

West Coast Agencies & Services

Westport / Reefton / Murchison / Karamea

Issue:	Agency	Service	Contact Details
Housing	Work and Income	Emergency Housing	Contact Work and Income on 0800 559 009 or Senior Services on 0800 552 002 if you get NZ Super or Veteran's Pension
Food Bank Services	Foodbanks by region	List of Foodbanks	https://www.foodbank.co.nz/foodbanks Click link to find a foodbank in your region. Bring proof of address, photo ID and if on a benefit, a letter from Work & Income stating you have no food entitlements left.
	St Vincent de Paul	Essential / Food packs	Westport 135 Palmerston Street Westport 7825 tel:03 789 6661
	Salvation Army	Food assistance	Salvation Army Westport 5/7 Henley Street, Westport 7825 03-789 8108
Finances / Benefits	Work and Income	Benefits	General enquires under 65 - 0800 559 009 NZ Superannuation - 0800 552 002 Supergold Card - 0800 25 45 65 Veteran's - 0800 650 656
	Family Start	Budgeting Service	www.familystart.co.nz or 0800 800 285 have trained financial mentors to help your budgeting and financial needs
Legal Advice / Support	Community Law	Free legal assistance and advice	Telephone: 03 3666870 or 0508 CANLAW Email: admin@canlaw.org.nz .
	CAB	Provides free and confidential advice to everyone.	CAB Buller – West Coast Address Clocktower building, 113 Palmerston Street, Westport 7825 Phone: 03 789 8388 / Email: cabuller@xtra.co.nz

Mental Health	CAMHS	Child and Adolescent Mental Health Service	<p>The Child and Adolescent Mental Health Services (CAMHS) team is based in Greymouth and covers all of the West Coast.</p> <p>EMAIL mhadmin@wcdhb.health.nz</p> <p>WEBSITE www.westcoastdhb.org.nz</p> <p>PHONE (03) 769 7805</p> <p>For urgent assistance outside these hours, contact the <u>West Coast Central Crisis Response team</u> on 0800 757 678.</p>
	West Coast DHB - Adult Community Mental Health Services	Adult Mental Health	<p>West Coast</p> <p>PHONE (03) 769 7805</p> <p>FAX (03) 769 7699</p> <p>WEBSITE www.westcoastdhb.org.nz</p>
	Suicide Crisis Helpline	24/7 Helpline	Telephone: 0508 828865
	Lifeline	24-hour Telephone Crisis Support	Telephone: 0800 543354
	Depression Helpline	24/7 Helpline	Telephone: 0800 111757 or free text to 4202
	Anxiety NZ	Helpline	Free 24/7 Helpline 0800 269 4389 (0800 ANXIETY) https://www.anxiety.org.nz/
	1737	Telephone support 24/7	Call or text 1737 for free, 24 hours a day to speak to a trained counsellor.
	Samaritans	Telephone support	Ph 0800 726 666

Parenting Support	Plunket Nurse	Support and advice	PlunketLine team on 0800 933 922. https://www.plunket.org.nz/
	Parent Help	Online support and helpline	Free Parenting Helpline: 0800 568 856 Online counselling via Zoom: (04) 802 5767 https://www.parenthelp.org.nz/request-for-counselling/
	Family Start	Home Based Parenting Service	www.familystart.co.nz or 0800 800 285 Family Start is a child centred, intensive home visiting programme that focuses on improving children's health, learning and relationships, family/whanau circumstances, environment, and safety.
Positive Parenting for Men	Family Start		www.familystart.co.nz or 0800 800 285 This is a safe space for men to learn, hear, speak, and share how to positively parent, we welcome any and all men.
Social Services	Catholic Social Services Wellington	Grief and Loss programme	https://wn-catholicsocialservices.org.nz/ Address: Compassion Centre Soup Kitchen, 132 Tory St, Wellington Email: reception@wn-catholicsocialservices.org.nz Telephone: 04 385 8642 or Phone/text 027 40 55 469
	Fresh Start	Mahi Tahi – Thriving Families	www.familystart.co.nz or 0800 800 285. Mahi Tahi - Thriving Families is a new Family Start Initiative designed to pull agencies together and work together as one.
Education	Ministry of Education		Director of Education for Nelson, Marlborough, West Coast: Derek Lucić Email: enquiries.nelson@education.govt.nz
Youth Support	Kids Line	Youth Service up to 18 years old	Ph 0800 54 37 54
	Youthline	Youth Service	Txt 234 Ph 0800 726 666 https://www.youthline.co.nz/

	Snapshot Youth Service	Youth Service	Greymouth Snapshot 146 Mackay Street Greymouth 7805 Ph: (027) 307 0967 Ph: (027) 544 0048
	Youth Service	Youth Support	http://www.youthservice.govt.nz/
Counselling	Skylight	Counselling and support (online support only at this time)	Resilience Hub: https://www.skylight.org.nz Counselling: Email counselling@skylight.org.nz Resource Centre: resources@skylight.org.nz For further enquiries or queries please email MoHCoordinator@skylight.org.nz Parenting through Separation: Enquires on MoJCoordinator@skylight.org.nz
	Fresh Start	Sensitive Claims Service	www.familystart.co.nz or 0800 800 285 Family Start West Coast/Buller has an experienced team of clinicians accredited to provide assessments and therapy related to sexual trauma and sexual harm. Services available to any adult or child who has experienced sexual trauma in New Zealand at any point in their lives.
Refugee Support	Red Cross	Support for refugee families	Red Cross West Coast 03-768 5945
Child Welfare / Child Protection concerns	Oranga Tamariki	Child protection	If you believe a child is in immediate danger, call the Police on 111. REPORTING A CONCERN If you're worried about a child and want to make a referral or report of concern, call OT on freephone: 0508 326 459 or email contact@ot.govt.nz
Family Violence / Women's Refuge	Women's Refuge Westcost	Women's Refuge	PO Box 319, WESTPORT 7866 FREEPHONE 0800208339 Crisis (03) 789 8025

			Office (03) 789 8025 / Email: info@refugewestcoast.org.nz
	Women's Refuge Crisisline	Crisisline	If you're a woman in a family violence situation, call the Women's Refuge free Crisisline on 0800 733 843 (0800 REFUGE).
	Women's Refuge	Find a Women's Refuge near you	Wellington National Office 275 Cuba Street Ground Floor WELLINGTON Phone: (04) 802 5078 Fax: (04) 802 5079 Email: info@refuge.org.nz Website: www.womensrefuge.org.nz
	SHINE	Abuse helpline	Confidential family abuse helpline - 0508 744 633
	It's not OK	Family Violence helpline	0800 456 450
	Victim Support	Support for victims	National Office: (04) 474 8862 Get Help: 0800 victim – (0800 842 846)
	Fresh Start	Pēpi Service	www.familystart.co.nz or 0800 800 285 Family Start is a member of the Te Kupenga National Family Violence Prevention Network. Our Whanau workers work with pregnant parents and children aged up to 5 years of age with a family violence lens.
Drug and addiction	Drug Helpline	24/7 Helpline	Telephone: 0800 787797
Sexual abuse	Rape and Sexual Abuse Support (West Coast)	Helpline	66 Peel Street, Westport, West Coast Phone: 0800 274 747 Crisis-line (after hours answerphone service) Email: w.coast.r.c@xtra.co.nz Office: (03) 789 7700
Support for elder community	Age Concern	Support	Phone: 366 0903 or 0800 803 344 Email: team@ageconcerncan.org.nz

			Web address: www.ageconcerncan.org.nz
Interpreting Services	Interpreting New Zealand	Three way and video calls	https://interpret.org.nz/ 04 384 2849 Email: info@interpret.org.nz