[](http://www.google.co.nz/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjc2t34gOXWAhULzLwKHcSkB5YQjRwIBw&url=http://www.pngall.com/christmas-ornament-png&psig=AOvVaw1UtWXsqw5p-w8A4pPM0jK3&ust=1507688820976935)

*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.

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| 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 |