

- HAPAI TAUMAHA HAPŪTANGA - CRISIS PREGNANCY SUPPORT

CONTENTS

A Free GP Based Service.....	1
Agencies & Resources	3
Accommodation In Nelson	3
Adoption	4
AOD – Alcohol And Other Drugs	5
Baby Clothes And Equipment.....	6
Benefit Assistance	7
Budget Assistance	7
Child Protection.....	8
Counselling.....	8
Education	10
Family Support Services	11
INP Medical	16
Legal Assistance	16
Marae.....	16
Maternity Services In Nelson	17
Mental Health	17
Multicultural Council.....	20
Nelson Bays Primary Health.....	20
Nelson Marlborough District Health Board.....	21
Nelson Refugee Services	21
Parenting Courses	21
Pregnancy Loss and Grief	21
Te Piki Oranga – Māori Health Service Provider.....	22
Victory Community Centre.....	23
Women’s Refuge	23

- HAPAI TAUMAHA HAPŪTANGA - CRISIS PREGNANCY SUPPORT

A Free GP Based Service

WWW.CRISISPREGNANCYSUPPORT.ORG.NZ

Hapai Taumaha Hapūtanga-Crisis Pregnancy Support is a local organisation based at St Lukes Health Centre who are committed to seeing any women in the region who requires extra support in her pregnancy, have access to reliable, sustainable care. We also offer abortion and pregnancy loss support.

Our team is made up of health professionals who provide free consultations to women and their whanau who find themselves unexpectedly pregnant, or require support in their pregnancy. We journey in partnership with our clients, supporting them emotionally and practically, with an aim to reduce some of their stressors, and together build a holistic support network.

Our team understand the stress an unexpected or crisis pregnancy can bring and realise this can be a very overwhelming time. Our hope is to reduce isolation, build their self-confidence and resilience and enable them to create safer environments for them and their family.

Women are referred to us from a variety of sources, but are also encouraged to self-refer.

Our service includes a Māori Liaison Nurse, ensuring care is effective and appropriate to local Māori women accessing our service and a Clinical Psychologist to work with clients who require expert care and counselling.

Hapai Taumaha Hapūtanga-Crisis Pregnancy Support, also has a group of volunteers who are available to support women through a variety of means such as general support, mentoring, transportation and visiting. On occasions a woman may require accommodation and we have volunteers who are able to assist with this as well. All our volunteers have been thoroughly vetted and police-checked.

We facilitate care for women if they are grieving related to pregnancy loss.

Appointments are available Mon-Fri at St Luke's Health Centre, Corner Motueka St & Waimea Rd, situated at 105-107 Waimea Road, Nelson

0800 004 CPS (277)

Ph (03) 548 1858 · Fax: (03) 548 0928

CPS liaises with health professionals and support agencies in the Nelson Marlborough Health district and the community to work towards best health outcomes for our clients and whanau. This resource is a living document, created to improve greater access to services and better communication between services in the community. Please contact us if your details need updating or if any additions are needed.

AGENCIES & RESOURCES

ACCOMMODATION IN NELSON

Hapai Taumaha Hapūtanga - Crisis Pregnancy Support can provide some accommodation as available. We have a number of volunteers who are willing to assist with accommodating a client.

As well as that the following options are also available:

Short/medium term

Franklyn Village

Located on the corner of Franklyn St and Waimea Rd, Nelson.

For more information contact www.franklynvillage.co.nz

Wakatu Lodge Accommodation

125-127 Waimea Road, Nelson. Ph: (03) 545 8444 or 027 213 4724 Website: www.wakatulodge.co.nz

Rental Accommodation

- www.realestate.co.nz/rental
- summitrentals.co.nz
- trademe.co.nz
- rentalsinnelson.co.nz
- sunnynelsonproperty.co.nz
- havenrentals.co.nz
- firstnat.co.nz
- harcourts.co.nz
- rented.org.nz

Nelson/Tasman Housing Trust

The Trust was established as a community response to declining housing affordability in Nelson and Tasman. They work in partnership with the New Zealand Government, local councils, Housing New Zealand, Social Housing Unit and other agencies to improve access to good quality, affordable housing to those on low to mid incomes and people with special needs. They also see a need to address emergency accommodation and energy conservation. Phone: 0800 266 325

Kainga Ora (Previously Housing New Zealand)

Website: www.kaingaora.govt.nz

House of Grace

Accommodation, education and support for pregnant teens in a safe, caring environment. Can provide for up to six people from anywhere in New Zealand. Available in Wellington & Hamilton. Ph 0800 920 5667

www.houseofgrace.org.nz

A girl called Hope

Auckland based free 6 month residential program giving support, care and education for young women facing issues, including, abuse, self-harm, depression, eating disorders and unplanned pregnancies. Welcomes referrals from Nelson. (09) 443 7136

Kinect

Kinect provides supported accommodation and community support for teen parents and their babies.

www.uppersouthisland.familyworks.org.nz

Work and Income New Zealand

WINZ now arranges all applications for Public housing (which are then managed by Kainga Ora, previously Housing NZ). WINZ also can provide Emergency Accommodation.

Website: www.workandincome.govt.nz

Phone 0800 559 009

ADOPTION

If a client wishes to know more about what is involved in adoption we can help in the following way.

We have several copies of a DVD called “Adoption Options” on hand which outline the process involved as well as a few case studies.

Information about this organization can viewed at

www.adoptionoption.thrive.net.nz

Generally persons wishing to explore adoption contact Oranga Tamariki; Ministry for Vulnerable Children (Formerly: CYFS) as they have the greatest database of information and have established supports to streamline the adoption process.

The ph no. for the Nelson office is 9891981 but the personnel who deal with adoption are best accessed through the national no. which is 0508 326 459.

Oranga Tamariki; Ministry for Vulnerable Children in Nelson is located on the 2nd floor of the Munro Building, 186 Bridge St Nelson, near the Court House. It is recommended that a woman considering adoption take a support person with them.

A final decision about adoption cannot be made before the baby is 12 days old.

AOD - ALCOHOL AND OTHER DRUGS

Services for people experiencing problems with alcohol and drug addictions can be found below. All services have experienced AOD clinicians and accept referrals for clients as well as self-referrals. Please see providers websites for full details of the services they provide.

Nelson Marlborough Health

Address: Braemar Campus Nelson Hospital

Phone: 5461994 After business hours : 5461800

Email: Eileen.varley@nmdhb.govt.nz or

AddictionsNelson@nmdhb.govt.nz

Website: <https://www.nmdhb.govt.nz>

Te Piki Oranga

Te Piki Oranga main office is in Richmond (see contact details below) they also have hubs in Nelson, Blenheim and Motueka.

Address: 281 Queen Street, Richmond

Phone: 5437016

Email: admin@tpo.org.nz

Website: <https://www.tpo.org.nz>

Victory Community Centre

Sabien Blazek- Alcohol and other Drug clinician

Address: 2 Totara Street, Toi Toi, Nelson

Phone: 5468389

Email: vccaod@victory.school.nz

Website: <http://victorycommunity.org.nz>

BABY CLOTHES AND EQUIPMENT

Two good outlets are The Salvation Army Family store, 34 Vanguard St, Nelson Ph (03) 548 9937 and St Vincent de Paul, 77 Vanguard St, Nelson. Ph (03) 548 9372

Helping Families Nelson

Helping families Nelson is based at Grace church off Lower Queen Street, and offers FREE clothing (from baby to adult), furniture (including baby equipment) and firewood.

Open Fridays 1-3pm, or by appointment.

See their facebook page for other opening times and special events.

<https://www.facebook.com/helpingfamiliesnelson/>

Kristy Fielding (co-founder) 0275581183

www.helpingfamilies.org.nz

Koha Shed

The Koha Shed is located within the Victory Community Carpark and provides FREE clothing, linen and housewares to anyone who requires it.

For any emergency requirements please call 0211522779.

Address: 2 Totara Street, Toi Toi, Nelson

Pepi-pods

These cots are designed for families who prefer to co sleep with their baby. The risk of sudden unexpected death in infancy (SUDI) is greater for those mums

who smoke. Forty-four babies died from sudden unexpected death in infancy (SUDI) in 2015 in New Zealand. The New Zealand Child and Youth Mortality Review Committee (the CYMRC) believe 27 of those deaths were preventable.

Staff at Nelson Marlborough Health have invested \$6,000 in 60 new safe sleep pods. Parents will be able to borrow safe sleep cribs as part of a special project geared to protecting babies at home. The cots, called Pepi-Pods will be available to families who prefer to co-sleep to borrow and use at home.

Information on how to access a pepi-pod is via the Lead Maternity Carer (LMC)

BENEFIT ASSISTANCE

Work and Income – www.workandincome.govt.nz 0800 559 009

BUWT (Beneficiaries and Unwaged Workers Trust) 83 Buxton Sq, Nelson – advocate for those on low incomes to ensure they have access to all their entitlements. Ph (03) 548 8171

BUDGET ASSISTANCE

Nelson Budget Service

Address: 29 Selwyn Place Nelson, NZ. Email: nelsonbudget@xtra.co.nz
Landline: (03) 546 9021 7010 Mobile: 027 361 0182 Fax: (03) 546 9026

CAP (Christians Against Poverty) Budgeting Courses

Community based debt coaches provide long-term debt counselling, Job clubs which help people back into the workforce, life skills groups that empower people on low incomes, and money courses

www.capnz.org – to find out where courses are currently being run locally.

Te Korowai Trust

Provides free confidential financial mentoring and support

Phone: 547 5958

CHILD PROTECTION

Child Protection Co-Ordinator

Gina Lyon- Nelson Marlborough Health

Private Bag 18, Nelson

Ph (03) 5461440 | email: gina.lyon@nmhs.govt.nz

Oranga Tamariki; Ministry for Vulnerable Children (Formerly Child Youth and Family) is located on 2nd Floor of the Munro Building, 186 Bridge Street, Nelson. If you need help or advice, or if you're concerned about a child or young person, call them anytime on 0508 FAMILY (0508 326 459).

COUNSELLING

A limited number of funded counselling sessions (up to four) are available through the client's GP through a scheme called the Primary Mental Health Initiative. A PHO funded counsellor is also available through the Brief Intervention Scheme. You or your client would need to contact the client's GP to initiate this.

Brief Intervention Service, Jodie Roberts Nelson Bays Primary Health Organisation.

Email Jodie.roberts@nbph.org.nz

Ph: (03) 539 1170 Mobile: 021 338 472

Lifellnc (formerly Lifeline Nelson) offers free Face to Face Counselling for up to 10 sessions. Ph (03) 548 2400 or 021 2936036 (Text only)

ACC funded counselling needs to be with an ACC registered counsellor.

There is also funding (up to 10 which can be renewed) through the disability allowance usually available for counsellor of client's choice.

Family Violence: It's Not Ok

Any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a family or in a relationship should feel safe and nurtured. A healthy relationship is supportive, trusting and warm. But in some relationships one person uses power and fear to control the other. These relationships are emotionally abusive and can become extremely unsafe.

People in violent relationships feel frightened. They feel as though they cannot be themselves because their actions, thoughts and choices are determined by the person who is controlling them. Witnessing violence at home makes children feel scared and alone. It can affect the way they behave and lead to problems at school or with their friends. Experiencing violence can physically harm children, make them anxious and fearful and affect the way their brain develops. No one should be frightened of their partner or someone in their family.

If you are frightened and fear for your safety or for someone else, call 111 for immediate help. 0800 456 450 -

Info Line www.areyouok.org.nz (positive relationship quiz, is a useful tool)

Youthline

Youthline works with young people, their families and those supporting young people. Established to ensure young people know where to get help and can access support when they need it.

Email: talk@youthline.co.nz;

Ph: 0800 376 633 Or free txt: 234

Lifeline

Lifeline Aotearoa's telephone counselling service provides 24 hours a day, 7 days a week counselling and support. Call 0800 543 354.

Kidsline

A counselling service for all kids up to 18 years of age.

Uniquely about kids being there for other kids - Kidsline is available 24/7 however when kids ring between 4pm-9pm Monday - Friday they will speak to a Kidsline Buddy - a specially trained teenage volunteer counsellor.

You can call Kidsline from anywhere in New Zealand, or from your mobile phone to 0800 54 37 54

EDUCATION

The Nelson Young Parents School is located at Auckland Point School, 111 Haven Rd, Nelson. It caters for young women who are younger than 20 and who are either pregnant or already a parent.

The Auckland Point Kindergarten provides child care although an off-site child care provider can be used if preferred.

Secondary school subjects up to level 3/scholarship level are taught as well as a "Skills for living" program. The person to contact is:

Philippa Trewavas, (03) 548 7970 ext 5, Mobile: 020 4012 9147 or philippa.trewavas@ncg.school.nz.

School Counsellors, Nurses or Social Workers contact the specific College

Te Kura

ComCol Nelson - (03) 548 8271

FREE courses in interesting subjects for 16-19 year olds.

FREE youth mentoring for 16 - 17yrs.

Get your NCEA plus an extra qualification in one of their exciting courses below. They also offer a free youth mentoring service for 16-17 year olds.

Call in and see them at 134 Rutherford St, Nelson
or email info.ne@comcol.ac.nz.

Or for more information contact:

Te Aho o Te Kura Pounamu (The Correspondence School)

www.tekura.school.nz Nelson

0800 65 99 88

contact@correspondence.school.nz

FAMILY SUPPORT SERVICES

Anglican Care Trust

The Diocese of Nelson Anglican Care Charitable Trust is committed to the Christian values of love, service and justice.

The Social enabler is Gerrie Mead. Funding support for women and whanau can be accessed by contacting Gerrie Mead - socialservices@nelsonanglican.nz or 021 277 1504 (or for CPS clients through the CPS administrator).

Bellyful

www.bellyful.org.nz

Bellyful cooks and delivers meals to families with newborn babies and families with young children who are struggling with illness, where there is little or no family or social support.

Family Start Nelson He Matapuna Ora

Family Start is an intensive home based service for families experiencing complex issues which impact on their parenting. Referrals can be made during pregnancy and up until a child turns one year of age. In exceptional circumstances a child up to two years of age at the time of referral may be considered. The programme targets the highest-need families and provides practical advice, support and parenting education to ensure that their children have the best possible start in life.

Phone: (03) 547 0940

Email: reception@familystartnelson.co.nz

Family Works

Family works Family Works Youth Service is part of the Government's welfare reforms and represents a radical shift of Work and Income case management to community groups.

It provides a wrap-around support service for young people who are eligible for Youth Payment or Young Parent Payment. Support is tailored to the individual needs of the young person and focuses on encouraging them to fulfil their potential and develop a range of relevant skills for the future

360 Annesbrook Drive Stoke Nelson

Phone: 0800 477 874

Open Home Foundation

Located at 40 Buxton Sq, Central City Arcade, Nelson. Ph. (03) 545 9172.

Charitable trust working within the provisions of the Children, Young Persons and Their Families Act (1989). They are primarily involved in the short and long term provision of foster care for families that are struggling.

Pepi First

Deciding to stop smoking is one of the best things that can be done for the health of the mother and baby.

Pepi First quit smoking coaches are available to help pregnant women do this, and they will be rewarded with vouchers as they reach milestones in their smoke-free journey.

It's free for all pregnant women in the Nelson Marlborough region.

Benefits include:

- Vouchers to reward progress
- Intensive one-on-one support with a 'quit coach'
- Home visits, workplace support and community clinics
- Nicotine replacement therapy
- Information about other quit smoking products and services
- A complementary approach to the Quitline service that offers 24/7 support.

0800 NO SMOKE (0800 667 665)

Email: smokefree@nmdhb.govt.nz

For an online referral form download at: <http://www.nmdhb.govt.nz/public-health-service/a-z-public-health-topics/smokefree/quitting-smoking/pepi-first/>

Plunket

Plunket sees more than 90% of newborn babies in New Zealand each year. Plunket offers parenting information and support as well as developmental assessments of your child.

Support is offered through home visits, clinic visits and play groups.

Ph: 539 5200

Services Available from The Salvation Army

Nelson Family Store

34 Vanguard St, Nelson - Phone: (03) 548 9937

Opening hours: Monday – Friday 9:30am – 4:30pm | Saturday 9:30am – 2:30pm

Social Services

2019 New GP and Prescription voucher scheme. Budgeting, advocacy, assistance with food, furniture and clothing and professional counselling are available from our Nelson Community Ministries Centre. 57 Rutherford St, Nelson - Phone: (03) 548 4807

Services for Youth

Targeted Youth Health Service

The Targeted Youth Health Service provides a mobile nursing service by a Registered Nurse who is skilled in youth health and development for students, aged 12–20 years and enrolled in Alternative Education and/or Youth Transition services. Comprehensive youth health assessments are offered with follow up care provided in collaboration with the young person.

The objectives are to:

- Improve access to primary health care of young people with high needs
- Improve youth health and reduce inequalities
- Promote overall improvement in the provision of services to young people in the district, through developing workforce and best practice approaches.

Referrals are taken from Alternative Education and Youth Transition services. This is a free service.

SVS-Living Safe

Offers free education, support and counselling, for men, women and children who have been and/or are affected by family violence.

Nelson Office: 124 Vanguard St. Phone: 548 3850. Text: 027 548 3850

Motueka Office: Jack Inglis Hospital. 15b Courtney Street. Phone: 528 8976

Youth Alcohol and Drug Support

The Youth Alcohol and Drug Counsellor provides a mobile service to young people who have moved from mainstream schooling to an Alternative Education facility. As well as providing assessment and treatment for alcohol

and other drug use/abuse issues, mental health issues may be identified and referral to the appropriate service/agency made.

Referrals are taken from the Targeted Youth Health Nurse. This is a free service.

Social Bubs

Helping to prevent social isolation. Email: socialbubsnz@gmail.com Website: www.socialbubs.co.nz

Strengthening Families

Strengthening Families is an early intervention strength based support process which is there to enable families to negotiate their challenges.

It is primarily for those whose problems are not so large that they require statutory intervention (i.e. a Family Group Conference.)

To be eligible for Strengthening Families, families must have:

- 1 or more agencies supporting them (can include schools, G.P. so criteria is easy to meet)
- Dependent children under the age of 18
- Challenges that would respond to a coordinated, multi-agency approach.

The family must also consent to the process and are very much at the centre of the process. This means that only the agencies they choose will be present they set their own goals and choose how and where the meetings will be run.

Sf uses a trained independent facilitator to ensure the family are at the centre of and are happy with the support plan developed. The plan is reviewed at an interval decided on by the family and SF team and updated as required.

Contact: Charmaine Field - Coordinator

charmainef@psusi.org.nz

Phone:0274412283

St. Vincent de Paul

“No form of help is foreign to the Society. This includes any form of help that alleviates suffering or deprivation and promotes human dignity and personal integrity in all their dimensions.”

Motueka: phone (03) 528 7484

Nelson: 77 Vanguard St, Nelson, phone 03 548 9372

Richmond: 11A McGlashen Ave, Richmond, phone 544 0893

Stoke: 530 Main Rd, Stoke, phone 5477351

Yellow Brick Road

Yellow Brick Road Nelson is a community organization that provides free support for families, whanau and carers of people with a major mental illness. We provide information, resources, education, advocacy, social and educational support groups, referral to other services, and newsletters.

Website: Yellowbrickroad.org.nz

Nelson office: 546 6090 / 0275466010

Motueka office: 528 7790 / 0275287790

Surrogate Grandparents.

Surrogate Grandparents is a charitable trust aiming to reduce loneliness and isolation in seniors and families around New Zealand by connecting families with older people who live near by.

Nelson Coordinator: Lisa Morley-Gray Ph: 022 0399 099

Email: lisa@surrogategrandparents.org.nz

www.surrogategrandparents.org.nz

Te Ropu Wahine Māori Toko i te Ora (Māori Women's Welfare League Inc)

Te Ropu Wahine Māori Toko i te Ora, is an organisation that adheres to Māori traditional values and concepts, while advocating for Māori people throughout New Zealand. Their focus is to improve the wealth of Māori, be that spiritually, social wellbeing or economically. This organisation has initiated many different programmes to assist Māori to reclaim their tino rangatiratanga (sovereignty) as a people taking control of their own destiny and has provided a model to guide Māori people to succeed in the future.

24 Burnell Avenue, Wellington PO Box 12 072, Wellington 6011

Phone: +64 4 473 6451

Email: kaiwhakahaere@mwwl.org.nz

www.mwwl.org.nz

Te Korowai Trust Health and Social Service

Located at 398 Main Road Stoke ph. (03) 547 5958.

Provides health and social services incorporating Māori values and practices. Also has a one to one support service to assist solo parents, and a mentoring service

Well Child Health Murchison Health Care

Contact: Nicky Cooper Email: nicky.cooper@nmhs.govt.nz

INP MEDICAL

Sexual And Reproductive Health Clinic. Ph: (03) 546 8155;

Email: info@inp.co.nz

Website: inp.co.nz

Opening hours: Mon-Fri 8.30-5pm

Address: 18 Nile Street. Nelson

LEGAL ASSISTANCE

Nelson Bays Community Law Service is part of a nation-wide network of Community Law Centres that provide free legal information, advice, assistance and referrals. They are currently located at 63 Collingwood St. Phone number – (03) 548 1288.

There are also offices located in Golden Bay and Motueka.

<http://www.communitylaw.org.nz>

MARAE

Whakatu Marae

Address: 99 Atawhai Drive, Nelson. Phone / Fax: 03 546 9097

Hours of operation are: 9am - 5pm Monday to Friday. Email: kaiawhina@whakatumarae.co.nz

Te Awhina Marae

Address: 133 Pah St, Motueka. Phone: 03 5286061

MATERNITY SERVICES IN NELSON

To find out what is available locally to support pregnant women:
www.nmdhb.govt.nz → when I need care → maternity.

Lead Maternity Carers

<https://www.findyourmidwife.co.nz/midwives/nelson+and+marlborough>

Breastfeeding Support:

PLUNKET NELSON:

Plunket Rooms (Paru Paru Road) x last thurs of the month 930 – 1130am
Debbie Harvie (Karitane Nurse) 0272814584

PLUNKET RICHMOND:

Plunket Rooms (Waverley St) 2 Thursday of every month 930 – 1130am
Debbie Harvie (as above)

LA LECHE LEAGUE:

Robin: 027 8569035 (Text only) or Ruth: 0272433469

TE PIKI ORANGA:

Lactation Consultant Debbie Kotua. 0274144044 or Debbie.kotua@tpo.org.nz

MENTAL HEALTH

Nelson Community Assessment Team (CAT)

They can be reached 24 hours a day, 7 days a week on 0800 776 364. They offer assessment, intervention and ongoing treatment for people over the age of 18 with serious psychiatric disorder and/or severe emotional/behavioural problems of a psychological nature.

If you have concerns about a client that are not necessarily alarming enough to warrant contacting the CAT it is important to put together a “plan” in conjunction with the client so that they know how to access help reasonably quickly if they need it.

Reflection from a Hapai Taumaha Haputanga - Crisis Pregnancy Support Acute Response Care Coordinator on an example of working up a safety plan.

The plan would be making sure they have the following phone numbers:

1. Their own G.P. and LMC
2. Medical and Injury centre (open 8am-10pm daily) 5468881
3. 0800308004 for free 24hr health advice
4. Location of Emergency Dept (Waimea Rd, Nelson) beside Medical and Injury centre

If the client is under the care of the Mental Health team you may, with their permission, contact them.

Nelson Marlborough Health – Infant, Child and Adolescent Mental Health Service (CAMHS)

MENTAL HEALTH & ADDICTIONS SERVICE

Service Description: CAMHS is a regional service for children and youth with serious mental health disorders, suspected psychiatric disorders or serious psychological disorders up to aged 18 years. Particular priority will be given to youth at risk of suicide or attempted suicide.

The CAMHS team works closely with community organisations and agencies, in particular Child, Youth and Family and the Specialist Education Services. They ask you to sign their consent form to let them share information so you can work with them and together make the best possible plan.

NELSON HOSPITAL, BRAEMAR CAMPUS

PHONE (03) 546 1230 - FAX (03) 546 1951

After Hours Emergency phone: (03) 546 1800

Pathways Mental Health Services-Nelson/Marlborough

Pathways Nelson Marlborough Housing Trust provides residential and community support services to young people and adults who experience significant difficulties as a result of mental illness. All referrals to Gateway Housing Trust services come through NMDHB Mental Health Services. Support is provided by teams of qualified and experienced Community and Residential Support Workers who work collaboratively with service users to help them identify and meet their chosen goals.

Phone(03) 9227334

Email: nelsonmarlborough@pathways.co.nz

Website: pathways.co.nz

Gateway Housing Trust – Youth Services

Gateway Housing Trust (GHT) recognises that older adolescents and young people have specific requirements which are different from adults, particularly in regards to their mental health. To best assist young people, GHT has developed both community and residential services which are staffed by trained, Youth Support Workers. These services are available to young people between the ages of 12 – 22 years (although exceptions can be made), who are experiencing difficulties as a result of mental illness. Referrals to these services are made through NMH Mental Health Services.

Perinatal Support Nelson

A free service that supports women experiencing post natal depression in a confidential caring environment. It offers individual support with trained Support Workers and qualified Counsellors; refers to other services and links to therapeutic and social groups.

Address: 319 Hardy St, Nelson, New Zealand;

Ph: (03) 548 3555

Email: hello@perinatalsupportnelson.org.nz

PADA (Perinatal Anxiety and Depression Aoteroa) Championing perinatal wellbeing in our communities.

Website: www.pada.nz

Snapshot Youth Services

Snapshot services have been operating since 2010 and grew out of the observation from Gateway Housing Trust mental health (MH) youth work, that there was a significant number of at risk young people in the community who would benefit from support, but who did not fall within the MH criteria.

Snapshot provides brief, assertive intervention with 1:1 support and access to counselling for young people and/or their families or caregivers. Referrals are accepted from CYF – Youth Justice, school counsellors, NZ Police, GP's and other community agencies. Families may also self-refer.

Snapshot youth also provides youth Justice services including long and short term support. Referrals are through the Youth Justice team at Oranga Tamariki.

<http://www.ghet.co.nz>

Suicide Crisis Helpline

Provides a 24/7 confidential and free telephone counselling and support service for those who may be thinking about suicide, or for those who are concerned about friends or whanau. This helpline is staffed by highly experienced helpline counsellors with training in suicide prevention and intervention.

Call: 0508 828 865

MULTICULTURAL COUNCIL

Nelson Multicultural Council is a non-government organisation which supports migrants, former refugees and people from minority ethnicities in the Nelson/Tasman region with their settlement process. It also promotes positive race relations through community education, ensuring people of all ethnicities feel empowered so that they can actively contribute to our community.

A **NMC Field Worker**, is happy to sit down and discuss the issues affecting successful settlement and assist adaption to this new community. They can provide useful information, help prioritize needs and work with the client to address those needs, either through introducing them to relevant services/agencies or networking with others in the community. Contact: info@nelsonmulticultural.co.nz or (03) 539 0030

NELSON BAYS PRIMARY HEALTH

Providing and supporting primary health care services in the Nelson and Tasman Region.

Hauora Matua ki Te Tai Aorere

Lee-Ann O'Brien | Adolescent Nurse Specialist

Ph: (03) 543 7826 Email: Lee-Ann.O'Brien@nbph.org.nz

Address: 281 Queen Street, Richmond. PO Box 1776, Nelson 7040 Ph (03) 539 1170

Website: www.nbph.org.nz

NELSON MARLBOROUGH DISTRICT HEALTH BOARD

www.nmdhb.govt.nz Ph 03 5461800

View website for :

- After hours and Emergency
- A-Z Health Services (M for Maternity services)
- Patient and Visitor Info
- Hospital and Maps
- Parking and Visiting hours
- Family Doctors and Pharmacies

NELSON REFUGEE SERVICES

Red Cross Refugee Services - Level 1, 132-134 Bridge Street, Nelson, 7040

Email: nelson@redcross.org.nz Phone: (03) 548 4978

PARENTING COURSES

There are a variety of providers of parenting courses in Nelson.

- www.barnados.nz/our-services
- Toolbox parenting courses. These are run under the auspices of The Parenting Place, Greenlane, Auckland and provide a variety of courses depending on the age of the child.

Local contact – Denise Adams 021 039 9324

PREGNANCY LOSS AND GRIEF

P.A.T.H.S Post Abortion Trauma Healing Service

A service designed to provide help for women and families after an abortion/ termination of pregnancy.

www.postabortionpaths.org.nz

Helpful Resources and Support

Julie Clements - Counsellor: ph (03) 547 7371

Crisis Pregnancy Support: 0800 004 CPS(277); (03) 548 1858

Rachel's Vineyard (rachelsvineyard.org.nz) is an organisation that organises retreats for post abortive women. To enquire about attending a Retreat or a referral, please contact: Wendy Hill 027 254 9222 or rvnzretreats@gmail.com

Buttons Project

A way to remember, to grieve and to love. Buttons project is a New Zealand Charitable Trust CC51026.

PO Box 616, Kumeu, Auckland 0841, New Zealand

Ph +6427 655 6325 | E-mail marina@buttonspj.org

TE PIKI ORANGA - MĀORI HEALTH SERVICE PROVIDER

Established to deliver Whanau Ora framework for Te Tau Ihu or Top of the South.

This service works with vulnerable Māori communities and populations with high unmet needs. The service includes community health navigators, social workers and community nurses who ensure that Māori patients have improved access to health care services.

Services Include: Well child Tamariki Ora Services, Stop Smoking services, Lactation consultancy, Driving Programs, AOD specialist services, and CAMHS services

Office: 281 Queen Street. Richmond 0800 672 642

Nelson Hub: 17 Bishopdale Ave Nelson 546 9099

Motueka Hub: Te Awhina Marae. 117 Pah Street Motueka 528 1155

VICTORY COMMUNITY CENTRE

VCH is a community based organisation offering no or low cost accessible and appropriate health and social services. Their mission is to provide community based, low-cost, accessible, appropriate and high quality services and activities which support health and wellbeing.

Health Services include: A Plunket Nurse, Community Nurse, AOD Clinician, Sexual Health Clinic, and a Accupunture Clinic.

Other services: The Koha Shed -providing free clothing, linen and houseware items.

Kai Shed receives food donations from Kai with love. The Kai Shed is stocked daily at 9am and 2pm, and Kai parcels are available for those in need of extra help. Kai Parcels must be registered for at the centre before 11am on weekdays.

Address: 2 Totara St, Victory, Nelson

Phone: (03) 546 8381 or (03) 546 8389

Email: vccreception@victory.school.nz

Website: victorycommunity.org.nz

WOMEN'S REFUGE

24hr Crisis line: 0800 163 344

Office: 4 Florence Street

Richmond

Phone: 544 0616

Email: staff@whakaturefuge

We offer domestic violence support services to all women, youth and children. Nearly all of our services are free and there's a huge number of ways we can help.

A friendly and skilled Women's Refuge advocate will talk to women who are concerned about their safety in their relationship; help them and their children make a Safety Plan; provide a safe place to go to if they need help urgently; help whether or not they have or will leave the relationship; enrol them in support programmes if they want to; give educational talks about healthy relationships; as well as talk to anyone who wants to help someone they know.

NOTES

NOTES
