

## 2016 Community Organisations that can help

### Kapiti Women’s Refuge Emergency and Crisis Line: 0800 733 843

*The office will be closed from 23rd December and reopens on 9th January 2016*

**Crisis line and support worker available throughout the holiday period**

#### Age Concern 04 298 8879

*The Kapiti office will be closed from 22nd December and reopens on 16th January 2017*

#### Alcohol & Drug Helpline 0800 787 797

######  Available 24 hours a day including statutory holidays

##### Atareira – Mental Health Support for Families 04 499 1049

*The Kapiti office will be closed from 20th December and reopens on 4th January 2017*

##### Citizen’s Advice Bureau 04 298 4944

*The office will be closed from 18th December and reopens on 16th January 2017*

##### Depression Support Line 0800 111 757

###### Available 24 hours a day including statutory holidays

##### Gambling Helpline 0800 654 655

###### Available 24 hours a day including statutory holidays

##### Foodbank 04 298 1907

*The office will be closed from 23rd December and reopens on 16th January 2017.*

*If you need assistance leave a message - there will be daily checks for emergency calls.*

##### Help Foundation (Wellington Sexual Abuse Centre) 04 499 7532

*The office will be closed from 23rd December and reopens on 9th January 2017*

Support line: *The support line will be staffed throughout the holidays – 24/7*

##### Healthline 0800 611 116

###### Available 24 hours a day including statutory holidays

##### Kapiti Living Without Violence 04 298 1404

 *The office will be closed from 22nd December and reopens on 9th January 2017*

##### Kapiti Youth Support

*The office will be closed from 23rd December and reopens on 9th January 2016*

##### Lifeline NZ 0800 543 354

###### Available 24 hours a day including statutory holidays – keep calling until you get someone

##### Pregnancy Counselling Service 0800 773 462

###### Available 24 hours a day including statutory holidays

### Samaritans 0800 726 666/04 298 2122

###### Available 24 hours a day including statutory holidays

### Shine – Confidential Domestic Abuse Helpline 0508 744 633

Available 9.00 am – 11.00 pm including statutory holidays

##### SIDS - Cot Death 0800 16 44 55

###### Available 24 hours a day including statutory holidays

**Youth Help Line 0800 376 633**

###### Available 24 hours a day including statutory holidays **Free text 234**

**Warmline – mental Health Peer Support Line 0800 200 207**

*Tues – Sunday 7.00pm to 1.00am*

**Whitireia Community Law Centre 04 237 6811**

*The office will be closed from 23rd December and reopens on 16th January 2017*

### Wellington Independent Rape Crisis Centre 04 801 8973

*The office will be closed from 28th December and reopens 9th January 2017*

 *Crisis support helpline – Available 24 hours a day including statutory holidays.*

**For information on other community and family services** [**www.familyservices.govt.nz**](http://www.familyservices.govt.nz)

**In the event of a mental health emergency please call Te Haika on 0800 745 47**