

it's ALL GOOD to ask for help

Confidential help
for young people in
Tauranga Moana

TEEN TOOLS

“I got caught breaking the law, what can I do?”

You can go to or talk to:
Baywide Community Law
Citizens Advice Bureau
Youth Law



“My parents are getting wasted, what can I do?”

You can go to or talk to:
Al-Anon/Alateen Family Groups
Alcohol & Drug Helpline
Family Link
Get Smart
Sorted
Youthline



“How I can I help my mates with their drink driving problems?”

You can go to or talk to:
Alcohol & Drug Helpline
GetSmart
Te Aranui Youth Trust



“Alcohol and drugs are affecting my life I need to talk to someone”

You can go to or talk to:
Alcohol & Drug Helpline
BOP Addiction Services
GetSmart
Salvation Army Addiction Services
Sorted



Young people are able to get assistance or guidance from school counsellors or/and community youth workers.

“How do I deal with my parents seperation?”

You can go to or talk to:
BOP Therapy Foundation
Family Works
School Counsellor
Youthline



“I have been kicked out of home, where can I go?”

You can go to or talk to:
Community Youth Worker
Oranga Tamariki
School Counsellor
Talk to a Community Centre
Tauranga Community Housing Trust



“I am feeling unsafe at home”

You can go to or talk to:
Domestic Abuse Helpline (Shine)
Family Violence Info Line
Oranga Tamariki
School Counsellor
Tauranga Living Without Violence
YouthAid



“My family has very high expectations of me, how can I talk to them?”

You can go to or talk to:
Family Works
School Health Nurse/Counsellor
What's Up
Youthline



“I want to understand more about my sexuality”

You can go to or talk to:
Family Planning
Outline
Rainbow Youth
Youthline



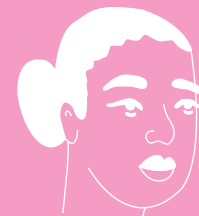
“I am experiencing USC - Unwanted Sexual Contact”

You can go to or talk to:
DHB Sexual Health Clinic
Oranga Tamariki
Tauranga Hospital Paediatrician
Tautoko Mai Sexual Harm Support



“Pregnant? Who can I talk to?”

You can go to or talk to:
Family Planning
Healthline
Pregnancy Counseling
School Health Nurse/Midwife Service
Tauranga Sexual Health



“I’m having sex and want to be safe”

You can go to or talk to:
Family Planning
Public Health Nurse
School Health Nurse/Counsellor
Tauranga Sexual Health Clinic



“Life is stressing me out, it’s way too much”

You can go to or talk to:
HbU Youth Health Bus
(Te Runanga O Ngai Te Rangī Iwi Trust)
School Health Nurse/Counsellor
Te Aranui Trust
Te Puna Hauora
What's Up
Youthline



“I am feeling lonely and no-one understands me”

You can go to or talk to:
1737
Lifeline
Youthline



“I think im depressed, who can I talk to?”

You can go to or talk to:
1737
Depression Help
Family Works
MICAMHS
School Health Nurse/Counsellor/Doctor
Te Manu Toroa
The Lowdown



“I need help with my friends and relationships”

You can go to or talk to:
Youthline
Lifeline
Netsafe
What's Up
School Counsellor
Community Youth Worker



“I’m being bullied and need urgent help”

You can go to or talk to:
Counsellor
Cyberbullying
Netsafe
Youthline



“I can’t control my anger”

You can go to or talk to:
BOP Therapy Foundation
Family Works
Family Violence Info Line (Shine)
Ngai Te Rangī



“I am leaving school - what next?”

You can go to or talk to:
Career Services
Employ NZ
Ministry of Social Development
SmartPaths BOP Polytechnic
Trademe Jobs, Seek, Newspaper



“I am getting hassled by youth gangs and need some help”

You can go to or talk to:
Community Youth Worker
Local Community Centre
Local Community Police Youth Aid
School Counsellor



contacts

- Mental Health / Counselling
- Sexual health / Orientation
- Drug Use / Abuse / Addictions
- Financial Legal
- Family Violence
- Multi Cultural
- Disability
- Personal Development
- \$ Cost
- ✉ Referral needed

●	Al-Anon Family Groups	0508 425 266 www.al-anon.org.nz @alanon_wso Al-Anon WSO	
●	Tautoko Mai Sexual Harm Support	0800 227 223 (07) 577 0512 www.bopsass.org.nz Tautoko Mai Sexual Harm Support	
●	Bay Wide Community Law Service	(07) 571 6812 www.baywidecls.org.nz Baywide Community Law Service	
	Blue Light	www.bluelight.co.nz nzbluelight	\$ ✉
● ●	BOP DHB Mental Health & Addictions	(07) 579 8380 @bopdhb BOPDHB	\$ ✉
●	BOP Therapy Foundation	0800 267 831 www.boptherapyfoundation.co.nz info@boptherapyfoundation.co.nz Bay of Plenty Therapy Foundation	
● ● ● ● ● ●	Citizen Advice Bureau	(07) 578 1592 www.cab.org.nz @cab_nz Citizens Advice Bureau NZ	
● ●	Family Link	(07) 577 1457 www.familylink.co.nz Family Link	\$ ✉
●	Family Planning	(07) 578 8539 www.familyplanning.org.nz @familyplanningnz Family Planning New Zealand	
● ● 	Family Works Tauranga	(07) 575 9709 www.familyworksnorthern.org.nz Family Works Northern	
●	Get Smart Drug & Alcohol Services	0800 571 3712 or free text 027 448 7678 www.getsmarttga.org.nz @Get Smart Tauranga	\$ ✉
●	Hanmer Clinic Tauranga	(07) 579 6470	\$ ✉
● ●	MICAMHS	(07) 579 8380 or 0800 333 061 www.bopdhb.govt.nz/services/a-z-hospital-services/adolescent-health/adolescent-mental-health/	

● ●	Multicultural Tauranga	(07) 571 6419 www.trmc.co.nz @tauranga.multicultural.council Multi Cultural Tauranga	
● ● ● ● 	Nga Kakano Foundation - Te Puke	(07) 573 0660 www.ngakakano.org.nz @nga_kakano Nga Kakano Foundation	\$ ✉
● ● ● ● ● ● 	Ngai Te Rangī Health Services	(07) 575 3765 www.ngaiterangi.org.nz Ngai Te Rangī	
● ● 	Ngati Ranginui Iwi Society	(07) 571 0934 www.ranginui.co.nz @ngatiranginuiiwi Te Rūnanga o Ngāti Ranginui Iwi	
● ● ● ● ● 	Oranga Tamariki	0508 326 459 www.orangatamariki.govt.nz @Orangatamariki Oranga Tamariki	
● ● ● ● 	Pacific Island Community Trust	(07) 577 1270 www.aeretai.nz/providers/tauranga/ Aere Tai Pacific Midland Collective	
● ● ● ● ● 	Papamoā Family Services	(07) 574 7170 www.papamoafamilyservice.acw.org.nz	
● ● ● 	Pirirakau Hauora	(07) 552 4573 www.pirirakauhauora.org.nz Pirirakau Hauora	
● ● 	Rainbow Youth	(09) 376 4155 www.ry.org.nz @rainbowyouth Rainbow Youth	
● ● ●	Salvation Army	(07) 578 9329 Tauranga Salvation Army	
● ●	Shine	0508 744 633 www.2shine.org.nz Shine	\$ ✉

● ●	SORTED	(07) 557 5052 0800 229 7678 www.bopdhb.govt.nz/services/youth-alcohol-drugs-service/	\$ ✉
●	Sorted Money Guide	www.sorted.org.nz @nzsorted sorted.org.nz	
	Sport Bay of Plenty	(07) 578 0016 www.sportbop.co.nz @sportbayofplenty Sport Bay of Plenty	\$ ✉
	St Peters House	(07) 571 5916 www.stpetershouse.co.nz St Peters House	\$ ✉
● 	Tauranga Budget Advisory Services	(07) 578 0969 www.catnz.org.nz @tgabudgetadvisory Tauranga Budget Advisory Service	\$ ✉
● ●	Tauranga Crisis Team: 24 Hours	(07) 577 6452 0800 800 508	
●	Tauranga Grief Support Services	(07) 578 4480 Grief Support Services Inc.	\$ ✉
●	Tauranga Living Without Violence	(07) 577 9297 0800 577 003 @waihekelwv	\$ ✉
●	Tauranga Sexual Health Clinic Clinic 2	(07) 579 8157 Clinic 2 - Sexual Health - Tauranga & Te Puke	\$ ✉
	Tauranga Youth Development Team	www.tydt.org.nz Info@tydt.org.nz @TaurangaYDT Tauranga Youth Development Team	
● ● 	Te Aranui Youth Trust	(07) 577 8072 @tearanuiyouthtrust Te Aranui Youth Trust	\$ ✉
● ●	Te Manu Toroa Medical & Social	(07) 577 4911 Te Manu Toroa	
● ● 	Te Puna Hauora Tauranga	(07) 571 8024 @tepunahauora	\$ ✉

● ● ●	Te Tomika Trust	(07) 578 9733 www.tetomikatrust.org.nz	
● 	Te Tuinga Whanau	(07) 571 0875 www.ttw.org.nz	\$ ✉
● ● ● 	Victim Support	0800 842 846 www.victimsupport.org.nz Victim Support New Zealand	\$ ✉
● ● ● ● ● 	Whaioranga Trust	(07) 544 9981 0800 211 211 Whaioranga trust	
● ● ● ● 	Women's Refuge	0800 733 843 www.womensrefuge.org.nz @womensrefugenz Women's Refuge New Zealand	\$ ✉
● ●	Youth Gambling	0800 654 659 www.gamblinghelpline.co.nz	
●	YouthLaw	0800 884 529 www.youthlaw.co.nz YouthLaw	\$ ✉
Information / Helpline			
● ● ● ● 	1737	Call or text 1737 www.1737.org.nz 1737 - Need to talk?	
● ●	Alcohol Drug HelpLine	0800 787 797 www.alcoholdrughelp.org.nz Alcohol Drug Helpline	\$
●	Areyouokay	0800 456 450 www.areyouok.org.nz Are you okay	
	Careers Advice Line	0800 222 733 www.careers.govt.nz @careersnz Careers New Zealand	
● ● ●	Depression Help Line	0800 111 757 www.depression.org.nz Small Steps	
● ● ● ● 	Healthcare New Zealand	0800 000 421 www.healthcarenz.co.nz HealthCare NZ	

● ● ● ● ●	HealthLine: 24hrs	0800 611 116 www.healthline.govt.nz	
● ●	InfoNow	0800 463 6669 www.infonow.nz	
●	Just the Facts	www.justthefacts.co.nz	
● ● ● ●	KidsLine	0800 543 754 @kidslinenz 0800 Kidslinenz	
● ● ● 	LifeLine	0800 543 354 or free text 4357 @lifelinenz Lifeline	
● ●	Outline NZ	0800 688 5463 www.outline.org.nz OUTline NZ	
	Quitline	0800 778 778 https://quit.org.nz Quitline	\$ ✉
● ● ● 	The Lowdown	Free text 5626 The Lowdown	
●	What's Up	0800 942 8787 www.whatsup.co.nz	
● ● ● 	Youth Line	0800 376 633 or free text 234 www.youthline.co.nz @youthlinenz Youthline	

Community Centres			
	Katikati Community Centre	(07) 549 0399 Katikati Community Centre	
	Merivale Community Centre	(07) 578 6450 www.merivalecommunity.org/ Merivale Community Centre	
	Papamoā Family Services	(07) 574 7170 www.papamoafamilyservice.acw.org.nz	
	Welcome Bay Community Centre	(07) 544 9774 Welcome Bay Community Centre	

Remember, your school or education organisation will have a school counsellor or support person you can talk to, you will find them at the Health Centre.

These are just some of the services in or near Tauranga that can help you. Please email info@tydt.org.nz for more organisations and services that are available.

Emergency Services:
Ambulance, Fire, Police: 111
Police Station: (07) 577 4300

This resource was made with help from:

