

Another
Like Minds Taranaki
Project

TARANAKI MENTAL HEALTH SECTOR

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www.likemindstaranaki.org.nz

Updated October 2018

Celebrating Mental Health Awareness



PLEASE NOTE: The entries highlighted in green are current only to October 2016 and may not be completely up to date
If you have any edits to make please contact us via email: Stephanie@sftaranaki.org.nz



MIHI

Tihei Mauriora!

Korooria ki te Atua I runga rawa,
he maungarongo ki te whenua
me te whakaaropai ki te Tangata,
ahakoa ko wai.

Ka mihi raa ki nga tini aitua kua wehe atu ki
te po, haere, haere, hoki atu raa ki te kainga
tuturu, te hono ki Wairua.

No reira e te Iwi whanui o to tatou koro
maunga, Taranaki,
tena koutou, tena koutou, tena hoki tatou
katoa.

Anei te reo, o te roopu, o hau rite o Taranaki,
he panui atu nei ki a koutou, me nga roopu
he mahi tahi ki te hapai te mate hinengaro.

I pay homage to the breath of life.

Glory to God on high,
peace on earth,
goodwill to mankind,
no matter whom.

I pay respects to those that have passed on
to the Spirit world. Journey on, farewell to
you all.

I now turn my attention to the people of our
ancestor mountain, Taranaki,
greetings once, twice, and thrice.

This is Like Minds Taranaki presenting
organisations working together to promote
mental health.

PREVALENCE OF MENTAL ILLNESS

New Zealand participated in the first ever international study of mental health epidemiology. Epidemiology is the branch of medicine that, among other things, deals with incidence, distribution and possible control of illness.

The findings, released for publication in November 2006 found that:

46% of New Zealanders will have a mental disorder at some time in their life.

21% had had one in the year before the survey was done.

Of the 21% of people with experience of mental illness in the previous year it was found that:

30% of Maori had a disorder.

25% of Pacific Island people had a disorder.

24% of women had a disorder.

17% of men had a disorder.

People aged 16-24 were the most likely to have a disorder – with the prevalence declining with age.

People who were considered economically disadvantaged were also more susceptible to mental illness.

These figures were based on interviews with nearly 13,000 New Zealanders – aged 16 years and older. International criteria were used to decide if someone had a mental disorder.

It is estimated that only two out of every three people with severe mental disorders are seen by specialist mental health services – and the survey confirms this.

Te Rau Hinengaro - The NZ Mental Health Survey, Ministry of Health September 2006

One of the main reasons people do not seek professional treatment is that the stigma and discrimination they feel they will face if they do seek treatment will be worse than the symptoms of their mental illness.

***One of the biggest barriers to recovery is discrimination.
That is why stopping discrimination and championing respect, rights and equality for
people with mental illness is just as important as providing the best treatments and
therapies.***

Blueprint for Mental Health Services in New Zealand, November 1998

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Stephanie@sftaranaki.org.nz

CONSUMER - SERVICE USER - TANGATA WHAIORA SUPPORT SERVICES

DISTRICT INSPECTOR, Taranaki Mental Health	NEW PLYMOUTH	Murray Cochrane
Billings – Solicitors	DD 06-757-3958	☎ 06-757-3944
7 Young Street, NP 4310	mcochrane@billings.co.nz	Fax 06-757-3959
PATHWAYS – Community Support	NEW PLYMOUTH	Denise Aylward
Box 51, NP 4340		☎ 06-757-2864
Regional Office: 220 Devon St West, NP 4310		Fax 06-757-2870
North Mobile – Dave Lock	david.lock@pathways.co.nz	☎ 06-757-3830
South Mobile – Hawera – Christina Mpofu	Christina.mpofu@pathways.co.nz	☎ 06-278-4983
Enhanced Mobile – Helen Frank	Helen.frank@pathways.co.nz	☎ 06-757-3830
PROGRESS TO HEALTH	NEW PLYMOUTH	
15 Dawson Street, MP 4310	www.progresstohealth.org.nz	☎ 06-757-5549
<i>One to one support for recovery and wellness – programmes to meet identified needs</i>		
TARANAKI DISTRICT HEALTH BOARD	Consumer Advisor	Sarah Gillington
Mental Health & Addictions Services		☎ 06-753-6139

PEER SUPPORT AND ADVOCACY SERVICES

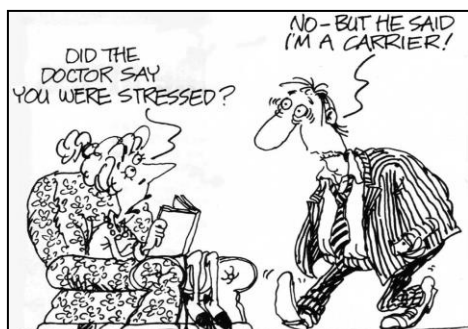
ON HIGHER GROUND – Judy Kemsley		☎ 06-278-0166
	judy@onhigherground.co.nz	Mobile 027 4784 854
TUI ORA LTD - Mental Health and Addiction Service	NEW PLYMOUTH	☎ 06-759-7306
Maru Wehi Complex, 36 Maratahu St, NP 4310		Fax 06-759-7307
PO Box 5131, NP 4343		

NATIONAL SUPPORT GROUPS

EATING DISORDERS	www.somethingfishy.org
LIFELINE AOTEAROA	www.lifeline.co.nz
MIND AND BODY – PEER SUPPORT	www.mindandbody.co.nz/?page_id=8
NO BULLY	www.nobully.org.nz/advicek.htm
PHOBIC TRUST	www.phobic.org.nz
SUICIDE PREVENTION IN NEW ZEALAND	www.spinz.org.nz

FAMILY/WHANAU ADVISORY, ADVOCACY AND SUPPORT GROUPS:

SUPPORTING FAMILIES IN MENTAL ILLNESS (S.F. Taranaki)		
128 Devon St. East, NP 4310	NEW PLYMOUTH	☎ 06-757-9300
PO Box 8291, NP 4342		
Field Officer: Gareth Andrews	info@sftaranaki.org.nz	
Field Officer: Holly Smith	gareth@sftaranaki.org.nz	Mobile 027-555-1503
<i>Family-Whanau focused support, education, advocacy and information</i>	holly@sftaranaki.org.nz	Mobile
SPHC: Nika Booker	sphc@sftaranaki.org.nz	Mobile 021-822-629
<i>Children of parents with mental illness and addiction</i>		
TDHB - FAMILY / WHANAU ADVISOR – MH & A Services	Jim Dickinson	
	Jim.Dickinson@tdhb.org.nz	☎ 06-753-6139
DISTRICT INSPECTOR	NEW PLYMOUTH	Murray Cochrane
Bank Chambers, 2 nd Floor Brougham House		☎ 06-769-9400 (ext 7)
50 Devon Street West	murray@bankchambers.co.nz	☎ 021-300-479
PO Box 8213		
PARENT TO PARENT	www.parent2parent.org.nz	☎ 0508-236-236
WOMEN'S REFUGE-TARANAKI	NEW PLYMOUTH	Free ☎ 0800-827-973
PO Box 5, NP 4340	admin@taranakiwomensrefuge.co.nz	Fax 06-769-5554
Level 2, Kings Bldg, 36 Devon St West	24 hour crisis only lines:	☎ 06-769-5553
<i>Provide 24hour crisis intervention for women & children who are victims of domestic violence, social work services</i>		



Supporting Families in Mental Illness is an organisation with branches throughout NZ.

You can contact them if you require information and support caring for someone with a mental illness...

06-759-7-9300

info@sftaranaki.org.nz

<http://supportingfamilies.org.nz/>

KAUPAPA MAORI MENTAL HEALTH SERVICES

ACCOMMODATION



PEER SUPPORT AND ADVOCACY SERVICES

TUI ORA LTD - Mental Health and Addiction Service NEW PLYMOUTH		06-759-7306
Maru Wehi Complex, 36 Maratahu St, NP 4310	reception@tuiora.co.nz	Fax 06-759-7307
PO Box 5131, NP 4343		


MAORI INTEGRATED SUPPORT SERVICES

TUI ORA LTD	NEW PLYMOUTH	Hayden Wano
Maru Wehi Hauora, Maratahu St, NP	www.tuiora.co.nz	 06-759-4064
Box 8119, NP 4342	reception@tuiora.co.nz	Fax 06-759-1799
Chief Executive Officer	hwano@tuiora.co.nz	
Provider Arm Manager	pam.ritai@tuiora.co.nz	
<i>Kaupapa Maori Development Organisation (MDO) operating as a 'Lead Contractor' with a 'for Maori by Maori' focus, on the health needs of Maori in Taranaki</i>		
TUI ORA LTD - Mental Health and Addiction Service NEW PLYMOUTH		06-759-7306
Maru Wehi Complex, 36 Maratahu St, NP 4310	reception@tuiora.co.nz	Fax 06-759-7307
PO Box 5131, NP 4343		
220 High St, Hawera 4610	HAWERA	 06-278-6603

GENERAL PRACTITIONER SERVICES


NGATI RUANUI HEALTH CARE	HAWERA	
41 Hunter St, Hawera 4610	admin.rhc@ngatiruanui.org	 06-278-1310
TUI ORA FAMILY HEALTH - GP SERVICES	NEW PLYMOUTH	 06-759-7310
36 Maratahu St, Westown, NP 4343	tuiorafamilyhealth@tuiora.co.nz	Fax 06-759-7309

OTHER SPECIALIST, KAUPAPA MAORI LOCAL & CENTRAL GOVT. SUPPORT SERVICES

PINNACLE MIDLANDS HEALTH NETWORK PHO	NEW PLYMOUTH	
47 Molesworth Street, NP 4310	info@midlandshn.health.nz	 06-759-4364
		Fax 06-759-4341

Operates in the partnership with Tui Ora Ltd and their providers

TE PUNI KOKIRI	NEW PLYMOUTH	 06-759-5450
465B Devon St East NP 4312	www.tpk.govt.nz	Fax 06-759-4601
PO Box 744, NP 4340	tpk.taranaki@tpk.govt.nz	
<i>Maori Development – Ministry of...</i>		Mobile 027-845-6199

TU TAMA WAHINE O TARANAKI	NEW PLYMOUTH	Ngaropi Cameron
<i>Tangata Whenua Development and Liberation Service</i>		 06-758-5795
62 Powderham Street, PO Box 4030, NP 4340		Fax 06-758-6881
Director: Ngaropi Cameron	reception@tutamawahine.org.nz	
Taranaki Ora: Norah Puketapu-Collins	norah@tutamawahine.org.nz	
Contracts coordinator: Michelle Thompson	michelle@tutamawahine.org.nz	
<i>Maori Mental Health Needs Assessment and Service Coordination, Domestic Violence Education Programmes, Counselling, Child Therapy, Men's Violence Programmes, After School Children's Programmes, Social Workers in Schools and Cultural Supervision</i>		

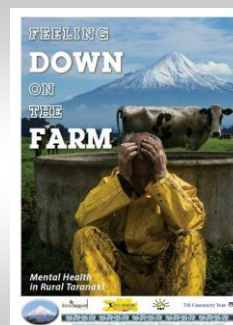
Whakatauki

Ahako te momo mate, whakanuia Tangata

This whakatauki or proverb is an expression of hope, regardless of illness or disease, people deserve dignity and respect and the opportunity to become well again.

RURAL COMMUNITIES:

“FEELING DOWN ON THE FARM – Mental Health in Rural Taranaki” is a locally produced 16 page publication aimed at increasing awareness and understanding of the importance of mental health as well as the need to recognize symptoms of mental illness. Local rural people have courageously shared their experiences of mental unwellness in the hope that their stories will inspire others to seek professional help as soon as possible to ensure the earliest and best recovery. There is a wealth of information on how to keep mentally well. There also is a range of professional and support services available in Taranaki. View the publication on www.likemindstaranaki.org.nz



DAIRY WOMEN'S NETWORK

www.dwn.co.nz



Shona Glentworth

06-769-9500

RURAL WOMEN NZ

shirley.read@ruralwomen.org.nz

www.ruralwomen.org.nz



Shirley Read

06-752-3698

SUPPORTING FAMILIES IN MENTAL ILLNESS (S.F. Taranaki)

128 Devon St. East, NP 4310
PO Box 8291, NP 4342

NEW PLYMOUTH



06-757-9300

Field Officer: Gareth Andrews

Field Officer: Holly Smith

Family-Whanau focused support, education, advocacy and information

SPHC: Nika Booker

Children of parents with mental illness and addiction

info@sftaranaki.org.nz

gareth@sftaranaki.org.nz

holly@sftaranaki.org.nz

sphc@sftaranaki.org.nz



Mobile 027-555-1503

Mobile

Mobile 021-822-629

TARANAKI RURAL SUPPORT TRUST

PO Box 442, 15 Young St., NP 4340

Free



0800 757 3423

Trust Coordinator: Marcia Paurina

Sometimes it is helpful to talk concerns through with someone who understands the challenges of rural life. Members of the Taranaki Rural Support Trust all have fellow rural people's interests at heart. The Trust office is based at Federated Farmers.

TARANAKI WOMEN IN FARMING

bronwyn@onfarmsafety.co.nz



Bronwyn Muir

06-764-5062

TUI ORA LTD - Mental Health and Addiction Service NEW PLYMOUTH

Maru Wehi Complex, 36 Maratahu St, NP 4310

reception@tuiora.co.nz



06-759-7306

164 Princes Street, HAWERA



06-759-7307



06-278-6603

Provides a comprehensive range of Kaupapa Maori mental health services

TARANAKI FEDERATED FARMERS

aranaki@fedfarm.org.nz



06-757-3423

SUICIDE PREVENTION TARANAKI COORDINATING GROUP

tspcg@hotmail.com

Michelle.Ogle-Atkins@tuiora.co.nz



Michelle Ogle-Atkins

Mobile

TARANAKI DHB Alcohol and Drug Service



06-753-7838

Self referrals welcomed

Useful Websites:

www.depression.org.nz

Ideal for rural people – with a range of resources for farmers, by farmers – fronted by Sir John Kirwan.

ACCOMMODATION PROVIDERS:

BARRETT HOMES TRUST

NEW PLYMOUTH

Bill Marsh



06-753-5155

BELT ROAD SEASIDE HOLIDAY PARK

NEW PLYMOUTH



06-758-0228

BOND PROCESSING CENTRE

Free



0800-737-666

COMMUNITY HOUSING ACTION TARANAKI

PO Box 5015, NP 4310

NEW PLYMOUTH

chattrust@gmail.com

Brian Eriksen



06-759-0019

EMERGENCY SHELTER TRUST

NEW PLYMOUTH



06-759-5500

HOUSING NEW ZEALAND

160 Devon St West, NP 4310

PO Box 546, NP 4340

NEW PLYMOUTH

www.hnzc.co.nz

Free



06-757-5751



0800-801-601



06-757-5658

LINKEPEOPLE		NEW PLYMOUTH	
Puriri House, 220 Devon St West, NP 4310		www.linkpeople.co.nz/services	
Diana Watson		Diana.watson@keyshousing.co.nz	☎ 06-757-3832
Annie Beale		Annie.beale@keyshousing.co.nz	☎ 06-757-3832
MANNA CHRISTIAN HEALING CENTRE		OAKURA	
134 Upper Wairau Road, RD4, NP 4374		mannahealing@xtra.co.nz	☎/Fax 06-752-7620
<i>Crisis Respite Care and support</i>			Mobile 022-094-8960
PATHWAYS		NEW PLYMOUTH	
Box 51, NP 4340			Denise Aylward
Regional Office: 220 Devon St West, NP 4310			☎ 06-757-2864
Regional Manager: Denise Aylward		Denise.aylward@pathways.co.nz	Fax 06-757-2870
Service & Relationships Manager: Shane Smith		Shane.Smith@pathways.co.nz	Mobile 027-499-5758
Team Leaders			Mobile 027-233-1690
Mill Road - Cheryl Gyde		Cheryl.gyde@pathways.co.nz	☎ 06-758-1267
Barriball Street – Paula James		paula.james@pathways.co.nz	☎ 06-769-9991
Adult Respite – NP - Angela Gates		Angela.gates@pathways.co.nz	☎ 06-758-5245
Youth Respite 'REAL' – NP - Angela Gates		Angela.gates@pathways.co.nz	☎ 06-758-5245
South Respite – Hawera – Christina Mpofu		Christina.mpofu@pathways.co.nz	☎ 06-278-8914
<i>Residential and Mobile Service</i>		www.pathways.co.nz	Fax 06-278-4983
SCENIC LODGE – THE RITZ		NEW PLYMOUTH	
199 Centennial Drive, NP 4310			☎ 06-751-3310
SHOESTRING LODGE 48 Lemon St, NP 4310	NEW PLYMOUTH		☎ 06-758-0404
STEPS PROGRAMME	NEW PLYMOUTH		☎ 06-758-9688
STRATFORD Social Workers -	via Hawera Hospital		☎ 06-278-7109
SUNHAVEN 48 Sunnyvale St NP 4312	NEW PLYMOUTH		☎ 06-755-1021
TENANCY SERVICES	NEW PLYMOUTH	Free ☎	0800-836-262
68 Vivian Street, NP 4310	www.tenancy.govt.nz	Fax	06-757-3562

ALCOHOL AND DRUG SERVICES:

KAUPAPA MAORI SERVICES

NGATI RUANUI HEALTH CARE		HAWERA	
Clinic and Community	admin.rhc@ngatiruanui.org	☎	06-278-1310
41 Hunter Street, PO Box 72, Hawera 4640		Fax	06-278-0157

GENERAL ALCOHOL AND DRUG SERVICES

ALCOHOL DRUG HELPLINE	www.alcoholdrughelp.org.nz	☎	0800-787-797
ALCOHOLDRUGHELPLINE MAORI			0800 787- 798
ALCOHOLDRUGHELPLINE PASIFIKA			0800 787 799
ALCOHOLDRUGHELPLINE YOUTH SERVICE			TXT ADH TO 234 0800 787 984
PO Box 13496, Christchurch 8141	ada@adan.org.nz	Fax	03-377-5600

ALANON/ALATEEN FAMILY GROUPS		NEW PLYMOUTH	John	☎	06-753-9497
MEETINGS: Monday:	7.30 pm	Young Persons Trust, Liardet St, NP 4310			
Friday:	11.30 – 1pm	Anglican Church Hall, Henui St, Fitzroy NP 4312			

ALCOHOLICS ANONYMOUS - TARANAKI	☎	0800-AA WORKS	0800-229-675
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FUTURE 4U- Yvonne is specialised in drug and alcohol counselling, PG Dip Alcohol and Drug studies, MNZAC, DAPAANZ (Reg. Prac)

yvonne@future4u.co.nz

www.future4u.co.nz

Mobile 027-235-4197

RECOVERY CHURCH	NEW PLYMOUTH	Friday 6.00pm at Salvation Army, Cnr. Powderham/Dawson St
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LIFE EDUCATION TRUST	NEW PLYMOUTH	☎	0800-454-333
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Steak Goodin

jgoodin@xtra.co.nz

☎/Fax 06-752-8160

Alcohol and Drug services, childcare, education, health education, life skills, referrals etc

LIFELINE AOTEAROA	Free ☎	0800-543-354
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PO Box 74-010, Greenlane, Auckland, 1546

www.lifeline.co.nz

MANNA HEALING & COUNSELLING CENTRE		NEW PLYMOUTH	
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134 Upper Wairau Road, RD 4, NP 4374

mannahealing@xtra.co.nz

☎/Fax 06-752-7620

Mobile 022-094-8960

NEEDLE EXCHANGE – TARANAKI (NETS)	NEW PLYMOUTH	☎/Fax	06-759-0330
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25 Eliot Street

www.need2le.co.nz

National Office

☎ 03-3669-403

PRISONERS AID & REHABILITATION TRUST		NEW PLYMOUTH	
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163 Devon St West, NP 4340

taranakipars@xtra.co.nz

☎ 06-758-1361

Fax 06-758-1347

PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH		
<i>Free confidential professional counselling for people affected by problem gambling.</i>		Free ☎	0800-664-262
GAMBLING HELPLINE	www.gamblingproblem.co.nz	Free ☎	0800-654-655
SALVATION ARMY COMMUNITY AND FAMILY SERVICES - BRIDGE PROGRAMME		☎/Fax	06-758-9338
128 Powderham St, NP 4310 PO Box 354, 4340	NEW PLYMOUTH	Emergency ☎	06-758-2325

HAWERA ☎ **06-278-8516**
STRATFORD & ELTHAM ☎ **06-765-7969**
centraltaranaki_corps@nzf.salvationarmy.org

Emergency food support, information, life skills, family support etc

TARANAKI DISTRICT HEALTH BOARD – ALCOHOL AND DRUG SERVICES			
Private Bag 2016, NP 4342	alcohol.drug@tdhb.org.nz	☎	06-753-7838
	www.tdhb.org.nz	Fax	06-753-7875
<i>Outpatient Clinics: Stratford, Hawera, Opunake, Waitara, New Plymouth Clinic at Base hospital and support groups</i>			
TDHB – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES		☎	06-753-7790
TDHB, Tukapa St entrance, NP 4310	camhs.cacc@tdhb.org.nz	Fax	06-753-7791
Private Bag 2016, NP 4342			

Provide a comprehensive mental health service at Taranaki District Health Board - Base Hospital and Hawera Hospital also outreach clinics in Stratford. We accept referrals from statutory and non-statutory health, education, police and welfare services. Fact Sheets on a range of mental health conditions are available through the TDHB website and through Like Minds Taranaki website www.likemindstaranaki.org.nz

NATIONAL SUPPORT SERVICES:

ALAC (Alcohol Advisory Council of N.Z.)	www.alcohol.org.nz	Free ☎	0508-258-258
ALAC Directory	www.addictionshelp.org.nz/Services/Home		
ALCOHOL AND DRUG HELPLINE	www.adanz.org.nz	Free ☎	0800-787-797
ALCOHOLICS ANONYMOUS	www.alcoholics-anonymous.org.nz		
ALCOHOL HELPLINE	www.alcohol.org.nz	Free ☎	0800-787-797

CHILD & ADOLESCENT MENTAL HEALTH SUPPORT AGENCIES

ACCESS ABILITY LTD	NEW PLYMOUTH	Wendy Kopura ☎	06-758-0700
PO Box 8377, NP 4342	nasc.taranaki@accessability.org.nz	Fax	06-758-5201
Level 1 Kings Building, Devon St NP		Free ☎	0800-758-700
TARANAKI Service Leader	Jo-ann Tohia	Mobile	027-493-4607
<i>Needs Assessment service for younger people with long term disability needs.</i>			

ALCOHOL HELPLINE		Free ☎	0800-787-797
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A telephone service that provides information, advice, and short term counselling.

BUDGET ADVISORY SERVICE	NEW PLYMOUTH	☎	06-758-5996
32 Leach Street, NP 4310	np.budget@xtra.co.nz	Fax	06-758-2780
<i>Free advice, information & support to manage your budget.</i>			

BUDGET ADVISORY SERVICE	HAWERA	Free ☎	0800-333-048
46 Union Street, Hawera 4610	hawerabudget@xtra.co.nz	☎	06-278-8448
<i>Free advice, information & support to manage your budget.</i>			

CAREERS NEW ZEALAND	NEW PLYMOUTH	☎	0800-222 733
U-turn offices level 2 Devon Centre, Liardet St., NP 4310			
www.careers.govt.nz	Eileen.Kiffin@careers.govt.nz	<i>all information available at no cost</i>	

CHILD AND ADOLESCENT COMMUNITY CENTRE - TDHB		☎	06-753-7790
TDHB, Tukapa St entrance, NP 4310	camhs.cacc@tdhb.org.nz	Fax	06-753-7791
Private Bag 2016, NP 4342			

Provide a comprehensive mental health service at Taranaki District Health Board - Base Hospital and Hawera Hospital also outreach clinics in Stratford. We accept referrals from statutory and non-statutory health, education, police and welfare services. Fact Sheets on a range of mental health conditions are available through the TDHB website and through Like Minds Taranaki website

CHILD, YOUTH, AND FAMILY	NEW PLYMOUTH	☎	0508-326-459
Dawson House, 160 Devon St West, NP 4310	www.cyf.govt.nz	☎	06-968-3348
Cnr High and Argyle St, Hawera 4610	HAWERA	☎	06-278-3317

Provide care and protection, youth justice and adoption services with the vision of safe children, strong families and stronger communities.

COMMUNITY COMPUTER ACCESS CENTRE (CCAC)			
Level 1, 36 Devon St West, NP 4310	NEW PLYMOUTH	☎	06-759-2149
Free computer lessons	ccac@xtra.co.nz		

CCS DISABILITY ACTION	NEW PLYMOUTH	☎	06-758-5423
112 Vivian St			0800 227 2255
PO Box 324 NP 4340	ronny.martin@ccsdisabilityaction.org.nz		

Encourage people with disabilities to participate fully in all decisions affecting their lives on the basis of equality and respect for their dignity and rights.

FAMILY PLANNING ASSOCIATION 185 Powderham St, NP, 4310	NewPlymouth.Clinic@familyplanning.org.nz ☎ 0508 sexhealth	Provide advice, medical services and education in sexual and reproductive health.
FAMILY WORKS 51 Buller St, NP 4310	NEW PLYMOUTH familyworks-taranaki@psc.org.nz ☎ 06-758-5037	Provide a range of services accepting of all, which enables individuals, families and communities in NZ to help themselves
MINISTRY OF YOUTH DEVELOPMENT	www.youthstats.myd.govt.nz	
PATHWAYS Youth Respite 'REAL' – NP – Angela Gates	NEW PLYMOUTH Angela.gates@pathways.co.nz ☎ 06-757-2864	
POLICE YOUTH AID/EDUCATION Promoting individual safety with students and school communities and a reduction in the level to which these groups become either the perpetrators or victims of road crashes and anti-social behaviour.	anna.duncan@police.govt.nz ☎ 06-759-8862	
PREGNANCY COUNSELLING SERVICES	Free ☎ 0800-773-462	
PROBLEM GAMBLING FOUNDATION Free confidential professional counselling for people affected by problem gambling	NEW PLYMOUTH www.pgfnz.org.nz ☎ 06-769-6020 Free ☎ 0800-664-262	
PUBLIC HEALTH NURSES Taranaki Healthcare, Tukapa St Provide a community nursing service that improves and protects the health of children & young people in Taranaki	NEW PLYMOUTH sandi.french@tdhb.org.nz ☎ 06-753-7794	
SALVATION ARMY COMMUNITY AND FAMILY SERVICES 128 Powderham St, NP 4310 PO Box 354, 4340	NEW PLYMOUTH Emergency ☎ 06-758-2325 centraltaranaki_corps@nzf.salvationarmy.org HAWERA ☎ 06-278-8516 STRATFORD & ELTHAM ☎ 06-765-7969	☎/Fax 06-758-9338
Emergency food support, information, life skills, family support etc		
SEASONS	NEW PLYMOUTH ☎ 06-753-5657	
Offers peer support to children & young people who have suffered a loss in their lives to assist with the grieving process		
SEXUAL HEALTH & FAMILY PLANNING 185 Powderham St, NP 4310	NEW PLYMOUTH ☎ 0508 sexhealth (0508 739 432584) Fax 06-759-8369	
SUMMIT HOUSE TRUST (Formerly HRC Family Counselling Service) 276 High St, Hawera 4320	HAWERA ☎ 06-278-6399 admin@summithouse.org.nz	
TARANAKI COMMUNITY LAW TRUST Level 1, Vero Building, 10-12 Devon St West, NP 4310 Legal advice, information, assistance to people with unmet legal needs through accessible professional legal service.	NEW PLYMOUTH ☎ 06-759-1492 tcls@xtara.co.nz	
WELLSTOP 361 Devon St East, NP 4310 Provide counselling and support for victims of sexual assault. Provision of general counselling and family therapy.	NEW PLYMOUTH ☎ 06-758-4178 enquiries@wellstop.org.nz	
TDHB – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES TDHB, Tukapa St entrance, NP 4310 Private Bag 2016, NP 4342 Provide a comprehensive mental health service at Taranaki District Health Board - Base Hospital and Hawera Hospital also outreach clinics in Stratford. We accept referrals from statutory and non-statutory health, education, police and welfare services. Fact Sheets on a range of mental health conditions are available through the TDHB website and through Like Minds Taranaki website www.likemindstaranaki.org.nz	camhs.cacc@tdhb.org.nz Fax 06-753-7791	☎ 06-753-7790
THE LOWDOWN WEBSITE Helping youth to understand and deal with depression – trained counsellor available to talk to	www.thelowdown.co.nz	
“TRIPPIN” Designed specially for youth	www.trippin.co.nz	
TUI ORA YOUTH SERVICES 36 Maratahu Street NP 4310	NEW PLYMOUTH ☎ 0508-4 96-884 youthservice@tuiora.co.nz	
TU TAMA WAHINE O TARANAKI Tangata Whenua Development and Liberation Service 62 Powderham St, PO Box 4030, NP 4340 C.E.O: Awhina Cameron Director: Ngaropi Cameron Taranaki Ora: Norah Puketapu-Collins Domestic Violence Education Programmes, Counselling, Child Therapy, Men's Violence Programmes, After School Children's Programmes, Social Workers in Schools and Cultural Supervision	NEW PLYMOUTH ☎ 06-758-5795 www.tutamawahine.org.nz reception@tutamawahine.org.nz reception@tutamawahine.org.nz norah.puketapu@tutamawahine.org.nz	

Our thoughts affect our feelings...
Our feelings affect our attitudes...
Our attitudes affect our actions...
Our actions affect our outcomes...

URGE WEBSITE	www.urge.co.nz		
Youth health and information service designed to assist young people to find useful information or resources to help them in a variety of areas.			
VICTIM SUPPORT	NEW PLYMOUTH		06-759-5519
	new_plymouth@victimsupport.org.nz	Free 	0800-842-846
Provide a confidential, 24 hour, 7 day a week personalised service to victims of crime, accident and emergency.			
YOUNG PEOPLE'S TRUST	NEW PLYMOUTH		06-758-7182
98 Liardet St, NP 4310 - PO Box 448, NP 4340	inquiries@youngpeoplestrust.org.nz	Free 	0800-00-2288
Offer up to date information, advocacy, referrals, education, counselling and support, for the well being of young people and their families.			
YOUTH DEVELOPMENT – Ministry of	WELLINGTON		04 916 3300
PO Box 1556, Wellington 6140	www.myd.govt.nz		
YOUTH GAMBLING HELPLINE	www.inyaface.co.nz		
Believe in youth supporting youth, so we have young counsellors and we've developed this website with a youth focus			
YOUTHLINE		Free 	0800-376-633
www.youthline.co.nz	talk@youthline.co.nz	Free TXT	234
www.facebook.com/youthline.changing.lives			
Free confidential and non judgemental telephone, txt or email counselling service			

COUNSELLORS

NORTH TARANAKI: Private Practices:

BELLOMO FAMILY HEALTH	Unit 7, 17 Nobbs Line, Strandon NP 4312		06-757-2222
CHANCELLOR Lee		 Mobile	06-758-6888 021-402-200
CLEMENTS Kate	59 Lemon St, PO Box 4201, NP 4310 www.kateclements.com		06-758-5212
DOLAN Gerard	127 Vivian St NP 4310		06-759-1050
FOOTPRINTS	73 Whiteley St, NP 4310 info@footprints.kiwi.nz http://www.footprints.kiwi.nz		06-28111-49
Dee Costello and Carol Pritchard specialising in person-centred therapy, cognitive behavioural therapy, solution-focussed therapy and child-centred play therapy.			
FUTURE EDGE	693 Carrington St, NP 4371 wayne@future-edge.co.nz www.future-edge.co.nz	 Mobile	06-753-5914 027-242-1580
Counselling, coaching and supervision			
FUTURE 4U -Specialising in Alcohol and Drug Addiction Counselling Level 3, 44 Liardet St, NP. PG Dip Alcohol and Drug Studies, MNZAC, DAPAANZ (Reg. Prac.)	yvonne@future4u.co.nz www.future4u.co.nz	Mobile	027-235-4197
GLASS John Dr	187 Powderham St, NP 4310		06-757-5897
GOODKIND Dan Dr	187 Powderham St, NP 4310 Clinical psychologist/neuropsychologist (ACC, CYF Provider)	 	06-758-0555 06-757-5897
GUY Alan	198 Carrington St, NP 4310		06-753-9222
HOLDEM Lynne	3 rd Floor, Brougham House, Devon & Brougham Sts, NP 4310 www.psychosynthesis.co.nz	 Mobile	06-769-6050 021-173-9904
JOHNSTON Denise	Unit 5, Strandon Professional Centre, 17 Nobbs Line NP4312 denjohnston@maxnet.co.nz	Mobile Mobile	021-185-9999 021-185-9999
MNZCCA Counsellor (ACC registered) ALSO on Wednesdays at 52 Juliet St, STRATFORD			
KOORTS Martin	127 Vivian Street, NP 4310 mndkoorts@gmail.com	 Mobile	06-757-4898 021-444-297
LICHTWARK Sue	Sue.chas.lichtwark@xtra.co.nz	Mobile	027-284-7989
LUOND Marnie	Aurora Centre 59 Lemon St NP 4310 marnides@clear.net.nz		06-758-4579
MARTIN Dan	199 Devon St East, NP 4310	 	06-758-4178 06-757-4506
MARTIN Victoria	199 Devon St East, NP 4310 vicki@safercentre.org.nz	 	06-758-4178 06-757-4506
MEEGAN CARE HOLISTIC COUNSELLING	32 Egmont St, NP 4310 info@meegancare.co.nz www.meegancare.co.nz	FREE 	0800-843-727
MOLLOY Annemarie	C/o Northpoint LifeCare Centre amolloy@slingshot.co.nz	Mobile	027-785-5262
POWELL Jane	187 Powderham St, NP 4310 PO Box 4239, NP 4340 jane@psycho.co.nz	 	06-757-5897 06-758-0555
SACHSENWEGER Mieke	Clinical Psychologist		
Mon & Thur - Talking Point - 127 Vivian Street, NP 4310			06-757-4898
Tue & Wed - Psychology & Counselling - 185 Powderham Street, NP4310			06-757-5897

SHORVON Colin - Clinical Psychologist	Mobile 027-765-8095	☎	06-753-6226
SYLVIA HUITSON – ACTIVE INTENTIONS			
Powderham Business Centre, 117 Powderham St, NP 4310		Mobile	027-600-0302
THURLOW Carmen	11 Onaero Beach Road WAITARA 4312	☎	06-752-3333
VAUGHAN Rachel Dr	187 Powderham St, NP 4310	☎	06-757-5897
rachel@psycho.co.nz	Clinical Psychologist	Fax	06-758-0555
PO Box 4239, NP 4340			
WHAKARURUHAU PSYCHOLOGY SERVICES LTD	PO Box 133, NP 4383	☎	06-769-9085
North Taranaki: Larger Practices			
AURORA CENTRE	59 Lemon St, NP 4310	☎	06-758-4579
LUOND Marnie	POTTINGER-HOCKINGS Beth	Fax	06-758-4579
BOND COUNSELLING – JANE McPHERSON		☎	06-759 0285
janemcpherson@orcon.net.nz	49 Powderham St, NP 4310	Mobile	027-220-2662
LIFELINE AOTEAROA	PO Box 74-010, Greenlane, Auckland, 1546		
www.lifeline.org.nz	0800-LIFELINE	Free ☎	0800-543-354
		Free ☎	0800-664-262
MANNA HEALING CENTRE	134 Upper Wairau Rd, RD 4 NP 4374	☎	06-752-7620
mannahealing@xtra.co.nz		or	06-752-7649
		Mobile	022-094-8960
NORTHPOINT LIFE CARE	NEW PLYMOUTH	☎	06-755-0250
lifecare@northpoint.org.nz	PO Box 9003 Bell Block NP 4351	Fax	06-755-0250
PRESBYTERIAN SUPPORT	NEW PLYMOUTH	☎	06-758-5037
Family Works - Taranaki	familyworks-taranaki@psc.org.nz	Fax	06-759-1431
51 Buller St., NP 4310	www.psc.org.nz		
Taiohi Oranga, 45 Regent St	HAWERA	☎	06-278-6385
Community Centre, 52 Juliet St	STRATFORD	☎	06-765-0531
PREGNANCY COUNSELLING SERVICES		Free ☎	0800-773-462
PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH		
www.pgfnz.org.nz			
Free confidential professional counselling for people affected by problem gambling		Free ☎	0800-664-262
PSYCHOLOGY & COUNSELLING ASSOCs	187 Powderham St, NP 4310	☎	06-757-5231
GLASS John, POWELL Jane, BUCKLEY Sheril, VAUGHAN Rachel		Fax	06-757-0555
RESOURCE & REFERRAL DIRECTORY		☎	09-575-4699
TARANAKI DISTRICT HEALTH BOARD - MENTAL HEALTH AND ADDICTIONS SERVICES			
Alcohol & Drug Services	Tukapa St, NP 4310	☎ 753-7838	Fax 753-7715
Child & Adolescent	Tukapa St, NP 4310	☎ 753-7790	Fax 753-7791
Adult Mental Health Services	Tukapa St, NP 4310	☎ 753-7749	Fax 753-7715
Mental Health Services - Elderly	Tukapa St, NP 4310	☎ 753-7749	
TU TAMA WAHINE o TARANAKI	62 Powderham St, NP 4310	☎	06-758-5795
reception@tutamawahine.org.nz	www.tuioara.co.nz	Fax	06-758-6881
YOUNG PEOPLE'S TRUST		☎	06-758-7182
98 Liardet St, NP 4310	inquiries@youngpeoplestrust.org.nz	Free ☎	0800-00-2288
PO Box 448, NP 4340		Fax	06-758-7056
Information, advocacy, referrals, education, counselling and support, for the well being of young people and their families.			
YOUTHLINE	Free TXT 234	Free ☎	0800-376-633
www.youthline.co.nz	talk@youthline.co.nz	www.facebook.com/youthline.changing.lives	
Free confidential and non judgemental telephone, txt or email counselling service			
SECONDARY SCHOOLS			
FRANCIS DOUGLAS	(Carol Land)	☎	06-753-6149
c.land@fdmc.school.nz		Fax	06-753-6148
INGLEWOOD HIGH SCHOOL	(Wendy Payne)	☎	06-756-8148
wendy.payne@inglewoodhs.school.nz		Fax	06-756-8317
NEW PLYMOUTH BOYS' HIGH	(Dave Moore)	☎	06-758-5399
dave.moore@npbhs.school.nz		Fax	06-759-8814
NEW PLYMOUTH GIRLS' HIGH	(Yvonne van Lent)	☎	06-757-3899
yvanlent@npghs.school.nz		Fax	06-757-3882
SACRED HEART GIRLS' COLLEGE	(Vivienne Zsigovits)	☎	06-758-5023
vzs@catholicgirlsnp.school.nz		Fax	06-758-0126
SPOTSWOOD COLLEGE	(Nigel Colless)	☎	06-751-2416
nco@spotswoodcollege.school.nz		Fax	06-751-2418
WAITARA HIGH SCHOOL		☎	06-754-7514
admin.office@waitarhs.school.nz		Fax	06-754-7199

CENTRAL, COASTAL AND SOUTH TARANAKI			
COASTAL TARANAKI SCHOOL		☎	06-752-4022
office@coastaltaranaki.school.nz		Fax	06-752-4155

DYER Stephan stephan.dyer@gmail.com	Stratford Baptist Church	☎	06-765-0388
		Mobile	021-130-7810
FAMILY WORKS - TARANAKI familyworks-taranaki@psc.org.nz	45 Regent St, Hawera 4610	☎	06-278-6385
	52 Juliet St, Stratford 4332	☎	06 765 0531
HAWERA HIGH SCHOOL hil@hawerahs.school.nz - Chris	(Megan Wereta & Chris Hilford)	☎	06-278-4145 ex 827
	wer@hawerahs.school.nz - Megan		
HAWERA FAMILY SUPPORT CENTRE	Box 359, Hawera 4640	☎	06-278-6385
HAWERA RAPE CRISIS 6 Furlong St, Hawera 4610	HAWERA 24 hour crisis phone, counselling and support	☎	0800-472-496
SUMMIT HOUSE TRUST (Formerly HRC Family Counselling Service) 276 High St, Hawera 4320	HAWERA	☎	06-278-6399
OPUNAKE HIGH SCHOOL sr@opunakeschool.nz	(Simon Reed)	☎	06-761-8723
		Fax	06-761-7262
REFLECTIONS COUNSELLING SERVICES reflectionsounsel@xtra.co.nz	89 Regan St, Stratford 4332	☎	06-765-8280
	(Faith Smith)	Fax	06-765-8281
SOUTH TARANAKI COUNSELLING Tai-ohi Oranga House, 45 Hunter St. Hawera 4610	Sylvia Huitson	Mobile	027-600-0302
STRATFORD HIGH SCHOOL bt@stratfordhigh.school.nz	Swansea Rd, Stratford 4332	☎	06-765-6039 Ext 722
	Toni Butler	Fax	06-765-5356

TERTIARY EDUCATION

WITT – WESTERN INSTITUTE OF TECHNOLOGY AT TARANAKI 20 Bell St, NP 4310	Margaret Smith - Counsellor	☎	06-757-3100
		Fax	06-757-3266

EMPLOYMENT PLACEMENT SERVICES

EXPERIENCE EXPRESS Level 1, 36 Devon St West, NP 4310 <i>Supporting mature workers into employment</i>	NEW PLYMOUTH expexp@xtra.co.nz www.expexp.co.nz	Marie Eagle	☎	06-769-5292
			Fax	06-769-5293
PATHS - Providing Access to Health Services <i>A Work and Income, Taranaki DHB and Webhealth initiative</i> <i>Employment support and information</i>			☎	06-769-5618
			Fax	06-968-6015
STEPPING STONES <i>Emp. service for people with disabilities</i>	NEW PLYMOUTH steppingstonesatawhai_ind@xtra.co.nz	Linda Aldridge	☎	06-758-0397
WORK AND INCOME NEW ZEALAND Dawson House, 160 Devon St West, 4310	www.workandincome.govt.nz	Free	☎	0800-559-009
15 Union St – Hawera 4610	NEW PLYMOUTH	Fax		06-968-6018
208 Broadway – Stratford 4332	HAWERA	Fax		06-278-0394
Waitara Centre, Queen St., 4320	STRATFORD	Fax		06-765-0394
	WAITARA	Fax		06-754-6293

WORKBRIDGE INC NP 4310 stevea@workbridge.co.nz	NEW PLYMOUTH www.workbridge.co.nz	Steve Ander	☎	06-759-9260
			Fax	06-759-9265
<i>Jobs and training for people with disabilities including support, information, training etc</i>				
WORKWISE Puriri House, 220 Devon St West, NP 4310 <i>Employment Agency for people with mental health challenges</i>	NEW PLYMOUTH Wayne.Samways@workwise.org.nz www.workwise.org.nz	Wayne Samways	☎	06-757-3831
			Fax	06-757 2870

EMPLOYMENT & VOCATIONAL SUPPORT SERVICES - TARANAKI

AUTISM TARANAKI Kings Building Level 2 36 Devon Street West, NP 4310	NEW PLYMOUTH www.autismnz.org.nz taranaki@autismnz.org.nz		☎	06-769-5958
ATAWHAI INDUSTRIES 38G Maclean St., NP 4312	NEW PLYMOUTH steppingstones@atawhai.co.nz	Steve Hales	☎	06-758-0397
			Mobile	027-445-253
<i>Providing a broad list of services; Vocational services, employment within the Trust's business enterprises, community participation programs, independent supported living services and a separate MSD contract for open supported employment (see Stepping Stones pg 16 & 17)</i>				
CAREERS NEW ZEALAND U-turn offices level 2 Devon Centre, Liardet St., NP 4310 www.careers.govt.nz	NEW PLYMOUTH Eileen.Kiffin@careers.govt.nz		☎	0800-222 733
				<i>all information available at no cost</i>
COMMUNITY COMPUTER ACCESS CENTRE (CCAC) Level 1, 36 Devon St West, NP 4310 <i>Free computer lessons</i>	NEW PLYMOUTH ccac@xtra.co.nz		☎	06-759-2149
DEPARTMENT OF LABOUR www.dol.govt.nz	WELLINGTON www.immigration.co.nz	Free	☎	0800-20-90-20
DRESS FOR SUCCESS Level 1, 36 Devon St West, NP 4310 <i>"Every woman succeeding"</i> Facebook-Dress For Success New Plymouth	NEW PLYMOUTH expexp@xtra.co.nz	Lorraine Webber	☎	06-769-5292
			Fax	06-769-5293
<i>Promoting the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.</i>				
ENGLISH LANGUAGE PARTNERS TARANAKI 16 Lemon Street, PO Box 149, NP 4310	NEW PLYMOUTH taranaki@englishlanguage.org.nz	Yuka Kobayashi	☎	06-759-1118

EXPERIENCE EXPRESS Level 1, 36 Devon St West, NP 4310	NEW PLYMOUTH expexp@xtra.co.nz	Marie Eagle	☎	06-769-5292
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Supporting mature workers into employment www.expexp.co.nz		Fax	06-769-5293
LIFE SKILLS TARANAKI – ORANGA PUNENGA O TARANAKI			
8-14 Manadon St., NP 4310	NEW PLYMOUTH	☎	06-751-0188
	life.skills-np@xtra.co.nz	Fax	06-751-0184
MIND AND BODY	www.mindandbody.co.nz	☎	09-630-5909
OPEN POLYTECHNIC OF NEW ZEALAND		☎	0508-620-200
86 Wyndrum Ave., Lower Hutt 5011	www.openpolytechnic.ac.nz	Fax	04-913-3508
PATHS - Providing Access to Health Services			
A Work and Income, Taranaki DHB and Webhealth initiative		☎	06-769-5618
Employment support and information		Fax	06-968-6015
PROGRESS TO HEALTH	NEW PLYMOUTH		
15 Dawson St, NP 4310	www.progresstohealth.org.nz	☎	06-757-5549
		Fax	06-757-5435
<i>Providing one to one support for recovery and wellness, with a wide range of programme and activity options</i>			
STEPPING STONES	NEW PLYMOUTH		Linda Aldridge
Emp. service for people with disabilities	steppingstonesatawhai_ind@xtra.co.nz	☎	06-758-0397
TARANAKI ADULT LITERACY SERVICES	NEW PLYMOUTH		Sharon Wills
PO Box 672, NP 4340		☎	06-759-4650
Cnr Lemon & Liardet Sts, NP 4310			
	taranakiadulthoodliteracy@xtra.co.nz		www.taranakiadulthoodliteracy.org.nz
<i>Assisting adults with reading, writing and numeracy</i>			
U TURN	NEW PLYMOUTH	Ron Burley	
Suite 2, Second Floor, Devon Centre,	44 Liardet St, NP 4310	☎	06-758-6877
	uturns@xtra.co.nz	Fax	06-758-6877
<i>Community training Service - Meaningful activity programmes and vocational employment</i>			
VOLUNTEERING NEW PLYMOUTH	NEW PLYMOUTH		Heather Dodunski
First Floor, Kings Building	www.volunteeringnewplymouth.org.nz	☎	06-758-8986
36 Devon St West, NP 4310	npvsnz@yahoo.co.nz		
<i>Increasing the efficiency, effectiveness and capacity of volunteers and volunteer groups</i>			
WITT (Polytechnic)	NEW PLYMOUTH	☎	06-757-3100
20 Bell St, NP 4310 – Vanessa Henley	info@witt.ac.nz	Free ☎	0800-WITT-WORKS
Education and information	www.witt.ac.nz		
WORK AND INCOME NEW ZEALAND	www.workandincome.govt.nz	Free ☎	0800-559-009
Dawson House, 160 Devon St West 4310	NEW PLYMOUTH	Fax	06-968-6018
15 Union St – Hawera 4610	HAWERA	Fax	06-278-0394
208 Broadway – Stratford 4332	STRATFORD	Fax	06-765-0394
Waitara Centre, Queen St., 4320	WAITARA	Fax	06-754-6293

Every important journey starts by “Taking the First Step”

There are many wonderful organisations in Taranaki that provide support and information on job-seeking for people with health issues.

This 64 page Guidebook “Employment – Taking the First Step” is a handbook for jobseekers with health issues.

It is freely available at Workwise, Puriri House, 220 Devon St. West

FORENSIC - REGIONAL SERVICES

HEALTH WAIKATO REGIONAL FORENSIC SERVICES



07-839-8641

GENERAL PRACTITIONERS - NORTH TARANAKI

(Current as at January 2015)

GP NAME EMAIL	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
NEW PLYMOUTH		MHN : Midlands Health Network	PO Box 8196, 4342	759-4364	759-4341
		Te TIHI : Te Tihi Hauora O Taranaki	PO Box 8250, 4342	758-4650	
EMERGENCY MEDICAL CARE			Taranaki Base Hospital	111	
ARIF Ahmed	MHN	Tui Ora Family Health	36 Maratahu Street, NP 4310	759-7310	759-7309
tuiorafamilyhealth@tuiora.co.nz					
BELLOMO John	MHN	Bellomo Family Health	Unit 7-17 Nobs Line NP 4312	757 2222	757 2224
Kathy.Hemsley@bellomohealth.co.nz					
BHAKTA Bharat	MHN	Eastside MC	448 Devon St East NP 4312	753-3111	757-3117
manager@eastsidemedical.co.nz					
BOLAM Zara	MHN	Medicross	8 Egmont Street NP 4310	759-8915	
medicross@xtra.co.nz					
BROWN Amanda	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					
BRUCE Rose	MHN		Unit 16/17 Nobs Line NP 4312	769-9567	769-9569
admin@strandonhealth.co.nz					
CAHILL Diarmuid	MHN	Vogeltown Medical	258 Carrington Street NP 4310	753-7258	753-7126
devon.dcahill@devonmedical.co.nz					
CATT Peter	MHN	Family Health	70 Vivian St NP 4310	758-7508	758-2596
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CHANG William	MHN	Eastside MC	448 Devon St East NP 4312	753-3111	757-3117
manager@eastsidemedical.co.nz					
CHURCHMAN G	MHN	Moturoa MC	490 St Aubyn St NP 4310	751-0390	751-2833
glenis@moturoaamedical.co.nz					
DALMAN Matt	MHN		283 Devon St West NP 4310	759-1888	759-7413
admin@devonmedical.co.nz					
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admin@strandonhealth.co.nz					
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familyhealth@familyhealth.co.nz					
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GADSBY Allison	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
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email@carefirst.co.nz					
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email@carefirst.co.nz					
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tuiorafamilyhealth@tuiora.co.nz					
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HUNTER, Joanne	MHN		283 Devon St West NP 4310	759-1888	759-7413
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JAQUEMARD Nicola	MHN	Vogeltown MC	258 Carrington St NP 4310	753-7258	753-7126
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email@carefirst.co.nz					
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GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
KENNEDY Mike	MHN	Vivian MC	56-58 Vivian St NP 4310	758-5015	758-0847
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KOEN Rall	MHN	Central MC	72 Vivian St	NP 4310	758-0863	758-5658	
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LEARY Pat	MHN	Devon MC	283 Devon St West	NP 4310	759-1888	759-7413	
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LUPTON Nina	MHN	CAREfirst	99 Tukapa St	NP 4310	753-9505	753-9501	
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MCNEIL Andrew	MHN	Eastside MC	448 Devon St East	NP 4312	757-3111	757-3117	
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	email@carefirst.co.nz						
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PRICE Ian	MHN	Tukapa MC	52 Tukapa St	NP 4310	753-3070	753-3141	
	tukapamedicalcentre@yahoo.co.nz						
PUTT Geoff	MHN	CAREfirst	99 Tukapa St	NP 4310	753-9505	753-9501	
	email@carefirst.co.nz						
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	tuiorafamilyhealth@tuiora.co.nz						
RICH Peter	MHN	Powderham MC	177 Powderham St	NP 4310	758-2454	757-8601	
	prich@clear.net.nz		PO Box 4138	NP 4340			
RILEY Paul	MHN	Merrilands MC	200 Mangorei Rd	NP 4312	758-8773	757 8053	
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	glenis@moturoamedical.co.nz						
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	email@merrilandsmedical.co.nz						
SMITH Stephen	MHN	Vivian MC	56-58 Vivian St	NP 4310	758-5015	758-0847	
	practicemanager@vmc.co.nz						
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	bellblockdomett@gmail.com						
TEAGUE Judith	MHN	Vivian MC	56 Vivian St	NP 4310	758-5015	758-0847	
	practicemanager@vmc.co.nz						
TERBLANCHE Janita	MHN	Parklands MC	Parklands Ave, Bell Block	4312	755-0422	755-3385	
	bellblockdomett@gmail.com						
THANEERU Ganesh		Phoenix Urgent Drs	95 Vivian St	NP 4310	759-4295	759-4297	
	npdcs@clear.net.nz						
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	email@carefirst.co.nz						
VAN HYFTE David	MHN	Vogeltown MC	258 Carrington St	NP 4310	753-7258	753-7126	
WHITE Dawn	MHN	CAREfirst	99 Tukapa St	NP 4310	753-9505	753-9501	
	email@carefirst.co.nz	PRAC					
NEW PLYMOUTH MEDICAL CENTRES							
BELL BLOCK FAMILY HEALTH CENTRE TE TIHI			949 Devon Rd	NP 4312	755-2504	755-0933	
BELLOMO FAMILY HEALTH			Unit 7-17 Nobs Line	NP 4312	757 2222	757 2224	
CAREfirst MEDICAL CENTRE		MHN	99 Tukapa St	NP 4310	753-9505	753-9501	
	email@carefirst.co.nz						
CENTRAL MEDICAL CENTRE		MHN	72 Vivian St	NP 4310	758-0863	758-5658	
CITY WEST MEDICAL CENTRE		MHN	125 Vivian St	NP 4310	758-0863		
			16				
GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX		
DEVON MEDICAL CENTRE	MHN		283 Devon St West	NP 4310	759-1888	759-7413	
	admin@devonmedical.co.nz						

EASTSIDE MEDICAL CENTRE	MHN	448 Devon St East	NP 4312	757-3111	757-3117
manager@eastsidemedical.co.nz					
FAMILY HEALTH CENTRE	MHN	70 Vivian St	NP 4310	758-7508	758-2596
familyhealth@familyhealth.co.nz					
GENEVA HEALTHCARE		Unit 2, 477a Devon St East	NP 4312	0508 466 322	0903535201
mariaf@genevahealth.com					
MIDLANDS HEALTH NETWORK		Box 8196	NP 4342	759-4364	759-4361
Pauline.Cruikshank@midlandshn.health.nz					
MEDICROSS ACCIDENT & MEDICAL CLINIC	MHN	8 Egmont St	NP 4310	759-8915	759-8917
medicross@xtra.co.nz					
MERRILANDS MEDICAL CENTRE	MHN	2 Smith Rd	NP 4312	758-8773	
email@merrilandsmedical.co.nz					
MOTUROA MEDICAL CENTRE	MHN	490 St Aubyn St	NP 4310	751-0390	751-2833
glenis@moturomedical.co.nz					
PARKLANDS MEDICAL CENTRE	MHN	Parklands Shopping Centre	NP 4312	755-0422	755-3385
bellblockdomett@gmail.com					
PHOENIX URGENT DOCTORS	MHN	95 Vivian St	NP 4310	759-4295	759-4297
npdocs@clear.net.nz					
POWDERHAM MEDICAL CENTRE	MHN	177 Powderham St	NP 4310	758-2454	757-8601
prich@clear.net.nz					
STRANDON HEALTH	MHN	Unit 16/17 Nobs Line	NP 4312	769-9567	769-9569
admin@strandonhealth.co.nz					
TUI ORA FAMILY HEALTH	MHN	36 Maratahu St	NP 4310	759-7310	759-7309
tuiorafamilyhealth@tuiora.co.nz					
TE TIHI HAUORA O TARANAKI PHO		PO Box 8250	NP 4342	758-4650	
admin@tehihihaورا.co.nz					
TUKAPA MEDICAL CENTRE	MHN	52 Tukapa St	NP 4310	753-3070	
tukapamedicalcentre@yahoo.co.nz					
VIVIAN MEDICAL CENTRE	MHN	56-58 Vivian St	NP 4310	758-5015	758-0847
practicemanager@vmc.co.nz Estelle Williams P.O Box 142, New Plymouth 4340					
VOGELTOWN MEDICAL CENTRE	MHN	258 Carrington St	NP 4310	753-7258	753-7126
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INGLEWOOD:					
FINNIGAN Stephen	MHN	Inglewood MC	12 Brown St ING 4330	06-756-7227	
s.finnigan@paradise.net.nz Fax 06-756-6437					
FONESKA Maria	MHN	Inglewood MC	12 Brown St ING 4330	06-756-7227	
drfonseka@paradise.co.nz Fax 06-756-6437					
JONES Diane	MHN	Inglewood MC	12 Brown St ING 4330	06-756-7777	
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OAKURA MEDICAL CENTRE	MHN	1149 South Road	Oakura 4313	06-752-7199	
oakura@oakuramc.co.nz Fax 06-752-7199					
ANDERSON Brett	MHN	Oakura MC 1149 South Road	Oakura 4313	06-752-7199	
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oakura@oakuramc.co.nz					
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WAITARA:					
MORRISON Chris	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320	06-754-8119	
practice@waitarahealth.co.nz Fax 06-754-8461					
PETTIGREW N	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320	06-754-8119	
practice@waitarahealth.co.nz Fax 06-754-8461					
TAYLOR Colin	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320	06-754-8119	
practice@waitarahealth.co.nz Fax 06-754 8461					
WHITWELL M	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320	06-754-8119	
practice@waitarahealth.co.nz Fax 06-754-8461					
DOMETT STREET FAMILY PRACTICE	MHN	14a Domett St	Waitara 4320	06-754-7040	
waitaradomett@gmail.com Fax 06-754-8680					
WAITARA HEALTH CENTRE	MHN	McLean & Grey Sts, Waitara	4320	06-754-8119	
practice@waitarahealth.co.nz Fax 06-754-8461					
URENUI & DISTRICTS HEALTH GROUP		Takiroa St	Urenui 4375	06-752-3283	

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WESTRAAD	MHN	Eltham MC	132 High St Eltham 4322	06-764-8702	06-764-5184
eltham.med@xtra.co.nz					
ELTHAM HEALTH CENTRE			132 High St Eltham 4322	06-764-8702	
eltham.med@xtra.co.nz					
HAWERA:					
BLAYNEY KT	IND		PO Box 447 Hawera 4640	06-278-5189	
www.drblayney.com					
BEZUIDENHOUT Melanie	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
BOND Paul	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
ISLAM Azizul	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
MELLISH Robert	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
CAMERON Kirsten	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
MOUNTAINVIEW MEDICAL CENTRE	MHN		37 Hunter St Hawera 4610	06-278-9866	
NGATI RUANUI HEALTH CARE			41 Hunter St Hawera 4610	06-278-1310	06-278-0157
ruanui.health@xtra.co.nz					
OPUNAKE:					
OPUNAKE MEDICAL CENTRE			Cnr Dommatt & Havelock St Opunake 4616	06-761-7324	06-761-7254
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medtrust@xtra.co.nz					
STRATFORD:					
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SINGH M	MHN	Regan St M	95 Regan St Stfd 4332	06-765-8178	06-765-6642
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WOOD Brian	MHN	Avon MC	8 Romeo St Stfd 4332	06-765-5454	06-765-7900
practicemanager@avonmedical.co.nz					
AVON MEDICAL CENTRE			8 Romeo St Stfd 4332	06-765-5454	06-765-7900
practicemanager@avonmedical.co.nz					
REGAN ST MEDICAL	MHN		95 Regan St, Stfd 4332	06-765-8178	06-765-6642
tasmt@xtra.co.nz					
WAVERLEY:					
Te Oranganui Medical Centre Te Waipuna			13 Hussey St, Waverly 4510	06 346 5193	



GPs and others have another option to assist their patients with mild to moderate mental illness, and best of all – for people with mental health problems – it provides the opportunity to learn more about their mental health and to learn to manage their recovery and on-going mental wellness—in their own time and at their own pace. Libraries have invested in their range of books and these are being well used by people already being referred to recommended books by their GPs.

Ambulance Advisory Line Free ☎ 0800-735-466

ADVOCACY FOR PEOPLE WITH DISABILITIES		ELTHAM	Alex Ballantyne
15 Castle St Eltham 4322			☎ 06-765-6072
ballantyne@infoegenet.nz - free benefit advocacy service			or 06-764-7279
CORRECTIONS - Dept of:			☎ 06-769-8500
Probation Service	192 Devon St West 4310	NEW PLYMOUTH	☎ 06-759-0600
			Fax 06-759-0601
	33 Princes St., 4610	HAWERA	☎ 06-278-0650
			Fax 06 278 0651
DISTRICT INSPECTOR Murray Cochrane		NEW PLYMOUTH	☎ 06-757-3944
Bank Chambers 2 nd floor Brougham House			
50 Devon Street West		murray@bankchambers.co.nz	☎ 06-769-9400 (ext 7)
PO Box: 8213			☎ 021-300-479
HUMAN RIGHTS COMMISSION		WELLINGTON	☎ 04-473-9981
Box 12-411, Thorndon, Wellington 6140			Fax 04-471-6759
		www.hrc.co.nz	Free ☎ 0800-496-877
LEGAL AID OFFICE OF NEW PLYMOUTH		NEW PLYMOUTH	☎ 06-759-0451
Devon Street West, PO Box 590, NP 4310		www.lsa.govt.nz	Fax 06-759-0476
JUSTICE – Ministry of:		NEW PLYMOUTH	☎ 06-968-6500
Courts	- Robe St., NP 4310	NEW PLYMOUTH	Fax 06-968-6501
	- 64-68 Princes St. 4610	HAWERA	☎ 06-278-2080
Family Court	- Atkinson Building 4310	NEW PLYMOUTH	☎ 06-968-6497
		www.justice.govt.nz/family	
HEALTH & DISABILITY ADVOCACY SERVICE		NEW PLYMOUTH	☎ 06-759-2111
Karen Angland		www.hdc.org.nz/advocacy	Fax 06-759-2111
PO Box 8375 NP 4342		karena@hdc.org.nz	Free ☎ 0800-555-050
OMBUDSMEN - Office of		WELLINGTON	Tele 04-473-9533
PO Box 10-152, The Terrace, Wellington 6140		www.ombudsmen.govt.nz	Free ☎ 0800-802-602
POLICE	Post Code	Emergency Only	☎ 111
Powderham Street	4310	NEW PLYMOUTH	☎ 06-759-5500
Liardet St	4310	www.police.govt.nz	☎ 06-769-9132
Clemow Rd, Fitzroy	4312	FITZROY	☎ 06-757-3073
31 Wynyard St	4312	BELL BLOCK	☎ 06-755-9130
175 High St	4322	ELTHAM	☎ 06-764-8055
128 Princes St	4610	HAWERA	☎ 06-278-0260
Brooks St	4330	INGLEWOOD	☎ 06-756-0900
State Highway 3	4376	MOKAU	☎ 06-750-5000
Cumming St.,	4335	OKATO	☎ 06-752-4111
106 Tasman St	4616	OPUNAKE	☎ 06-761-6050
27 Victoria St	4520	PATEA	☎ 06-273-8318
Miranda St	4332	STRATFORD	☎ 06-765-8860
23 Domett St	4320	WAITARA	☎ 06-754-9200
SEXUAL AND CHILD ABUSE TEAM		NEW PLYMOUTH	☎ 06-751-1058
POLICE INFRINGEMENT BUREAU			Free ☎ 0800-105-777
PRISONERS AID & REHABILITATION TRUST		NEW PLYMOUTH	☎ 06-758-1361
163 Devon St West, NP 4310		taranaki@xtra.co.nz	Fax 06-758-1347
PRIVACY COMMISSIONER		www.privacy.org.nz	Free ☎ 0800-803-909
TARANAKI DISTRICT HEALTH BOARD			☎ 06-753-6139
CONSUMER ADVISOR TDHB Mental Health and Addiction Service			
Sarah Gillington		Sarah.Gillington@tdhb.org.nz	☎ 06-753-6139
FAMILY/WHANAU ADVISOR TDHB Mental Health Services			☎ 06-753-6139
Jim Dickinson		jim.dickinson@tdhb.org.nz	
TARANAKI COMMUNITY LAW TRUST		NEW PLYMOUTH	Free ☎ 0800-529-878
Level 1, Vero Building, 10-12 Devon St West, NP 4310			☎ 06-759-1492
tcls@xtra.co.nz			Fax 06-759-1475
56 Disraeli St. Hawera 4610		HAWERA	☎ 0800-528-878
Waitara Public Library, Queen St.		WAITARA	☎ 06-759-1492
Old District Concil Bldg, Napier St		OPUNAKE	☎ 06-759-1492
Stratford Community House, 52 Juliet St		STRATFORD	Free ☎ 0800-529-878
<i>Taranaki Community Law Trust is a non-profit organisation that provides a free and confidential legal service to the community.</i>			
For numerous excellent downloads regarding: ACC Law; Consumer Law; Criminal Law; Debt; Disputes Tribunal; Employment Law; Family Law; Human Rights; Immigration; Neighbourhood Issues; Tenancy Law; Traffic Law; Wills & Estates; and Youth Law...			
www.communitylawtaranaki.org			
VICTIM SUPPORT			☎ 06-759-5519
new_plymouth@victimsupport.org.nz		www.victimsupport.org.nz	Free ☎ 0800-842-846
		HAWERA	☎/Fax 06-278-0274
central_taranaki@victimsupport.org.nz		STRATFORD	☎ 06-765-8873

MEMBERS OF PARLIAMENT

JONATHAN YOUNG	MP	NEW PLYMOUTH	☎ 06-759-1363
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(National –New Plymouth)	Jonathan.young@parliament.govt.nz		
PO Box 8064, NP 4342			
SHANE ARDEN MP	Taranaki King Country Office		
(National – King Country)	287 Broadway, Stratford 4332	☎	06-758-8117
Liardet St, NP	www.national.org.nz		
CHESTER BORROWS MP	HAWERA	☎	06-278-4059
(National – Wanganui)	chester.borrows@parliament.govt.nz	Fax	06-278-6093
44 Victoria St, Hawera 4610	www.national.org.nz		

MENTAL HEALTH PROMOTION

TARANAKI DISTRICT HEALTH BOARD	HEALTH PROMOTION - TARANAKI	☎	06-753-7799
Private Bag 2016, New Plymouth 4342	www.tdhd.org.nz	Fax	06-753-7788

TUI ORA LTD	NEW PLYMOUTH	Hayden Wano
Box 8119, Maru Wehi Hauora,	www.tuioara.co.nz	☎ 06-759-4064
Maratahu St.NP 4340	reception@tuioara.co.nz	Fax 06-759-1799
Provider Arm Manager	pam.ritai@tuioara.co.nz	
<i>Kaupapa Maori Development Organisation (MDO) operating as a 'Lead Contractor' with a 'for Maori by Maori' focus, on the health needs of Maori in Taranaki</i>		

NATIONAL PROVIDERS OF INFORMATION

HEALTH PROMOTION FORUM OF NZ	www.hpforum.org.nz		
LIKE MINDS – National Office	likeminds@mentalhealth.org.nz	☎	09-580-9006
	www.likeminds.govt.nz		
MENTAL HEALTH FOUNDATION AUCKLAND		☎	09-300-7010
Box 10051	resource@mentalhealth.org.nz	Fax	09-300-7020
Auckland 1446	www.mentalhealth.org.nz		
MINISTRY OF HEALTH	www.moh.govt.nz	☎	04-496-2000
NEW ZEALAND HEALTH ON LINE	www.nzhealth.co.nz		

LIKE MINDS TARANAKI PROJECT:

Was the public health project to reduce stigma and discrimination associated with mental illness.

LIKE MINDS TARANAKI:

Vision: “*To strengthen the mental health of the Taranaki community.*”

A diagnosis of mental illness does not say anything about a person's capabilities, personality or future.

The vast majority of people who have some kind of mental illness get better, hold down jobs, make good partners, parents, are not dangerous and have a great deal to offer their community.

In fact the very act of dealing with mental illness often gives people extraordinary strength of character.

Visit our website: www.likemindstaranaki.com **or email us:**
likemindstaranak@likemindstaranaki.org.nz

(our trust has closed down 29.5.2015 – website still operational)

Sow the seeds of hope – hope for recovery.
Help turn somebody's 'breakdown' into a 'breakthrough.'
What you do may well make the difference!

MENTAL HEALTH SERVICES FOR OLDER PEOPLE

TARANAKI REST HOMES, PRIVATE HOSPITALS, PSYCHOGERIATRIC HOSPITALS AND SPECIAL CARE UNITS,(STAGE 111):

ANNIE BRYDON RESTHOME & HOSPITAL	Manager: Diane Hayden	☎	06-278-6039
71 Glover Road, Hawera 4610	anniebry@xtra.co.nz	Fax	06-278-1600
BROOKLANDS REST HOME	36 Beds	Manager: Jennifer Todd	☎ 06-758-8422
22 List St. NP 4310	NEW PLYMOUTH	brooklandscare@xtra.co.nz	Fax 06-757-5876
BRYDON COURT APARTMENTS & REST HOME	Manager: Denise Kerrisk	☎	06-278-6712

102 Wilson St, Hawera 4610	HAWERA	anniebry@xtra.co.nz		
CARRINGTON HOME FOR THE ELDERLY 30 Beds		Manager: Vicki Le Bas	☎	06-758-7346
50 Carrington St. NP 4310	NEW PLYMOUTH	carringtoncare@xtra.co.nz	Fax	06-757-8209
CHALMERS REST HOME 43 Beds		Manager: Rae O'Grady	☎	06-758-5190
20 Octavius Place, N P 4312	NEW PLYMOUTH	chalmers@psc.org.nz	Fax	06-759-9320
CORONATION LODGE REST HOME 20 Beds		Manager: Robyn Sanders	☎	06-758-5125
125 Coronation Avenue, 4310	NEW PLYMOUTH	corolodge@xtra.co.nz	Fax	06-758-5125
ELIZABETH R		Manager: Delia Shearman	☎	06-765-8089
30 Elizabeth Grove, Stfd 4330	STRATFORD	elizabeth.r@xtra.co.nz		
HAWERA SENIOR LIVING CENTRE			☎	06-278-6483
173 Waihi Road, Hawera 4610	HAWERA			
KOHATU REST HOME 21 Beds		Manager: Sandra Heal	☎	06-754-6621
35B Nelson St., NP 4320	WAITARA	kohaturest@xtra.co.nz	Fax	06-754-6621
MAIDA VALE RETIREMENT VILLAGE		Manager : Roxane White	☎	06-755-0558
20 Pohutukawa Place, NP 4312	BELL BLOCK	maida.vale@xtra.co.nz	Fax	06-755-2233
Resthome 12 Beds	Hospital 79 Beds	www.maida-vale.co.nz		
MARINOTO REST HOME 24 Beds		Manager: Jenny Pratt	☎	06-756-7170
72 Matai St., Inglewood 4330	INGLEWOOD	jennypratt@inspire.net.nz	Fax	06-756-7484
MARIRE REST HOME		Manager: Robyn Hooper	☎	06-765-7173
Page Street, Stratford 4332	STRATFORD	robyn@agecarecentral.co.nz	Fax	06-765-7160
MARYANN REST HOME & HOSPITAL		Manager: Robyn Hooper	☎	06-765-7551
59 Brecon Rd. Stratford 4332	STRATFORD	robyn@agecarecentral.co.nz	Fax	06-765-8106
MERCY JENKINS EVENTIDE HOME		Manager: Sandra Heal	☎	06-764-8330
54 Maata Road, Eltham 4322	ELTHAM	mercyjenkins@xtra.co.nz	Fax	06-764-8739
MISSION REST HOME 33 Beds		Manager: Shelley Markham	☎	06-757-5520
10 Pukaka St. NP 4312	NEW PLYMOUTH	missionrest@xtra.co.nz	Fax	06-758-9456
MOLLY RYAN REST HOME 18 Beds		Manager:	☎	06-757-8773
269 Mangorei Rd. NP 4312	NEW PLYMOUTH	Nurse Manager	Fax	06-759-7378
NGAHURU REST HOME		Manager: Christine McDonald	☎	06-278-6444
50 Gladstone Street, 4610	HAWERA	ngahuru.presbysup@xtra.co.nz	Fax	06-278-9135
NORFOLK LODGE REST HOME 25 Beds		Manager: Pauline Matuku	☎	06-754-7016
30 Princess St. 4320	WAITARA	norfolk.lodge@xtra.co.nz	Fax	06-754-7016
OMAHANUI PRIVATE HOSPITAL		Manager: Lisa Stevenson	☎	06-758-4961
33 Mangorei Rd. NP 4312	NEW PLYMOUTH	omahanui@xtra.co.nz	Fax	06-758-1785
OPUNAKE COTTAGE REST HOME			☎	06-761-8009
1 Layard Street., 4616	OPUNAKE	cottageresthome@xtra.co.nz	Fax	06-761-8009
PORT VIEW RETIREMENT 28 Beds		Manager: Jill Baker	☎	06-751-1608
72-74 Whiteley St. NP 4310	NEW PLYMOUTH	jill.baker@portview.co.nz	Fax	06-751-1408
RADIUS HEATHERLEA CARE CENTRE 54 Beds		Manager: Sue Trafford	☎	06-758-7302
139 Vivian St. NP 4310	NEW PLYMOUTH	heatherlea@radiuscare.net.nz	Fax	06-758-7304
RHAPSODY RESTHOME & HOSPITAL 28 Beds		Manager:		Mobile 021-534-227
30 Mill Road, NP 4310	NEW PLYMOUTH	kauri.holdings@xtra.co.nz	☎	06-759-0080
RADIUS THORNLEIGH PARK 63 Beds		Manager: Barbara Kay	Fax	06-759-0081
25 Heta Road, NP 4310	Rest Home And Hospital Beds	radiusthornleigh@rcl.co.nz	☎	06-758-3642
RIVERVIEW 65 Beds		Manager: Jennifer Todd	Fax	06-758-3243
361 Mangorei Rd. NP 4312	NEW PLYMOUTH	riverview@eldercare.co.nz	☎	06-758-0666
TAINUI VILLAGE 58 Beds		Manager: Kay Saunders	Fax	06-758-5141
95 Clawton St. NP 4310	NEW PLYMOUTH	kay@tainuihome.co.nz	☎	06-753-6597
TAURIMA REST HOME 27 Beds		Manager: Linnaire Joslin	Fax	06-753-7650
85 Clawton St., NP 4310	NEW PLYMOUTH	taurima.resthome@xtra.co.nz	☎	06-753-5538
TELFORD REST HOME 28 Beds		Manager: Barbara Kay	Fax	06-753-5538
15 Telford St. NP 4312	NEW PLYMOUTH	24 Hospital beds	☎	06-757-8554
www.bupa.co.nz/		telford@guardianhealth.co.nz	Fax	06-769-9627
TE MAHANA		Manager:		
41 Chester Street, Patea 4520	PATEA	temahana@inspire.net.nz	☎	06-273-8442
TRINITY HOME & HOSPITAL		Manager: Daniel J McQuillan	Fax	06-273-8550
47-61 Puriri Street, 4610	HAWERA	manager@trinityhawera.co.nz	☎	06-278-4189
			Fax	06-278-3116
PSYCHOGERIATRIC PRIVATE HOSPITALS				
OMAHANUI PRIVATE HOSPITAL 30 Beds		Manager: Lisa Stevensen	☎	06-758-4961
33 Mangorei Road, New Plymouth 4312		omahanui@xtra.co.nz	Fax	06-758-1785
SUNHAVEN PRIVATE HOSPITAL 27 Beds		Manager: Jill Fearn	☎	06-755-1021
48A Sunnyvale St. New Plymouth 4312		jillian@xtra.co.nz	Fax	06-759-0081

COMMUNITY SUPPORT SERVICES FOR THE ELDERLY

ACC	NEW PLYMOUTH	Kath Forde
22-28 Molesworth St, NP 4310	kath.forde@acc.co.nz	☎ 06-759-0700
	www.acc.co.nz	DD 06-759-0730
ACCESS HOME HEALTH	NEW PLYMOUTH	Margaret Bettridge
Personal care and home help	11 Young St., NP 4310	☎ 06-759-1677
AGE CONCERN	NEW PLYMOUTH	☎ 06-759-9196

28 Young St, NP 4310	age.taranaki@xtra.co.nz		
ALZHEIMERS TARANAKI		☎	0800 004 001
117 Powderham Street , NP 4310	NEW PLYMOUTH		
PO Box 8303, NP 4342	alzheimers.taranaki@xtra.co.nz		
Ana Parkes - (Manager - North Taranaki)		☎	06-769-6916
Shirley McGlinchey - (Field Worker - South Taranaki)			
Sally Johnson – (Office Assistant)		☎	06-278-8519
<i>Making life better for all people affected by dementia, resources and advice</i>			
ASSOCIATION OF BLIND CITIZENS	NEW PLYMOUTH	☎	06-758-8818
AT HOME CARE – Keeping you in Touch	www.athomecare.co.nz/taranaki		Margaret Miller
<i>Home Health Care; Help with Elderly Parents; Products for Older People; Rest Homes; Caregivers; Support Organisations; Home Help; Leisure Groups in Taranaki</i>			
		☎	07-574-9365
<i>A local directory of businesses and services and products for the retired or elderly in Taranaki</i>			027-693-2773
CANCER SOCIETY OF NZ	TARANAKI	☎	06-757-3006
71 Lorna St, NP 4310	admin@taranakicancersociety.org.nz	Fax	06-757-8795
CLEARVIEW DRIVING SCHOOL	NEW PLYMOUTH	☎	06-758-1600
	Sue Honeyfield		Mobile 027-249-5770
<i>If concerns are held about a person's driving, they are able to be referred to the driving instructor for a driving assessment</i>			
DAY PROGRAMME	Alzheimers Taranaki	☎	06-761-7294
Waimea Bowling Club Tuesday/Friday	NEW PLYMOUTH		
Hawera Bowling Club Friday	HAWERA		
DIABETES NZ Taranaki Area Branch	TARANAKI	☎	06-758-7873
PO Box 896, NP 4340	diabetesnztab@xtra.co.nz		
DISABLED PERSONS ASSEMBLY	WAITARA		Marion Wellington
43 Parris St., Waitara 4320	kemar@xtra.co.nz	☎	06-754-7417
EMOTIONS ANONYMOUS	NEW PLYMOUTH	☎	06-755-3375
32 Leach St., NP 4310	www.EmotionsAnonymous.org		
<i>Support, training, friendship group for people with emotional issues</i>			
ELDER SUPPORT	NEW PLYMOUTH		David Lloyd
PO Box 8128, NP 4342	david.lloyd@tulora.co.nz	☎	06-759-7303
<i>A service available for consultation in matters of physical, emotional, psychological abuse, financial/property abuse, sexual abuse, and neglect</i>			
	www.areyouok.org.nz		
FOODBANKS	NEW PLYMOUTH 40 Vivian St, NP 4310	☎	06-758-2757
Albion Street, Hawera 4610	HAWERA PO Box 359 Hawera 4640	☎	06-278-6615
10 Koromiko St, Inglewood 4330	INGLEWOOD	☎	06-756-7242
Havelock St, Opunake 4616	OPUNAKE	☎	06-761-8777
52 Juliet Street, Stratford 4332	STRATFORD	☎	06-765-8054
Hutchins St, Waitara 4320	WAITARA	☎	06-754-4405
GREY POWER	NEW PLYMOUTH	☎	06-757-5885
21/117 Powderham Street	greypower1@clear.net.nz		
100 Victoria St, Hawera 4520	HAWERA	☎	06-278-7413
www.greypowemp.org.nz/	STRATFORD	☎	06-765-7778
<i>Advancing the well being of people 55 years and over</i>			
HEALTHCARE NZ LTD	NEW PLYMOUTH		
214 Devon Street East, NP	www.healthcarenz.co.nz	☎	06-759-8046
60 Victoria St, Hawera 4520	HAWERA	☎	06-278-0096
HOSPICE TARANAKI INC	NEW PLYMOUTH	☎	06-753-7830
5 David Street, NP	Kevin.nielsen@hospicetaranaki.org.nz	Fax	06-753-7806
	www.hospicetaranaki.org.nz		

“Mental illness is nothing to be ashamed of,
but stigma and bias shame us all.”

Bill Clinton

MEALS IN MOTION	NEW PLYMOUTH	☎	06-758-6308
MEALS ON WHEELS	HAWERA HOSPITAL	☎	06-278-9929
MEALS ON WHEELS	INGLEWOOD	☎	06-756-7170
<i>Marinoto Rest Home does meals on wheels for the Inglewood area Monday to Friday only</i>			

MENTAL HEALTH FOUNDATION	AUCKLAND	☎	09-300-7010
BOX 10051 Dominion Rd, Auckland 1446 www.mentalhealth.org.nz			
NEEDS ASSESSMENT SERVICE CO-ORDINATION		☎	06-759-9196
NEW ZEALAND RED CROSS TARANAKI SERVICE		☎	06-759-4697
116 Gill St, NP 4310	newplymouth@redcross.org.nz	Free ☎	0800-733-276
NEW PLYMOUTH POSITIVE AGEING Trust			
President - Lance Girling-Butcher		☎	06-758-4280
Secretary – Lin Tucker	artylin1@gmail.com	☎	06-757-2026
PATHWAYS Community Support	NEW PLYMOUTH		
North Mobile – Dave Lock	david.lock@pathways.co.nz	☎	06-757-3830
		☎	06-757-3830
South Mobile – Hawera – Christina Mpofu	Christina.mpofu@pathways.co.nz	☎	06-278-4983
PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH		
www.pgfnz.org.nz			
Free confidential professional counselling for people affected by problem gambling			
		Free ☎	0800-664-262
SENIOR CARE	NEW PLYMOUTH	☎	06-753-6210
28 Young St, NP 4310	info@taranakidic.org.nz		
STROKE FOUNDATION	taranaki@stroke.org.nz	☎	06-758-6880
PO Box 532 NP 4340	HAWERA	☎	06-278-5190
	STRATFORD	☎	06-765-6531
	OPUNAKE	☎	06-761-8561
SUPPORTING FAMILIES IN MENTAL ILLNESS (S.F. Taranaki)			
128 Devon St. East, NP 4310	NEW PLYMOUTH	☎	06-757-9300
PO Box 8291, NP 4342			
	info@sftaranaki.org.nz		
Field Officer: Gareth Andrews	gareth@sftaranaki.org.nz		Mobile 027-555-1503
Field Officer: Holly Smith	holly@sftaranaki.org.nz		Mobile
<i>Family-Whanau focused support, education, advocacy and information</i>			
SPHC: Nika Booker	sphc@sftaranaki.org.nz		Mobile 021-822-629
<i>Children of parents with mental illness and addiction</i>			
TARANAKI COMMUNITY HEALTH TRUST	NEW PLYMOUTH	☎	06-753-2911
PO Box 8119, NP 4342	TaranakiCHT@inspire.net.nz		
	taranakihealthtrust.co.nz		
TARANAKI COMMUNITY LAW TRUST	NEW PLYMOUTH	Free ☎	0800-529-878
Level 1, Vero Building, 10-12 Devon St West, NP 4310		☎	06-759-1492
	tcls@xtra.co.nz	Fax	06-759-1475
56 Disraeli St. Hawera 4610	HAWERA	☎	0800-528-878
Waitara Public Library, Queen St.	WAITARA	☎	06-759-1492
Stratford Community House, 52 Juliet St	STRATFORD	Free ☎	0800-529-878
<i>Taranaki Community Law Trust is a non-profit organisation that provides a free and confidential legal service to the community. For numerous excellent downloads regarding: ACC Law; Consumer Law; Criminal Law; Youth Law; Disputes Tribunal; Employment Law; Family Law; Human Rights; Immigration; Neighbourhood Issues; Tenancy Law; Traffic Law; Wills & Estates; and Debt...</i>			
	www.communitylawtaranaki.org		
TARANAKI DISABILITY INFO. CENTRE	NEW PLYMOUTH		Brian Eriksen
28 Young Street, NP 4310	info@taranakidic.org.nz	☎	06-759-0019
	www.weka.net.nz	Fax	06-759-0029
		Mobile	021-245-8018
<i>Advocacy, promotion, information, health, training, support etc</i>			
		Free ☎	0800-693-342
TARANAKI DISTRICT HEALTH BOARD – Mental Health Services For Older People		☎	06-753-6139
<i>Providers of full mental health services for people aged 65 years and over with serious mental illness in Taranaki</i>			
TSB ASCOT HOUSE	NEW PLYMOUTH	☎	06-753-6597
106 Clawton Street, NP 4310	kay@tainuihome.co.nz	Fax	06-753-7650
<i>Educational and recreational activities</i>			
TARANAKI MULTIPLE SCLEROSIS SOCIETY INC		☎	06-751-2330
P O Box 791, NP 4340	info@mstaranaki.co.nz		
VICTIM SUPPORT		Free ☎	0800-842-846
	NEW PLYMOUTH	☎	06-759-5519
	HAWERA	☎	06-278-0274
	STRATFORD	☎	06-765-8873
www.victimsupport.org.nz			
WORK AND INCOME NEW ZEALAND	www.workandincome.govt.nz	Free ☎	0800-559-009
Dawson House, 160 Devon St West 4310	NEW PLYMOUTH	Fax	06-968-6018
15 Union St – Hawera 4610	HAWERA	Fax	06-278-0394
208 Broadway – Stratford 4332	STRATFORD	Fax	06-765-0394
Waitara Centre, Queen St., 4320	WAITARA	Fax	06-754-6293

OTHER LOCAL AND CENTRAL PROVIDERS

AUTISM TARANAKI	NEW PLYMOUTH	☎	06-769-5958
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Kings Building Level 2 36 Devon Street West, NP 4310		www.autismnz.org.nz taranaki@autismnz.org.nz		
AMBULANCE SERVICE			Free ☎	0800-735-466
BUDGET ADVISORY SERVICES		NEW PLYMOUTH	☎	06-758-5996
32 Leach Street, NP 4310		np.budget@xtra.co.nz	Fax	06-758-2780
46 Union Street, Hawera 4610		hawerabudget@xtra.co.nz	☎	0800 333 048
CITIZENS ADVICE BUREAU		NEW PLYMOUTH	☎	06-758-9542
32 Leach Street, NP 4310		newplymouth@cab.org.nz	Free ☎	0800-367-222
		www.cab.org.nz		
22 Union St, Hawera 4610		HAWERA cab.hawera@xtra.co.nz	☎	06-278-3156
270 Broadway, Stratford 4352		STRATFORD cab.stratford@xtra.co.nz	☎	06-765-5250
CRISIS RESPITE CARE -		Access through THL Crisis Service	☎	06-753-6139
CRISIS SERVICE -		Taranaki Health	☎	06-753-6139
DEAF AOTEAROA NZ		NEW PLYMOUTH	Tania Stuart	
28 Young St., NP 4310		tania.stuart@deaf.co.nz	☎/Fax	06-758-0579
Assessments, referrals, information, interpreting, support services – office hours Tue & Wed – 9am-3pm				
DIABETES NZ Taranaki Area Branch		TARANAKI	☎	06-758-7873
PO Box 896, NP 4340		diabetesnztab@xtra.co.nz		
DISABLED PERSONS ASSEMBLY		WAITARA	Marion Wellington	
23 Queens St, Waitara 4320		kemar@xtra.co.nz	☎	06-754-7417
		www.dpa.org.nz		
EMOTIONS ANONYMOUS		NEW PLYMOUTH	☎	06-755-3375
32 Leach St., NP 4310		www.EmotionsAnonymous.org	infodf3498fisd@emotionsanonymous.org	
Support, training, friendship group for people with emotional issues				
FAMILY PLANNING ASSOCIATION		NEW PLYMOUTH	☎	0508 sexhealth
188 Powderham St, NP 4310		NewPlymouth.Clinic@familyplanning.org.nz	Fax	06 759 8363
C/o Hospital -		HAWERA	☎	06-278-7109
FEDERATED FARMERS (TARANAKI RURAL SUPPORT TRUST)			Free ☎	0800-757-3423
PO Box 422, NP 4340			☎	06-757-3423
Facilitators: Chair- Mike Green mike.green@fonterra.com				
Coordinator – Marcia Paurini				
FIRE SERVICE		All emergencies	☎	111
Liardet St., NP 4310		NEW PLYMOUTH	☎	06-757-3873
South Road, Hawera 4610		HAWERA	☎	06-278-0205
FOODBANKS 36 Vivian St, NP 4310		NEW PLYMOUTH	☎	06-758-2757
Albion Street Hawera 4610		HAWERA	☎	06-278-6615
10 Koromiko St, Inglewood 4330		INGLEWOOD	☎	06-756-7242
Havelock St, Opunake 4616		OPUNAKE	☎	06-761-8777
52 Juliet Street, Stratford 4332		STRATFORD	☎	06-765-8054
Hutchins St, Waitara 4320		WAITARA	☎	06-754-7150
GUIDELINES GROUP		www.skylight.org.nz		
HEALTH CENTRE		WAITARA Christine Nevin	☎	06-754-7150
HEALTHCARE NZ		NEW PLYMOUTH		
214 Devon St East, Box 4129, NP 4340		www.healthcarenz.co.nz	☎	06-759-8046
Home Based Support Services		Taranaki.office@healthcarenz.co.nz	Fax	06-759-4337
IDEA SERVICES		NEW PLYMOUTH	☎	06-759-8970
28 Vivian St, NP 4310			Fax	06-759-8980
19 Nelson St, Hawera 4610		HAWERA	☎	06-278-0321
Sunflowers on Broadway, Stratford 4332		STRATFORD	☎	06-765-7211
INFORMATION CENTRES		NEW PLYMOUTH	☎	06-759-6060
Puke Ariki, 65 St Aubyn St, NP 4310			Fax	06-759-6073
55 High Street, Hawera 4610		HAWERA PO Box 5, 4640	☎	06-278-8599
Miranda St., Stratford 4332		STRATFORD	☎	06-765-6708
LANGUAGE LINE		www.languageline.govt.nz		
MENTAL HEALTH FOUNDATION		AUCKLAND	☎	09-300-7010
PO Box 10051, Auckland 1446		resource@mentalhealth.org.nz	Fax	09-300-7020
		www.mentalhealth.org.nz		

MIGRANT CONNECTIONS	NEW PLYMOUTH	Geetha Kutty
65 Devon Street West	www.migrantconnections.org.nz	☎ 06-759-1942 (ext 8)
PO Box 885	mctnz@xtra.co.nz	
NP 4340		

Migrants and families are supported to successfully integrate into our community

MINISTER OF HEALTH	WELLINGTON	The Right Honourable Jonathon Coleman
	http://www.beehive.govt.nz/	
MINISTRY OF HEALTH	WELLINGTON	☎ 04-496-2000
PO Box 5013, Wellington 6145	www.moh.govt.nz	Fax 04-496-2340
NATIONAL POISONS CENTRE	Urgent	☎ 800-764-766
	Non Urgent	☎ 03-479-7248
NEW PLYMOUTH INJURY SAFE		☎ 06-753-7777 Ext 8522
	npis@tdhb.org.nz	www.safetaranaki.org.nz
NGATI RUANUI IWI SOCIAL SERVICES	HAWERA	☎ 06-278-3169
63 Union Street, Hawera 4610		Fax 06-278-8705
OMAHANUI HOME CARE	NEW PLYMOUTH	Alistair Stevenson & Nicky Bone
PO Box 248, NP 4340	ali.omahanui.hc@xtra.co.nz	☎ 06-759-7031
		Fax 06-758-3875
<i>Home Based Support</i>	www.omahanui.co.nz	Mobile 027-436-8668
OPEN HOME FOUNDATION	NEW PLYMOUTH	Laura Brits
212 Coronation Ave. NP 4310		☎ 06-758-9971
PO Box 208, NP 4340	ohftaranaki@ohf.org.nz	Fax 06-758-1969
<i>Education, counselling, family support, supervision and foster care etc</i>		Fax 06-278-0168
OVER EATERS ANONYMOUS	Sheryl	☎ 06-756-8242
<i>A 12 step programme of recovery for people with eating problems</i>		Mobile 027-2431-718
	www.oaregion10.org	
PLATFORM – National umbrella organisation for NGO providers		www.platform.org.nz
PREGNANCY HELP	STRATFORD	☎ 06-765-5042
4 Romeo St, Stratford 4332	www.pregnancyhelp.org.nz	Fax 06-765-5062
PO Box 81, Stratford 4352	taranaki@pregnancyhelp.org.nz	Mobile 027-212-5304
Fieldworker:		Mobile 027 692 5486
PRESBYTERIAN SUPPORT CENTRE - Family Works - Taranaki		☎ 06-758-5037
51 Buller St. NP 4310	www.psc.org.nz	Fax 06-759-1431
Taiohi House, 45 Regent Street	HAWERA	☎ 06-278-6385
	familyworks-taranaki@psc.org.nz	Fax 06-759-1431
Community House 52 Juliet St,	STRATFORD	☎ 06-765-0531
Knox Church, 17 Grey Street	WAITARA	☎ 06-758-5037
<i>Personal, couple, family counselling, education, supervision services etc</i>		
PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH	
	www.pgfnz.org.nz	
<i>Free confidential professional counselling for people affected by problem gambling</i>		Free ☎ 0800-664-262
RAPE CRISIS AND SEXUAL ABUSE CENTRE		☎ 06-757-9570
361 Devon St East, NP 4310	NEW PLYMOUTH	Fax 06-757-4506
6 Furlong St, Hawera, 4610	HAWERA	
	hrc@infogen.net.nz	☎ 06-278-6399
<i>Personal, couple and family counselling, lifeskills, training, support</i>		Fax 06-278-6399
RURAL SUPPORT TRUST TARANAKI (FEDERATED FARMERS)		Free ☎ 0800-757-3423
PO Box 422, NP		☎ 06-757-3423
Facilitators: Chair – Mike Green	mike.green@fonterra.com	
Coordinator – Marica Paurina		
RURAL WOMEN NZ		Joyce Lawrence
217 Rawhitiroa Rd, RD18, Eltham 4398	niarua@inspire.net.nz	☎ 06-764-8770
SEXUAL HEALTH & FAMILY PLANNING	NEW PLYMOUTH	☎ 0508 sexhealth
185 Powderham St, NP 4310	(0508 739 432584)	Fax 06-759-8369
SALVATION ARMY COMMUNITY AND FAMILY SERVICES		☎/Fax 06-758-9338
128 Powderham St.,	NEW PLYMOUTH	Emergency ☎ 06-758-2325
PO Box 354, NP 4340		
	HAWERA	☎ 06-278-8516
	STRATFORD & ELTHAM	☎ 06-765-7969
	centraltaranaki_corps@nzf.salvationarmy.org	
<i>Emergency food support, information, life skills, family support etc</i>		
SAMHSA – SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION WEBSITE		
	www.samhsa.gov	
SOCIAL DEVELOPMENT – Ministry of	NEW PLYMOUTH	Free ☎ 0800-559-009
Dawson House, 160 Devon St West NP 4310		
SOUTH TARANAKI DISTRICT COUNCIL	HAWERA	Free ☎ 0800-111-323

STRATFORD DISTRICT COUNCIL**STRATFORD****06-765-6099**

61-63 Miranda Street, Stratford, 4332

stratforddc@stratford.govt.nzwww.stratford.govt.nz**TARANAKI DISABILITY INFORMATION CENTRE**

Brian Eriksen

Free

0800-693-342

28 Young Street, NP 4310

NEW PLYMOUTH**06-759-0019**www.weka.net.nzinfo@taranakidic.org.nz

Fax

06-759-0029

Advocacy, promotion, information, health, training, support etc

TARANAKI HEALTH – MENTAL HEALTH SERVICES**06-753-6139****TE POU - o TE WHAKAARO NUI****AUCKLAND****09-373-2125**

65 New North Rd, Eden Terrace 1021

info@tepou.co.nzwww.tepou.co.nz

Fax

09-373-2127

National centre of disability health research and workforce development

TE PUNI KOKIRI – MINISTRY – MAORI DEVELOPMENT

Sam Bishara

465B Devon St East, NP 4312

www.tpk.govt.nz**06-759-5450**tpk.tetaihauauru@tpk.govt.nz**WITT – WESTERN INSTITUTE OF TECHNOLOGY at Taranaki**

Free

0800-948-896

20 Bell St, NP 4310

www.witt.ac.nz

Fax

06-757-3235

WOMEN'S CENTRE NP**NEW PLYMOUTH**

Mary Allen

Community House, 32 Leach St, NP 4310

npwomen@xtra.co.nz**06-758-4957**

56 Disaeli Street, Hawera 4610

HAWERA**Nicky Wallace**stwc@xtra.co.nz**06-278-3260****WOMEN'S REFUGE-TARANAKI****NEW PLYMOUTH**

Free

0800-827-973

PO Box 5, NP 4340

admin@taranakiwomensrefuge.co.nz

Fax

06-769-5554

Level 2, Kings Bldg, 36 Devon St West

24 hour crisis only lines:**06-769-5553**

Provide 24hour crisis intervention for women & children who are victims of domestic violence, social work services

MULTICULTURAL SERVICES**CITY WEST ASSEMBLY OF GOD CHURCH****06-751-3659**

Hold a service with a Fijian congregation and the contact is Chris

ENGLISH LANGUAGE PARTNERS TARANAKI**NEW PLYMOUTH**

Yuka Kobayashi

16 Lemon Street, PO Box 149, NP 4310

taranaki@englishlanguage.org.nz**06-759-1118****MINISTRY OF PACIFIC ISLAND AFFAIRS****04-471-8245****METHODIST CHURCH**

58 Liardet St

NEW PLYMOUTH**06-759-9036**

A Fijian Language Service is held every Sunday at 3pm – also contact Anare or Miriama

**06-759-1173****NZ CHINESE ASSOCIATION****06-758-8258****PACIFIC ISLAND CONTACT – Salevi Tiatia****Mobile 027-453-2363****SAMOAN METHODIST CHURCH****NEW PLYMOUTH****06-753-2356**

Samoan church run by the Samoan community

TARANAKI ETHNIC COUNCIL – Geetha, Settlement Support**06-759-1088**

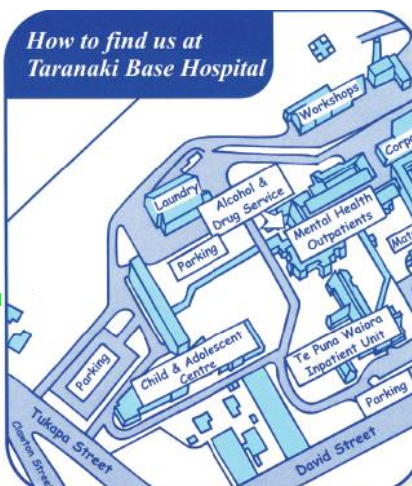
Geetha has Taranaki contacts for over 40 nationalities

TONGAN COMMUNITY

Una and Sisifa

**06-753-2609****OTHER CONTACT NUMBERS**

TDHB
**Mental Health &
Addiction Services**



TARANAKI DISTRICT HEALTH BOARD – GENERAL CONTACTS

BASE	Private Bag 2016, NP 4342 Tukapa & David Sts.	NEW PLYMOUTH	☎	06-753-6139	Fax 06-753-7710
HAWERA	PO Box 98, Hawera 4640 Hunter St.	HAWERA	☎	06-278-7109	Fax 06-278-8018
STRATFORD	Miranda St., Stratford 4332	STRATFORD	☎	06-765-7189	Fax 06-765-6110

HEALTH CENTRES

INGLEWOOD	Medical Centre, Brown St.	☎	06-756-7227
MOKAU	37 Aria Terrace	☎	06-752-9723
OPUNAKE	Havelock St.	☎	06-761-8777
PATEA	1 Lincoln St.	☎	06-273-8088
WAITARA	Cnr McLean & Grey St.	☎	06-754-7150
CUSTOMER RELATIONS		DD	06-753-7832
CRISIS SERVICE		DD	0508-277-478
EMERGENCY DEPARTMENT		DD	06-753-7783
FUNDING AND PLANNING		DD	06-753-7865
HEALTH PROMOTION		DD	06-753-7799
PUBLIC HEALTH		Ext	8506
OUT-PATIENTS		☎	06-753-7743
PHARMACY		☎	06-753-7814
STRATFORD OUTPATIENTS		☎	06-765-7189

TDHB - MENTAL HEALTH and ADDICTION SERVICES ☎ 06-753-7749 Fax 06-753-7715

Taranaki DHB provides a full range of mental health services, from acute inpatient care, intensive psychiatric care, services for the elderly, psychology, alcohol and drug counselling and also specialist services for children and young people through the Child and Adolescent Service.

Acute Inpatient Ward – Te Puna Waiora ☎ **06-753-6139**

The unit comprises an Intensive Psychiatric Care unit, 6 psychogeriatric beds and 20 adult inpatient beds. Te Puna Waiora is accessible 24-hours-a-day, seven-days-a-week.

Alcohol & Drug Service **Tukapa St. NP 4310** ☎ **06-753-7838** Fax 06-753-7715

Provides outpatient assessment and treatment services for client with alcohol and/or drug misuse, or people affected by another's alcohol and/or drug addiction. The service offers early intervention/screening services, assessment and access to intensive residential programmes, (including clients under the Alcohol and Drug Act), and a regional opioid programme in collaboration with a network of General Practitioners and pharmacies. We have established a community based detoxification programme. Clinical Director: Dr Graeme Judson.

Child & Adolescent **Tukapa St. NP 4310** ☎ **06-753-7790** Fax 06-753-7791

Provides a specialist service throughout Taranaki. They focus the more serious mental health difficulties, as outlined in the Ministry of Health document 'New Futures'. The team works from two base sites, New Plymouth and Hawera, and offers a number of satellite clinics in health centres and schools. Access is open and the team accepts referrals from statutory and non-statutory health, education and welfare providers.

Community Outpatients **Mental Health Outpatient Services** ☎ **06-753-6139** **Ext 7699**

The teams cover psychiatry, psychology, community nursing, Maori perspectives, social work, occupational therapy and rehabilitation and alcohol and drug representation. Each team provides assessment and treatment services at a range of outpatient clinics including Patea, Stratford, Opunake, and Waitara.

Crisis Team **Crisis Service** ☎ **0508-277-478**

Provides a 24-hour-a-day, seven-day-a-week fully mobile Crisis Service responds to psychiatric emergencies in the region. The team also manages access to an increasing array of crisis respite care options in the region and they work very closely with the Kaupapa Maori Crisis Service.

Services for the Elderly **David St. NP 4310** ☎ **06-753-7749** **Ext 7620**

Provides a multi-disciplined community mental health team provides specialist assessment and treatment outpatient clinics as well as home based intervention for the elderly. Approximately 80% of patients are seen in their own homes. The community team currently consists of a psychogeriatrician, clinical psychologist, medical officer, mental health nurses, social worker, a part time occupational therapist and an early intervention project worker.

ACUTE INPATIENT WARD – TE PUNA WAIORA		☎ 0508-292-467	06-7557-7831
Reception and Nurses Station –		Ext 7696/7697	
HAWERA MENTAL HEALTH	Reception	☎ 06-278-9917	Fax 06-278-9908

Countering Stigma and Discrimination – *including Self-Stigma and Self-Discrimination:*

Stigmatisation of people with experience of mental illness is created by bias, prejudice, distrust, fear, stereotyping, embarrassment, ignorance, anger or avoidance.

Stigma leads others to avoid living, working or socialising with, renting to, employing or supporting people with experience of mental illness.

It impacts on people's abilities to access resources and opportunities in their communities.

It can lead to low self-esteem, isolation and a sense of hopelessness.

It deters the public and politicians from adequately resourcing mental health services and mental health promotion.

More tragically, it can deprive people of their dignity and their participation in their communities.

Stigma demonstrates a lack of information and understanding about mental illness and compassion for the people it affects.

When people who have to face the challenge of recovering from mental illness are avoided, deprived of employment, housing, close relationships, and participating in their communities, the impact can be devastating.

Stigma can lead people to feel flawed, ostracised, unneeded and unwanted.

It can, at its worst, lead those who need help the most, towards social isolation, depression and suicide.

Stigma refers to attitudes and beliefs that motivate people to fear, reject and avoid those who are labelled with a mental illness.

Stigma also affects those who provide practical support to people with experience of mental illness. It can also affect family and those paid to provide professional medical care – making the mental health field unattractive to many medical staff and GPs.

Discrimination occurs when people and organisations act upon their feelings of rejection and discomfort about people with mental illness by withholding some or all of their rights.

So what causes such Stigma...?

Stigma consists of three related problems; knowledge, attitudes and behaviour—leading to discrimination.

Discrimination is based on ignorance, prejudice and arrogance.

Ignorance of the need for and value of people with experience of mental illness

Prejudice based on fear and avoidance

Arrogance from being part of the mainstream 'culture'

Ignorance:

For too long, mental illness has been a taboo subject, has been misunderstood and has resulted in too few resources being allocated for education about mental illness.

Prejudice:

Fear, anxiety and avoidance are common feelings for both people who do not have a mental illness (when reacting to those that do) **and** for people with mental illness who often expect rejection and discrimination and therefore impose upon themselves a form of self-stigma.

Arrogance:

This can come from being part of the mainstream culture by those living without a mental illness.

Discrimination:

There is strong scientific evidence that discrimination negatively impacts on the lives of people with mental illness making education, forming of close relationships, employment and socialising much more difficult.

Making a difference in supporting people with experience of mental illness:

Know the facts: Take time to learn a little more about mental illness—learn the facts instead of the myths.

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Be aware of your own attitudes and behaviour: We can all change the way we think and see people as unique - not as some label or stereotype.

Choose your words carefully: Use more accurate and sensitive terms when speaking about someone with experience of mental illness.

Educate others: Take opportunities to inform others about taking more positive attitudes to people who experience mental illness.

Focus on the positive: People with experience of mental illness have many other aspects and skills that define who they really are.

Support people: If you know someone with a mental illness—provide the sort of support you think you would want if that person was you.

Include everyone: Accepting someone with a mental illness also means including them in your life—helping them connect to their community.

Internalised or Self Stigma...

People of all ages experiencing mental illness, are at risk of internalising stigma, and, consequently, suffering diminished self-esteem, confidence and shame.

This low self-esteem, feeling unwanted and un-needed can affect a person's self-belief, confidence and motivation to seek appropriate mental health and physical health care, employment, closer relationships, or independent living.

This avoidance of treatment, social opportunities and employment further exacerbates their mental distress and can lead to lower levels of recovery.

Fear of stigma and discrimination can lead people to lose their self-confidence, becoming more socially isolated and defensive.

Such are the potential effects of self stigma that they can lead to increased misuse of alcohol and/or other drugs and potentially increased risks of financial problems, relationship issues, justice issues, depression, self-harm and suicide.

Suicide is the most tragic outcome of mental illness and is integrally connected to internalised stigma.

Two of the most powerful and effective strategies to combat self-stigma and self-discrimination are empowerment and recovery.

Empowerment has been described as the opposite of self-stigmatisation.

Empowerment involves ensuring people with experience of mental illness have opportunities and experiences where they can access appropriate treatment and have positive experiences of being accepted in their communities.

Mental health recovery is never easy. It is often more of a journey of healing and transformation towards again living a life of meaning and enjoyment.

“One of the biggest barriers to recovery is discrimination. That is why stopping discrimination and championing respect, rights and equality for people with mental illness is just as important as providing the best treatments and therapies.”

Blueprint for Mental health Services in New Zealand, November, 1998.

For those facing mental illness, it can be a matter of life and death that we succeed.

There are a number of agencies and services that provide support and aim to promote mental health and counter stigma and discrimination.





Like Minds Taranaki is a community based registered Charitable Trust, promoting mental health in Taranaki, demystifying mental illness, countering stigma and discrimination whenever and wherever it occurs, delivering support, education and information to Service Users/Tangata Whaiora.

An incorporated society, Like Minds Taranaki is one of 20 contracted throughout Aotearoa. Like Minds Taranaki is governed by a 3 member Board of Trustees.

Trustee membership continues to reflect an excellent balance between specific expertise with Service User, community service, clinical and business management skills.

Like Minds Taranaki – Kaupapa:

- Education, advocacy and promotion of mental health – mental health is more than the absence of mental illness
- Countering negative stereotyping, prejudices and discrimination about mental illness – including self-stigma and discrimination
- Influencing policy development wherever and whenever it effects mental illness
- Referral to appropriate agencies
- Information and communication sharing through linking, liaising and networking with other agencies
- Interactive workshops challenging attitudes to mental illness
- Projects and programmes promoting opportunities for people with experience of mental illness
- Working with the media to reduce discrimination

Regular Publications:

“What’s On”	Monthly flyer of educational and recreational activities – under \$5.00
“Whakaaro Pai”	Monthly newsletter by Service Users for Service Users
“Korero Mai”	Monthly newsletter for people interested in mental Health Service Provision in Taranaki

Other publications:

Employment Guidebook – for People with Health Concerns – 2500 copies (64 pages)
Taranaki Directory – for the Taranaki Mental Health Sector – 600 copies (32 pages)
Feeling Down On The Farm – addresses mental health in rural Taranaki (16 pages)

Specific Programmes and Projects:

Rural Communities:

Regular facilitation of one day workshops training trainers – throughout Taranaki and New Zealand. Have developed a range of relevant printed material

Feeling Down On The Farm publication – addresses mental health in rural Taranaki

Mental Health Awareness Week:

Art Exhibition and Auction
Awards Recognition

Presentations by Psychiatrists
Media promotion – usually 5-6 pages during October.
Sporting, social, educational and recreational activities

Support Groups:

Post Natal Depression
Real Arts weekly support group

WITT:

Regular presentations to staff and students of mental health support workers, nursing, social sciences and journalism students

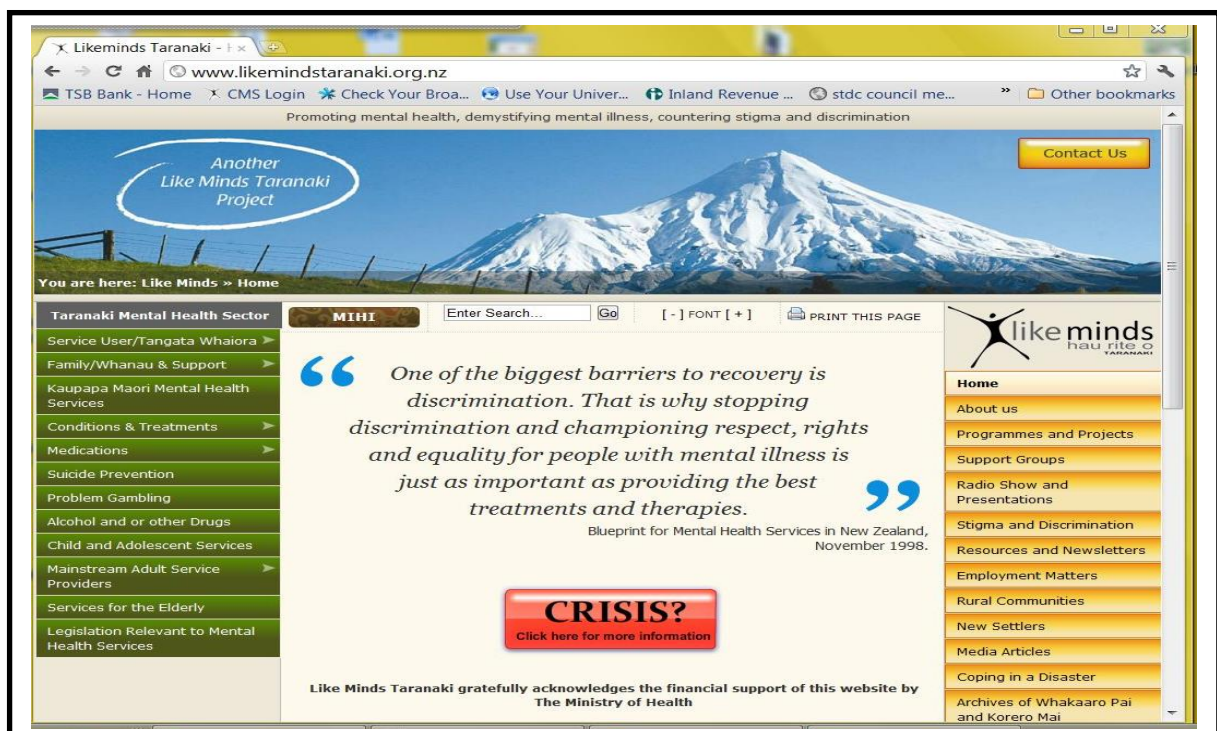
Provision of Awards/Scholarships to Nursing, Journalism and Mental Health Support Worker students

Referral service:

To a regular stream of people seeking a contact point to navigate the mental health system in Taranaki

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Visit www.likemindstaranaki.org.nz – our comprehensive website:



Check out mental health services:

Service Users/Tangata Whaiora:

huge range of relevant information

Family/Whanau Supporters:

huge range of relevant information

Conditions and Treatments:

information sheets for over 20 conditions

Child & Adolescent Services:

Information sheets for over 35 concerns

Legislation:

Over 35 direct links to relevant legislation affecting mental health provision

National and International links:

Over 60 national & 25 international links

Check out mental health promotion:

Like Minds Taranaki programmes & projects:

a wide range of activities

Copies of radio shows and presentations:

Stigma & Discrimination incl. Internalised Stigma.

Information sheets, brochures, articles etc

Current and archives copies of monthly newsletters:

“Korero Mai”, “Whakaaro Pai” and “What’s On”

Employment Matters – including Workplace bullying:

articles and presentation notes

Rural Sector:

articles and presentations

Brochures and other resources:

a wide range of relevant resource material

Plus: Updated versions of the 2014 Taranaki Mental Health Sector Directory

Website sponsored by the Ministry of Health and hosted by Like Minds Taranaki.



LIKE MINDS TARANAKI

Mental health promotion
Demystifying mental illness

Our grateful appreciation to the following sponsors and supporters of this Directory...



**MINISTRY OF
SOCIAL DEVELOPMENT**
Te Manatū Whakahiato Ora

If you have a disability or illness and your goal is to get a job, we can help you find work and support you while you look for work through one of our programmes like PATHS

(Providing Access to Health Solutions).
For more information, call 0800 559 009 or email:
kathy.hose004@msd.govt.nz
www.workandincome.govt.nz/individuals/disabled-or-ill/index.html



SUPPORTED BY

**NEW PLYMOUTH
DISTRICT COUNCIL**
newplymouthnz.com

New Plymouth District Council
Does your group need some advice or support with a one-off project or long-term planning?

Contact the Council on...
06-759-6060 or enquiries@npdc.govt.nz

Proudly supporting our community



Taranaki DHB provides a range of specialist Mental Health and Addiction Services throughout the region. The Taranaki Mental Health & Addiction Service consists of five distinct areas:

ADULT COMMUNITY MENTAL HEALTH
CHILD & ADOLESCENT MENTAL HEALTH
MENTAL HEALTH SERVICES FOR THE ELDERLY
ACUTE MENTAL HEALTH
ALCOHOL & DRUG

All MH & Addiction professional staff are appropriately trained, qualified and supervised.

TSB Community Trust 

Supporting You – Supporting Our Community

Established in 1988, the TSB Community Trust receives an annual dividend from the TSB Bank that it can distribute towards *charitable, cultural, philanthropic, recreational and other purposes* beneficial to the community, principally in Taranaki.

☎ 06-769-9471

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



Taranaki Electricity Trust

Taranaki Electricity Trust
Part of your community

35 Rata Street
Inglewood

Ph: (06) 756 7563
Fax: (06) 756 7057

taret@xtra.co.nz

www.taranakielectricitytrust.co.nz



Kaupapa Maori Development Organisation (MDO) operating as a 'Lead Contractor' with a 'for Maori by Maori' focus, on the health needs of Maori in Taranaki

36 Maratahu St, NP ☎ 06-759-4064

www.tuiora.co.nz

reception@tuiora.co.nz



Western Institute of Technology at Taranaki
Taranaki's Government owned tertiary institution provides a broad range of qualifications to meet the educational and training needs of the Taranaki community including:-

- Bachelor of Nursing
- Bachelor of Applied Social Science (Social Work)
- Certificate in Mental Health

Contact us on 0800 948 896 or at

www.WITTWORKS.ac.nz

You -> WITT -> Work. It's that simple.

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