922
Salvation Army Porirua or Wellington	04 235 6266 or (04) 389 0594
Suicide Crisis Helpline	0508 828 865
HELP Foundation (24hrs) rape & sexual abuse support	04 499 7532 or 111
Wellington City Mission	04 245 0900