

Connection & Wellbeing Support

Two community-based services are available to support Māori and Pacific young people to build their connection with extended whānau and their cultural identity.

Awhi Rito - Mahitahi Trust

Area of Focus: Rangatahi Māori - Eight week programme

Eligibility: Rangatahi who identify as Māori, aged between 12-24 years old

Contact: Lana Tonga

E: lane.tonga@mahitahi.co.nz

P:021 524 861

MYSTORY Service - South Seas Healthcare Trust

Area of Focus: Pasifika youth – One day programme

Eligibility: Any group of up to 10 people (school group, staff group, family/whānau group)

Contact: Sonya Masoe

E: sonya.masoe@southseas.org.nz

P:021 557 451

Growing Resilience Skills

Five services will focus on supporting personal development, self-esteem and self-determination skills within and outside schools.

Youth Community Living Support Service - Emerge Aotearoa

Area of Focus: Mobile, community based linked to primary care – support individual sessions

Eligibility: Any rangatahi with mild to moderate mental health and addiction concerns

Contact: Myra Pihema

E: myra.pihema@emergeaotearoa.org.nz

P:09 376 6645

Stand Up! - Odyssey House and Youthline Auckland Charitable Trust

Area of Focus: Youth AOD – Group or individual session

Eligibility: Attending an East or South Auckland high school, alternative education or private training establishments (PTE)

Contact: Contact your school pastoral care team or lead tutor to see if Stand Up! is available in your school or PTE

Te Awa Ora – Mahitahi Trust

Area of Focus: Kaupapa Māori AOD - Ten week programme

Eligibility: Rangatahi who identify as Māori, aged between 12-24.

Contact: Lana Tonga; E: lane.tonga@mahitahi.co.nz; P: 021524861

Stand Up! Community! - Odyssey House

Area of Focus: Youth AOD – group or individual session

Eligibility: Aged 13-19 years, are using alcohol and other drugs and are open to having a conversation about their options

Contact:

E: standup@odyssey.org.nz

P:09 638 4957 EXT: 766

Navig8 Personal Development Programme - Youthline

Area of Focus: Personal development for high school students – individual sessions

Eligibility: 12-24 years living in Counties Manukau area

Contact:

E: supportcentre@youthline.co.nz

P: 09 376 6645

Intense Support

Three services/programmes will focus on more in-depth therapeutic support to further advance social skills, self-determination, and management of mild to moderate distress.

Counselling Service - Youthline

Area of Focus: Counselling face to face/telephone/video – individual session

Eligibility: Counselling face to face/telephone/video

Contact:

E: supportcentre@youthline.co.nz

P:09 376 6645

Real Talk – Pathways

Area of Focus: The programme is designed to encourage taiohi to push past their fears and inhibitions and realise their own unique potential- 10 week programme

Eligibility: Mild to moderate mental health presentations and a commitment to a 10 week programme

Contact:

E: realtalk@real.org.nz

P:027 900 4038 or 027 326 9019

Dialectic Behaviour Therapy (DBT) Skills Training Programme - The Psychology Group

Area of Focus: DBT: divided into 4 skills groups: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness (Relationship) Skills - 15 week programme

Eligibility: Any rangatahi who would benefit from learning to manage emotions and a commitment to a 15 week programme

Contact:

E: dbt@tpgroup.co.nz Or www.tpgroup.co.nz

P: 09 535 6624