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Project

# TARANAKI MENTAL HEALTH SECTOR

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[www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)

**DECEMBER 2011**

*Celebrating Mental Health Awareness*



This telephone/facsimile/Email/website contact list has been compiled by Like Minds Taranaki. It is intended as a resource for people working in and supporting Mental Health Services in Taranaki. If, as a user, or potential user of this contact list, you would like to see additions and/or modifications, please contact Like Minds Taranaki Tele (06) 759 0966 or Email: [mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz)



*Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'*

# 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.

*Like Minds Taranaki are pleased to provide this directory in either/both hard copy and electronically to provide you with an updated list of agencies, organisations and groups providing services and support for people with experience of mental illness. Updated copies are available on [www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)*

## 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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## OTHER CONTACT NUMBERS

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*Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'*

## CONSUMER - SERVICE USER - TANGATA WHAIORA SUPPORT SERVICES

### CONSUMER ADVISORY GROUP (TARANAKI) – (TCAG)

C/o Te Whare Puawai o Te Tangata Trust, PO Box 5142, NP 4343  
Advisory group for service development

☎ 06-759-4300  
Fax 06-759-4323

### DISTRICT INSPECTOR, Taranaki Mental Health NEW PLYMOUTH

Billings – Solicitors DD 06-757-3958  
7 Young Street, NP 4310 [mcochrane@billings.co.nz](mailto:mcochrane@billings.co.nz)

Murray Cochrane  
☎ 06-757-3944  
Fax 06-757-3959

### PROGRESS TO HEALTH

15 Dawson Street, MP 4310 [www.progresstohealth.org.nz](http://www.progresstohealth.org.nz)  
One to one support for recovery and wellness – programmes to meet identified needs

Leanne Penn  
☎ 06-757-5549

### TARANAKI DISTRICT HEALTH BOARD

Mental Health & Addictions Services

### TE WHARE PUAWAI O TE TANGATA TRUST

PO Box 5142, NP 4343  
Te Huarahi Recovery Centre - Barrett St Hospital  
Oranga Ngatahi - Alice Doig (Arahia)

### Consumer Advisor

NEW PLYMOUTH  
[pat@wharepuawai.org.nz](mailto:pat@wharepuawai.org.nz)  
NEW PLYMOUTH  
[www.tuiora.co.nz](http://www.tuiora.co.nz)

Nic Magrath  
☎ 06-753-6139  
☎ 06-759-4300  
Fax 06-759-4323

## PEER SUPPORT AND ADVOCACY SERVICES

### ON HIGHER GROUND – Judy Kemsley

[judy@onhigherground.co.nz](mailto:judy@onhigherground.co.nz)

☎ 06-278-0166  
Mobile 027 4784 854

### MAHIA MAI A WHAI TARA

8 Warre St, Waitara 4320

WAITARA  
[admin@mahiamaia.co.nz](mailto:admin@mahiamaia.co.nz)

Moana Eriwata  
☎ 06-754-4669  
Fax 06-754 4781

### TE MANGAI

C/o Te Whare Puawai O Te Tangata Trust

NEW PLYMOUTH  
[kevin@wharepuawai.org.nz](mailto:kevin@wharepuawai.org.nz)  
[bronwen@wharepuawai.org.nz](mailto:bronwen@wharepuawai.org.nz)

☎ 06-759-4300

## NATIONAL SUPPORT GROUPS

EATING DISORDERS [www.somethingfishy.org](http://www.somethingfishy.org)

LIFELINE [www.lifeline.co.nz](http://www.lifeline.co.nz)

MIND AND BODY – PEER SUPPORT [www.mindandbody.co.nz/?page\\_id=8](http://www.mindandbody.co.nz/?page_id=8)

NO BULLY [www.nobully.org.nz/advicek.htm](http://www.nobully.org.nz/advicek.htm)

PHOBIC TRUST [www.phobic.org.nz](http://www.phobic.org.nz)

SUICIDE PREVENTION IN NEW ZEALAND [www.spinz.org.nz](http://www.spinz.org.nz)

WEBHEALTH [www.webhealth.co.nz/taranaki](http://www.webhealth.co.nz/taranaki)

## FAMILY/WHANAU ADVISORY, ADVOCACY AND SUPPORT GROUPS:

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

Level 3, 44 Liardet St.,  
PO Box 8291, NP 4342

Tiaka Tume

Field Officer: South: Laura Douglas

Field Officer: North: Catherine Heaven

Family-Whanau focused support, education, advocacy and information

NEW PLYMOUTH  
[www.sfnat.org.nz](http://www.sfnat.org.nz)  
[sf.taranaki@xtra.co.nz](mailto:sf.taranaki@xtra.co.nz)  
[laura.sftaranaki@xtra.co.nz](mailto:laura.sftaranaki@xtra.co.nz)  
[catherine.sftaranaki@xtra.co.nz](mailto:catherine.sftaranaki@xtra.co.nz)

Tiaki Tume  
☎ 06-757-9300  
Fax 06-757-3670  
Mobile 027-555-6808  
Mobile 027-555-1503

### TDHB - FAMILY / WHANAU ADVISOR – AOD Services

[Susan.Philipson@tdhb.org.nz](mailto:Susan.Philipson@tdhb.org.nz)

Sue Philipson  
☎ 06-753-6139

### DISTRICT INSPECTOR

Billings – 7 Young Street, NP 4310

NEW PLYMOUTH  
[mcochrane@billings.co.nz](mailto:mcochrane@billings.co.nz)  
[www.billings.co.nz](http://www.billings.co.nz)

Murray Cochrane  
☎ 06-757-3944  
Fax 06-757-3959  
DD 06-757-3958

### PARENT TO PARENT

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)

☎ 0508-236-236

### MATES SUPPORT GROUP

"Men Empowering men to help themselves, each other and their community"

[www.mates-world.com](http://www.mates-world.com)  
[Kerry@mates-world.com](mailto:Kerry@mates-world.com)

Kerry Babbage  
☎ 06-759-1163  
Mobile 027-258-3274



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

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

06-759-7-9300  
[sftaranaki@xtra.co.nz](mailto:sftaranaki@xtra.co.nz)  
[www.sfnat.org.nz](http://www.sfnat.org.nz)

# KAUPAPA MAORI MENTAL HEALTH SERVICES

## ACCOMMODATION

<b>TE IHI RANGI</b> 61A Mill Road – Box 788 NP 4340 <i>Level 3 – 3+ accommodation and support</i>	<b>NEW PLYMOUTH</b> <a href="mailto:teihirangi@tuiora.co.nz">teihirangi@tuiora.co.nz</a> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	<b>Francis Kahui</b> ☎ <b>06-757-8802</b> Fax 06-757-8804
<b>TE WHARE PUAWAI O TE TANGATA (Hauora Maori)</b> Postal Address: PO Box 5142, NP 4343 Service Address: Barrett St Hospital, NP 4310 Clinical Manager – Linda Wood Res. Clinical Co-ordinator – Alison Jackson <i>Level 3/3+ accommodation</i>	<b>NEW PLYMOUTH &amp; WAITARA</b> <a href="mailto:admin@wharepuawai.org.nz">admin@wharepuawai.org.nz</a> <a href="mailto:linda@wharepuawai.org.nz">linda@wharepuawai.org.nz</a> <a href="mailto:rcc@wharepuawai.org.nz">rcc@wharepuawai.org.nz</a> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	<b>Suzy Paratene</b> ☎ <b>06-759-4300</b> Fax 06-759-4323

## PEER SUPPORT AND ADVOCACY SERVICES

<b>MAHIA MAI A WHAI TARA</b> 8 Warre Street, Waitara 4320	<b>WAITARA</b> <a href="mailto:admin@mahiamai.co.nz">admin@mahiamai.co.nz</a>	<b>Moana Eriwata</b> ☎ <b>06-754-4669</b>
<b>TE WHARE PUAWAI O TE TANGATA (Hauora Maori)</b> Don Paratene, Kevin Brown, Bronwen Phillips Postal Address: PO Box 5142, NP 4343 Service Address: Barrett St Hospital, NP 4310	<b>NP/WAITARA/SOUTH</b> <a href="mailto:admin@wharepuawai.org.nz">admin@wharepuawai.org.nz</a>	<b>Te Mangai</b> ☎ <b>06-759-4300</b> Fax 06-759-4323

## MAORI INTEGRATED SUPPORT SERVICES

<b>TUI ORA LTD</b> Maru Wehi Hauora, Maratahu St, NP Box 8119, NP 4342 Chief Executive Officer Provider Arm Manager <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>	<b>NEW PLYMOUTH</b> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a> <a href="mailto:reception@tuiora.co.nz">reception@tuiora.co.nz</a> <a href="mailto:hwano@tuiora.co.nz">hwano@tuiora.co.nz</a> <a href="mailto:pam.ritai@tuiora.co.nz">pam.ritai@tuiora.co.nz</a>	<b>Hayden Wano</b> ☎ <b>06-759-4064</b> Fax 06-759-1799
<b>TUI ORA LTD - Mental Health and Addiction Service</b> Maru Wehi Complex, 36 Maratahu St, NP 4310 PO Box 5131, NP 4343 220 High St, Hawera 4610	<b>NEW PLYMOUTH</b> <b>HAWERA</b>	☎ 06-759-7306 Fax 06-759-7307 ☎ 06-278-6603

## GENERAL PRACTITIONER SERVICES

<b>RUANUI HEALTH CENTRE</b> 53 Princes Street, Hawera 4610	<b>HAWERA</b> <a href="mailto:ruanuihealth@xtra.co.nz">ruanuihealth@xtra.co.nz</a>	<b>Warren Nichols</b> ☎ <b>06-278-1310</b>
<b>TE ATIWA MEDICAL CENTRE</b> 22 Gill Street, NP 4310	<b>NEW PLYMOUTH &amp; WAITARA</b> Dr ET Raumati Dr Tony Ruakere Dr Zam Zemeer	☎ <b>06-758-2300</b> Fax 06-758-7682 ☎ <b>06-754-8668</b>
25 Queen Street, Waitara 4320	<b>NEW PLYMOUTH</b> <a href="mailto:reception@tam.tuiora.co.nz">reception@tam.tuiora.co.nz</a>	☎ <b>06-759-7310</b> Fax 06-759-7309

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

<b>MIDLANDS HEALTH NETWORK PHO</b> 36 Maratahu St, NP 4342	<b>NEW PLYMOUTH</b> <a href="mailto:info@midlandshn.health.nz">info@midlandshn.health.nz</a> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	<b>Pauline Cruickshank</b> ☎ <b>06-759-4364</b> Fax 06-759-4341
<i>Operates in the partnership with Tui Ora Ltd and their providers</i>		
<b>KARANGAORA</b> C/-Auaha, PO Box 286, NP 4340 36 Maratahu St, Westown, NP 4310 <i>Traditional Maori Healing Services – Mirimiri etc...</i>	<b>NEW PLYMOUTH</b> <a href="mailto:reception@karangaora.co.nz">reception@karangaora.co.nz</a> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	☎ <b>06-759-7316</b> Fax 06-769-6489
<b>MAHIA MAI A WHAI TARA</b> 8 Warre Street, Waitara 4320 Alcohol & Drug Services Child & Adolescent Services Mental Health Peer Support Services Youth & Social Services <i>Child and Adolescent Team, Alcohol and Drug, Assessment and Counselling, and Youth services. Responding to the needs of Tangata Whaiora with mild to moderate mental health issues</i>	<b>WAITARA</b> <a href="mailto:admin@mahiamai.co.nz">admin@mahiamai.co.nz</a> Marian Winter, Bill Horo, Dianne Judson, Annemarie Prause Rangi Mehana, Sue Lichtwark Moana Eriwata Yoe Bevins, Mickey Harrison	<b>River Paton</b> ☎/Fax <b>06-754-4669</b>
<b>TE HAUORA POU HERETANGA</b> 36 Maratahu St, NP 4310	<b>NEW PLYMOUTH</b> Nigel Christie	☎ <b>06-759-7303</b> Fax 06-759-7302 <b>Free ☎ 0800-0800-47</b>
<i>Tuck-In Service, Home Based Support Services, Elder Abuse Neglect and Prevention, Koroua / Kuia Activity Program, Disability Support, Asthma Diabetes Support</i>		
<b>TE PUNI KOKIRI</b> 465B Devon St East NP 4310 PO Box 744, NP 4340 <i>Maori Development – Ministry of...</i>	<b>NEW PLYMOUTH</b> <a href="http://www.tpk.govt.nz">www.tpk.govt.nz</a> <a href="mailto:tpk.taranaki@tpk.govt.nz">tpk.taranaki@tpk.govt.nz</a>	☎ <b>06-759-5450</b> Fax 06-759-4601 <b>Mobile 027-234-624</b>

<b>TE WHARE PUAWAI O TE TANGATA(Hauora Maori) NEW PLYMOUTH</b> PO Box 5142, NP 4343 Old Barrett St. Hospital, NP 4310 <i>Early Intervention, Community Assessment, Treatment Service, Residential Services, Te Huarahi - Meaningful Activity Service (adult and elderly programmes), Te Mangai – Consumer Advocacy, Peer Support, Oranga Ngatahi - Physical Health Outcome Service</i>	<a href="mailto:admin@wharepuawai.org.nz">admin@wharepuawai.org.nz</a>	<b>Suzy Paratene</b> ☎ <b>06-759-4300</b>
<b>TOIORA – HEALTHY LIFESTYLES LTD</b> 188a Powderham St, NP 4310, Box 992, NP 4340 <i>Health Promotion Programmes, Problem Gambling, Healthy Eating &amp; Healthy Action, Smoke Free – Auahi Kore etc</i>	<b>NEW PLYMOUTH</b> <a href="mailto:denis@toiora.net.nz">denis@toiora.net.nz</a> <a href="http://www.tuioira.co.nz">www.tuioira.co.nz</a>	<b>Denis McLeod</b> ☎ <b>06-769-9188</b> Fax 06-769-9178
<b>TU TAMA WAHINE O TARANAKI</b> <i>Tangata Whenua Development and Liberation Service</i> 51 Barrett Street, PO Box 4030, NP 4340 Director: Ngaropi Cameron Needs Assessment: Norah Puketapu-Collins Service Co-ordination: Michelle Thompson <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>	<b>NEW PLYMOUTH</b> <a href="mailto:reception@tutamawahine.org.nz">reception@tutamawahine.org.nz</a> <a href="mailto:norah@tutamawahine.org.nz">norah@tutamawahine.org.nz</a> <a href="mailto:michelle@tutamawahine.org.nz">michelle@tutamawahine.org.nz</a>	<b>Ngaropi Cameron</b> ☎ <b>06-758-5795</b> Fax 06-758-6881

**Whakataukī**  
**Ahakoā te momo mate, whakanuia Tangata**

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

## ACCOMMODATION PROVIDERS:

<b>MT VIEW TRUST</b> 15 Hill Street, Eltham 4322 <i>Level 3 accommodation, support, crisis support and respite services</i>	<b>ELTHAM</b> <a href="mailto:mt.view@netsource.co.nz">mt.view@netsource.co.nz</a>	<b>Chad and Bev Chadwick</b> ☎ <b>06-764-7034</b> Fax 06-764-7093
<b>PATHWAYS</b> Box 51, NP 4340 Regional Office: 220 Devon St West, NP 4310 Regional Manager: Denise Aylward Service Leader: Shane Smith <b>Team Leaders</b> Mill Road, NP 4310 - Cheryl Gyde Mobile Services – David Hopkins Barriball Complex – Angela Gates Mobile Services – South Taranaki <i>Residential and Mobile Service</i> <b>Healthy Lifestyles</b> – Steve Roubos <b>Keys Living Choices</b> – Diana Watson	<b>NEW PLYMOUTH</b> <a href="mailto:Denise.aylward@pathways.co.nz">Denise.aylward@pathways.co.nz</a> <a href="mailto:Shane.Smith@pathways.co.nz">Shane.Smith@pathways.co.nz</a> <a href="mailto:Cheryl.gyde@pathways.co.nz">Cheryl.gyde@pathways.co.nz</a> <a href="mailto:david.hopkins@pathways.co.nz">david.hopkins@pathways.co.nz</a> <a href="mailto:Angela.gates@pathways.co.nz">Angela.gates@pathways.co.nz</a> <a href="mailto:Angela.gates@pathways.co.nz">Angela.gates@pathways.co.nz</a> <a href="http://www.pathways.co.nz">www.pathways.co.nz</a> <a href="mailto:steve.roubos@pathways.co.nz">steve.roubos@pathways.co.nz</a> <a href="mailto:Diana.watson@pathways.co.nz">Diana.watson@pathways.co.nz</a>	<b>Denise Aylward</b> ☎ <b>06-757-2864</b> Fax 06-757-2870 <b>Mobile 027-499-5758</b> <b>Mobile 027-233-1690</b> ☎ <b>06-758-1267</b> ☎ <b>06-757-3830</b> ☎ <b>06-769-9991</b> ☎ <b>06-278-4983</b> Fax <b>06-278-4983</b> ☎ <b>06-757-2864</b> ☎ <b>06-757-3832</b>
<b>TE IHI RANGI</b> Box 788, NP 4340 <i>Level 111 accommodation and support, crisis and carer respite services</i>	<b>NEW PLYMOUTH</b> <a href="http://www.tuioira.co.nz">www.tuioira.co.nz</a> <a href="mailto:teihirangi@tuioira.co.nz">teihirangi@tuioira.co.nz</a>	<b>Francis Kahui</b> ☎ <b>06-757-8802</b> Fax 06-757-8804
<b>TE WHARE PUAWAI O TE TANGATA (Hauora Maori) - NEW PLYMOUTH AND WAITARA</b> PO Box 5142, Westown, NP 4343 Service Address - Barrett St Hospital Clinical Manager - Linda Wood Res. Clinical Coordinator – Alison Jackson <i>Level 3- 4 accommodation</i>	<a href="mailto:admin@wharepuawai.org.nz">admin@wharepuawai.org.nz</a> <a href="mailto:linda@wharepuawai.org.nz">linda@wharepuawai.org.nz</a> <a href="mailto:rcc@wharepuawai.org.nz">rcc@wharepuawai.org.nz</a> <a href="http://www.tuioira.co.nz">www.tuioira.co.nz</a>	<b>Suzy Paratene</b> ☎ <b>06-759-4300</b> Fax 06-759-4323
<b>BARRETT HOMES TRUST</b>	<b>NEW PLYMOUTH</b>	<b>Bill Marsh</b> ☎ <b>06-753-5155</b>
<b>BELT ROAD SEASIDE HOLIDAY PARK</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-758-0228</b>
<b>BOND PROCESSING CENTRE</b>		Free ☎ <b>0800-737-666</b>
<b>COMMUNITY HOUSING ACTION TARANAKI</b> PO Box 5015, NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:chattrust@gmail.com">chattrust@gmail.com</a>	<b>Brian Eriksen</b> ☎ <b>06-759-0026</b>
<b>EMERGENCY SHELTER TRUST</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-759-5500</b>
<b>HOUSING NEW ZEALAND</b> 315 Devon St East, NP 4310 PO Box 546, NP 4340	<b>NEW PLYMOUTH</b> <a href="http://www.hnzc.co.nz">www.hnzc.co.nz</a>	Free ☎ <b>0800-801-601</b> Fax 06-757-5658

<b>KEYS – Living Choices</b> Puriri House, 220 Devon St West, NP 4310	<b>NEW PLYMOUTH</b> Sandra McKessock <a href="http://www.pathways.co.nz/keys">www.pathways.co.nz/keys</a> <a href="http://www.likemindstaranaki.org.nz">www.likemindstaranaki.org.nz</a>	☎ <b>06-758-5684</b> Fax 06-759-6904 Mobile <b>027-687-7135</b>
<b>MANNA CHRISTIAN HEALING CENTRE</b> 134 Upper Wairau Road, RD4, NP 4374 <i>Crisis Respite Care and support</i>	<b>OAKURA</b> <a href="mailto:mannahealing@xtra.co.nz">mannahealing@xtra.co.nz</a>	Reg & Dianne Wilkinson ☎/Fax <b>06-752-7620</b> Mobile <b>022-094-8960</b>
<b>SCENIC LODGE – THE RITZ</b> 199 Centennial Drive, NP 4310	<b>NEW PLYMOUTH</b>	☎ <b>06-751-3310</b>
<b>SHOESTRING LODGE</b> 48 Lemon St, NP 4310	<b>NEW PLYMOUTH</b>	☎ <b>06-758-0404</b>
<b>STEPS PROGRAMME</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-758-9688</b>
<b>STRATFORD Social Workers -</b>	via Hawera Hospital	☎ <b>06-278-7109</b>
<b>SUNHAVEN</b> 48 Sunnyvale St NP 4312	<b>NEW PLYMOUTH</b>	☎ <b>06-755-1021</b>
<b>TENANCY SERVICES</b> 68 Vivian Street, NP 4310	<b>NEW PLYMOUTH</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>	Free ☎ <b>0800-836-262</b> Fax 06-757-3562
<b>WOMEN'S REFUGE-TARANAKI</b> <b>NEW PLYMOUTH</b> PO Box 5 New Plymouth 4340 Level 2, Kings Bldg, 36 Devon St West	<a href="mailto:admin@taranakiwomensrefuge.co.nz">admin@taranakiwomensrefuge.co.nz</a> <b>24 hour crisis only lines:</b>	Free ☎ <b>0800-827-973</b> ☎ <b>06-769-5553</b> ☎ <b>06-769-5533</b> Fax 06-769-5554

## ALCOHOL AND DRUG SERVICES:

### KAUPAPA MAORI SERVICES

<b>MAHIA MAI A WHAI TARA</b> 8 Warre Street, Waitara, 4320 General Manager: River Paton Mental Health & Alcohol and Drug Services. <i>Child and Adolescent Maori Mental Health Specialists, Alcohol and Drug Education, Counselling and Dual Diagnosis, Whanau Social Work, Youth Work and Kaumatua Programme</i>	<b>WAITARA</b> <a href="mailto:river.paton@mahiamaia.co.nz">river.paton@mahiamaia.co.nz</a>	<b>River Paton</b> ☎ <b>06-754-4669</b> Fax 06-754-4781
<b>NGATI RUANUI HEALTH CENTRE</b> Practice Manager 78-80 Argyle Street, Hwra 4610	<b>HAWERA</b> <a href="mailto:admin.rhc@ngatiruanui.org">admin.rhc@ngatiruanui.org</a>	<b>Warren Nichols</b> ☎ <b>06-278-1310</b> Fax <b>06-278-0157</b>

### GENERAL ALCOHOL AND DRUG SERVICES

<b>ALCOHOL AND DRUG HELPLINE</b> PO Box 13496, Christchurch 8141	<a href="http://www.adanz.org.nz">www.adanz.org.nz</a> <a href="mailto:ada@adanz.org.nz">ada@adanz.org.nz</a>	☎ <b>0800-787-797</b> Fax 03-377-5600
<b>ALANON/ALATEEN FAMILY GROUPS</b>	<b>NEW PLYMOUTH</b> John or Kathleen	☎ <b>06-753-9497</b> ☎ <b>06-751-1984</b>
<b>MEETINGS:</b> Monday: 7.30 pm Friday: 11.30 – 1pm	Young Persons Trust, Liardet St, NP 4310 Anglican Church Hall, Henui St, Fitzroy NP 4312	
<b>ALCOHOLICS ANONYMOUS - TARANAKI</b>		☎ <b>0800-AA WORKS 0800-229-675</b>
<b>NEW PLYMOUTH</b> (Mon Meet) <b>Contact:</b> Rudy <b>021-537-953</b> (Thur Meet) <b>Contact:</b> Kerri <b>06-753-5411</b>	or Sally <b>06-759-1331</b> or <b>027-325-6120</b>	
<b>INGLEWOOD</b> <b>Contact:</b> Sharon <b>06-756-9001</b>		
<b>WAITARA</b> <b>Contact:</b> Trevor <b>06-754-7157</b> or Shane <b>06-754-4219</b>		
<b>HAWERA</b> <b>Contact:</b> Ray <b>06-272-8180</b>		
<b>RECOVERY CHURCH</b> <b>NEW PLYMOUTH</b>	Friday 6.00pm at Salvation Army, Cnr. Powderham/Dawson St	
<b>LIFE EDUCATION TRUST</b> Steak Goodin <i>Alcohol and Drug services, childcare, education, health education, life skills, referrals etc</i>	<b>NEW PLYMOUTH</b> <a href="mailto:jgoodin@xtra.co.nz">jgoodin@xtra.co.nz</a>	☎ <b>0800-454-333</b> ☎/Fax <b>06-752-8160</b>
<b>LIFELINE TARANAKI INC</b> PO Box 513, NP 4340	<b>NEW PLYMOUTH</b> <a href="http://www.lifeline.co.nz">www.lifeline.co.nz</a> <a href="mailto:lifelinetaranaki@lifeline.co.nz">lifelinetaranaki@lifeline.co.nz</a>	Free ☎ <b>0800-543-354</b> ☎ <b>06-757-9493</b>
<b>MANNA HEALING &amp; COUNSELLING CENTRE</b> 134 Upper Wairau Road, RD 4, NP 4374	<b>NEW PLYMOUTH</b> <a href="mailto:mannahealing@xtra.co.nz">mannahealing@xtra.co.nz</a>	Reg & Dianne Wilkinson ☎/Fax <b>06-752-7620</b> Mobile <b>022-094-8960</b>

## OTHER CONTACT NUMBERS

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Taranaki Kowhaiwhai panel - The Hammerhead shark. Mangopare - 'keep positive, see it through'

<b>NEEDLE EXCHANGE – TARANAKI (NETS)</b> 19B Robe St, NP 4310	<b>NEW PLYMOUTH</b> <a href="http://www.need2le.co.nz">www.need2le.co.nz</a> National Office	☎/Fax	<b>06-759-0330</b>
<b>PRISONERS AID &amp; REHABILITATION</b> 163 Devon St West, NP 4340	<b>NEW PLYMOUTH</b> <a href="mailto:taranikipars@xtra.co.nz">taranikipars@xtra.co.nz</a>	☎	<b>03-3669-403</b> <b>06-758-1361</b>
<b>PROBLEM GAMBLING FOUNDATION</b> 36 Devon Street West, NP 4310 <i>Free confidential professional counselling for people affected by problem gambling.</i>	<b>NEW PLYMOUTH</b>	Fax	<b>06-758-1347</b>
<b>GAMBLING HELPLINE</b>	<a href="http://www.gamblingproblem.co.nz">www.gamblingproblem.co.nz</a>	☎	<b>Sandi Cummings</b> <b>06-769-6020</b> <b>Free ☎ 0800-664-262</b> <b>Free ☎ 0800-654-655</b>
<b>SALVATION ARMY COMMUNITY AND FAMILY SERVICES - BRIDGE PROGRAMME</b> Team Leader: Suzanne Wallace 128 Powderham St, NP 4310 PO Box 354, 4340	<b>NEW PLYMOUTH</b> <a href="mailto:centraltaranaki_corps@nzf.salvationarmy.org">centraltaranaki_corps@nzf.salvationarmy.org</a> <b>HAWERA</b> <b>STRATFORD &amp; ELTHAM</b>	☎/Fax Mobile ☎	<b>06-758-9338</b> <b>027-438-861</b> <b>06-758-2325</b>
<i>Emergency food support, information, life skills, family support etc</i>			
<b>SEXUAL HEALTH CLINIC &amp; FAMILY PLANNING</b> 56 Gover Street, NP 4310	<b>NEW PLYMOUTH</b>	☎	<b>06-759-8269</b> Fax <b>06-759-8369</b>
<b>TARANAKI DISTRICT HEALTH BOARD – ALCOHOL AND DRUG SERVICES</b> Private Bag 2016, NP 4342	<a href="mailto:alcohol.drug@tdhb.org.nz">alcohol.drug@tdhb.org.nz</a> <a href="http://www.tdhb.org.nz">www.tdhb.org.nz</a>	☎	<b>Pene Te Puni</b> <b>06-753-7838</b> Fax <b>06-753-7875</b>
<i>Outpatient Clinics: Stratford, Hawera, Opunake, Waitara, New Plymouth Clinic at Base hospital and support groups</i>			
<b>Family Alcohol &amp; Drug Support (FADS)</b>	Sue Philipson	☎	<b>06-753-7838 Ext 7949</b>
<b>TDHB – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES</b> TDHB, Tukapa St entrance, NP 4310 Private Bag 2016, NP 4342	<a href="mailto:camhs.cacc@tdhb.org.nz">camhs.cacc@tdhb.org.nz</a>	☎	<b>06-753-7790</b> Fax <b>06-753-7791</b>
<i>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 <a href="http://www.likemindstaranaki.org.nz">www.likemindstaranaki.org.nz</a></i>			
<b>LINKAGE - WEBHEALTH</b> 262 Devon St West, NP 4310 PO Box 767, NP 4340	<b>NEW PLYMOUTH</b> <a href="mailto:taranaki@webhealth.co.nz">taranaki@webhealth.co.nz</a> <a href="http://www.webhealth.co.nz">www.webhealth.co.nz</a>	FREE ☎	<b>0800-932-432-584</b> ☎ <b>06-769-9160</b> Fax <b>06-769-9161</b>

### NATIONAL SUPPORT SERVICES:

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

### CHILD & ADOLESCENT MENTAL HEALTH SUPPORT AGENCIES

<b>ALCOHOL HELPLINE</b>		Free ☎	<b>0800-787-797</b>
<i>A telephone service that provides information, advice, and short term counselling.</i>			
<b>BUDGET ADVISORY SERVICE</b> 32 Leach Street, NP 4310 22 Union Street, Hawera 4610	<b>NEW PLYMOUTH</b> <a href="mailto:np.budget@xtra.co.nz">np.budget@xtra.co.nz</a> <b>HAWERA</b> <a href="mailto:hawerabudget@xtra.co.nz">hawerabudget@xtra.co.nz</a>	☎	<b>06-758-5996</b> Fax <b>06-758-2780</b> ☎ <b>06-278-8448</b>
<i>Free advice, information &amp; support to manage your budget.</i>			
<b>CAREERS NEW ZEALAND</b> Devon Centre, Liardet St., NP 4310 <i>All information available at no cost</i>	<b>NEW PLYMOUTH</b> <a href="mailto:Eileen.Kiffin@careers.govt.nz">Eileen.Kiffin@careers.govt.nz</a> <a href="http://www.careers.govt.nz">www.careers.govt.nz</a>	☎	<b>0800 222 733</b> Fax <b>06-757-3752</b>
<b>CHILD AND ADOLESCENT COMMUNITY CENTRE - TDHB</b> TDHB, Tukapa St entrance, NP 4310 Private Bag 2016, NP 4342	<a href="mailto:camhs.cacc@tdhb.org.nz">camhs.cacc@tdhb.org.nz</a>	☎	<b>06-753-7790</b> Fax <b>06-753-7791</b>
<i>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</i>			
<b>CHILD, YOUTH, AND FAMILY</b> Level 2 Duncan Dovico House, Gill St, NP 4310 Cnr High and Argyle St, Hawera 4610	<b>NEW PLYMOUTH</b> <a href="http://www.cyf.govt.nz">www.cyf.govt.nz</a> <b>HAWERA</b>	☎	<b>0508-326-459</b> ☎ <b>06-968-3348</b> ☎ <b>06-278-3317</b>
<i>Provide care and protection, youth justice and adoption services with the vision of safe children, strong families and stronger communities.</i>			
<b>COMMUNITY COMPUTER ACCESS CENTRE (CCAC)</b> Level 1, 36 Devon St West, NP 4310 <i>Free computer lessons</i>	<b>NEW PLYMOUTH</b> <a href="mailto:ccac@xtra.co.nz">ccac@xtra.co.nz</a>	☎	<b>Pauline Bryan</b> <b>06-759-2149</b>
<b>CCS DISABILITY ACTION</b> 112 Vivian St PO Box 324 NP 4340	<b>NEW PLYMOUTH</b> <a href="mailto:ronny.martin@ccsdisabilityaction.org.nz">ronny.martin@ccsdisabilityaction.org.nz</a>	☎	<b>06-758-5423</b> Mobile <b>027-451-0676</b>
<i>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.</i>			

<b>FAMILY PLANNING ASSOCIATION</b>	<a href="mailto:NewPlymouth.Clinic@familyplanning.org.nz">NewPlymouth.Clinic@familyplanning.org.nz</a> ☎	<b>06-759-8269</b>
56 Gover St, NP, 4310	<i>Provide advice, medical services and education in sexual and reproductive health.</i>	
<b>FAMILY WORKS</b>	<b>NEW PLYMOUTH</b>	<b>Megan Jackson</b>
51 Buller St, NP 4310	<a href="mailto:familyworks-taranaki@psc.org.nz">familyworks-taranaki@psc.org.nz</a> ☎	<b>06-758-5037</b>
<i>Provide a range of services accepting of all, which enables individuals, families and communities in NZ to help themselves.</i>		
<b>HAWERA RC FAMILY COUNSELLING SERVICE</b>	<b>HAWERA</b>	☎ <b>06-278-6399</b>
6 Furlong St, Hawera 4320	<a href="mailto:hrcfc@xtra.co.nz">hrcfc@xtra.co.nz</a>	
<b>MAHIA MAI A WHAI TARA</b>	<b>WAITARA</b>	☎ <b>06-754-4669</b>
8 Warre Street, Waitara 4320	<a href="mailto:admin@mahiamaia.co.nz">admin@mahiamaia.co.nz</a>	Fax <b>06-754-4781</b>
Child and Adolescent Services	Rangi Mehana, Sue Lichtwark	<b>Mobile 027-495-5969</b>
Youth and Social Services	Yoe Bevins, Mickey Harrison	
<i>Child and Adolescent Team, Alcohol and Drug Education, Assessment and Counselling, and Youth Services.</i>		
<b>MINISTRY OF YOUTH DEVELOPMENT</b>	<a href="http://www.youthstats.myd.govt.nz">www.youthstats.myd.govt.nz</a>	
<b>POLICE YOUTH AID/EDUCATION</b>	<a href="mailto:anna.duncan@police.govt.nz">anna.duncan@police.govt.nz</a> ☎	<b>06-759-8862</b>
<i>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.</i>		
<b>PREGNANCY COUNSELLING SERVICES</b>	Free ☎	<b>0800-633-328</b>
<b>PROBLEM GAMBLING FOUNDATION</b>	<b>NEW PLYMOUTH</b>	<b>Sandi Cummings</b>
36 Devon Street West, NP 4310	<a href="http://www.pgfnz.org.nz">www.pgfnz.org.nz</a>	☎ <b>06-769-6020</b>
<i>Free confidential professional counselling for people affected by problem gambling</i>		
<b>PUBLIC HEALTH NURSES</b>	<b>NEW PLYMOUTH</b>	Free ☎ <b>0800-664-262</b>
Taranaki Healthcare, Tukapa St	<a href="mailto:sandi.french@tdhb.org.nz">sandi.french@tdhb.org.nz</a>	☎ <b>06-753-7794</b>
<i>Provide a community nursing service that improves and protects the health of children &amp; young people in Taranaki</i>		
<b>SALVATION ARMY COMMUNITY AND FAMILY SERVICES</b>		☎/Fax <b>06-758-9338</b>
128 Powderham St, NP 4310	<b>NEW PLYMOUTH</b>	<b>Emergency ☎ 06-758-2325</b>
PO Box 354, 4340	<a href="mailto:centraltaranaki_corps@nzf.salvationarmy.org">centraltaranaki_corps@nzf.salvationarmy.org</a>	
	<b>HAWERA</b>	☎ <b>06-278-8516</b>
	<b>STRATFORD &amp; ELTHAM</b>	☎ <b>06-765-7969</b>
<i>Emergency food support, information, life skills, family support etc</i>		
<b>SEASONS</b>	<b>NEW PLYMOUTH</b>	<b>Diana Lawrence</b>
		☎ <b>06-753-5657</b>
<i>Offers peer support to children &amp; young people who have suffered a loss in their lives to assist with the grieving process</i>		
<b>SEXUAL HEALTH &amp; FAMILY PLANNING</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-759-8269</b>
56 Gover Street, NP 4310		Fax <b>06-759-8369</b>
<b>TARANAKI COMMUNITY LAW TRUST</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-759-1492</b>
1 <sup>st</sup> Floor, 65 Devon St West, NP 4310	<a href="mailto:tcls@xtra.co.nz">tcls@xtra.co.nz</a>	
<i>Legal advice, information, assistance to people with unmet legal needs through accessible professional legal service.</i>		
<b>TARANAKI SAFER CENTRE</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-758-4178</b>
199 Devon St East, NP 4310	<a href="mailto:safercentre@xtra.co.nz">safercentre@xtra.co.nz</a>	
<i>Provide counselling and support for victims of sexual assault. Provision of general counselling and family therapy.</i>		
<b>TDHB – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES</b>		☎ <b>06-753-7790</b>
TDHB, Tukapa St entrance, NP 4310	<a href="mailto:camhs.cacc@tdhb.org.nz">camhs.cacc@tdhb.org.nz</a>	Fax <b>06-753-7791</b>
Private Bag 2016, NP 4342		
<i>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 <a href="http://www.likemindstaranaki.org.nz">www.likemindstaranaki.org.nz</a></i>		
<b>THE LOWDOWN WEBSITE</b>	<a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>	
<i>Helping youth to understand and deal with depression – trained counsellor available to talk to</i>		
<b>TOIORA – HEALTHY LIFESTYLES LTD</b>	<b>NEW PLYMOUTH</b>	<b>Denis McLeod</b>
188a Powderham St, PO Box 992, NP 4340	<a href="mailto:denis@toiora.net.nz">denis@toiora.net.nz</a>	☎ <b>06-769-9188</b>
<i>Health Promotion Programmes, Problem Gambling, Healthy Eating &amp; Healthy Action, Smoke Free – Auahi Kore etc</i>		
	<a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	
<b>“TRIPPIN”</b>	<a href="http://www.trippin.co.nz">www.trippin.co.nz</a>	
<i>Designed specially for youth</i>		
<b>TU TAMA WAHINE O TARANAKI</b>	<b>NEW PLYMOUTH</b>	<b>Ngaropi Cameron</b>
<i>Tangata Whenua Development and Liberation Service</i>		☎ <b>06-758-5795</b>
51 Barrett Street, PO Box 4030, NP 4340	<a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	Fax <b>06-758-6881</b>
Director: Ngaropi Cameron	<a href="mailto:reception@tutamawahine.org.nz">reception@tutamawahine.org.nz</a>	
Needs Assessment: Norah Puketapu-Collins	<a href="mailto:npuketapucollins@tutamawahine.org.nz">npuketapucollins@tutamawahine.org.nz</a>	
Service Co-ordination: Michelle Thompson	<a href="mailto:mthompson@tutamawahine.org.nz">mthompson@tutamawahine.org.nz</a>	
<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>		

<b>URGE WEBSITE</b>	<a href="http://www.urge.co.nz">www.urge.co.nz</a>		
<i>Youth health and information service designed to assist young people to find useful information or resources to help them in a variety of areas.</i>			
<b>VICTIM SUPPORT</b>	<b>NEW PLYMOUTH</b>		<b>06-759-5519</b>
	<a href="mailto:new_plymouth@victimsupport.org.nz">new_plymouth@victimsupport.org.nz</a>		
<i>Provide a confidential, 24 hour, 7 day a week personalised service to victims of crime, accident and emergency.</i>			
<b>WAVES - YOUTH HEALTH, DEVELOPMENT &amp; SUPPORT SERVICES - N P</b>	<b>NEW PLYMOUTH</b>		<b>06-757-9901</b>
74 Powderham Street NP 4310	<a href="mailto:info@wavestaranaki.org.nz">info@wavestaranaki.org.nz</a>	Fax	06-757-9906
<i>Free health advice, counselling – for people aged between 10 and 26 years. There are 2 nurses, a GP and psychologist available for appointments and youth development programmes and also free school holiday activities</i>			
<b>LINKAGE - WEBHEALTH</b>	<b>NEW PLYMOUTH</b>	Free	<b>0800-932-432-584</b>
262 Devon St West, NP 4310	<a href="mailto:taranaki@webhealth.co.nz">taranaki@webhealth.co.nz</a>		<b>06-769-9160</b>
PO Box 767, NP 4340	<a href="http://www.webhealth.co.nz">www.webhealth.co.nz</a>	Fax	06-769-9161
<b>WOMEN'S REFUGE-TARANAKI</b>	<b>NEW PLYMOUTH</b>	Free	<b>0800-827-973</b>
PO Box 5, NP 4340	<a href="mailto:admin@taranakiwomensrefuge.co.nz">admin@taranakiwomensrefuge.co.nz</a>		<b>06-769-5553</b>
Level 2, Kings Bldg	<b>24 hour crisis only lines:</b>		<b>06-769-5533</b>
36 Devon St West		Fax	06-769-5554
<b>YOUNG PEOPLE'S TRUST</b>	<b>NEW PLYMOUTH</b>		<b>06-758-7182</b>
98 Liardet St, NP 4310 - PO Box 448, NP 4340	<a href="mailto:inquiries@youngpeoplestrust.org.nz">inquiries@youngpeoplestrust.org.nz</a>	Free	<b>0800-00-2288</b>
<i>Offer up to date information, advocacy, referrals, education, counselling and support, for the well being of young people and their families.</i>			
<b>YOUTH DEVELOPMENT – Ministry of</b>	<b>WELLINGTON</b>		<b>04 916 3300</b>
PO Box 1556, Wellington 6140	<a href="http://www.myd.govt.nz">www.myd.govt.nz</a>		
<b>YOUTH GAMBLING HELPLINE</b>	<a href="http://www.inyaface.co.nz">www.inyaface.co.nz</a>		
<i>Believe in youth supporting youth, so we have young counsellors and we've developed this website with a youth focus</i>			
<b>YOUTHLINE</b>		Free	<b>0800-376-633</b>
<a href="http://www.youthline.co.nz">www.youthline.co.nz</a>	<a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a>	Free	<b>TXT 234</b>
<a href="https://www.facebook.com/youthline.changing.lives">www.facebook.com/youthline.changing.lives</a>			
<i>Free confidential and non judgemental telephone, txt or email counselling service</i>			
<b>YOUTH TRANSITION SERVICES</b>	<b>TARANAKI</b>	Free	<b>0508-496-884</b>
1 <sup>st</sup> Floor, Devon Centre, 44 Liardet St, NP 4310	<a href="mailto:reception@yts.tuiora.co.nz">reception@yts.tuiora.co.nz</a>		<b>06-759-7727</b>
61A McLean St, Waitara, 4320	<a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>		<b>06-759-7727</b>
Taiohi Oranga, 45 Regent St, Hawera, 4610			<b>06-278-9065</b>
<i>Assists young people as they transition from school to further education, training, work or other activities that contribute to their long term independence and wellbeing.</i>			

## COUNSELLORS

### NORTH TARANAKI: Private Practices:

<b>BELLOMO FAMILY HEALTH</b>	Unit 7, 17 Nobbs Line, Strandon NP 4312		<b>06-757-2222</b>
<b>CHANCELLOR Lee</b>			<b>06-758-6888</b>
<b>CLEMENTS Kate</b>	59 Lemon St, PO Box 4201, NP 4310		<b>06-758-5212</b>
	<a href="http://www.kateclements.com">www.kateclements.com</a>		
<b>DOLAN Gerard</b>	117 Powderham St NP 4310		<b>06-759-1050</b>
<b>FUTURE EDGE</b>	693 Carrington St, NP 4371		<b>06-753-5914</b>
	<a href="mailto:wayne@future-edge.co.nz">wayne@future-edge.co.nz</a>		
	<a href="http://www.future-edge.co.nz">www.future-edge.co.nz</a>	Mobile	<b>027-242-1580</b>
<i>Coach – Counsellor - Consultant</i>			
<b>GLASS John Dr</b>	185 Powderham St, NP 4310		<b>06-757-5897</b>
		Fax	06-758-0555
<b>GUY Alan</b>	198 Carrington St, NP 4310		<b>06-753-9222</b>
<b>HOLDEM Lynne</b>	3 <sup>rd</sup> Floor, Stirling Sports Bdg, Devon & Brougham Sts, NP 4310		<b>06-769-6050</b>
	<a href="http://www.psychosynthesis.co.nz">www.psychosynthesis.co.nz</a>	Mobile	<b>021-173-9904</b>
<b>JOHNSTON Denise</b>	Eastside Medical Centre 488 Devon St East, NP 4312		<b>06-757-3111</b>
	<a href="mailto:denjohnston@maxnet.co.nz">denjohnston@maxnet.co.nz</a>	Mobile	<b>021-185-9999</b>
		Fax	06-757-3117
<b>KOORTS Martin</b>	127 Vivian Street, NP 4310		<b>06-757-4898</b>
	<a href="mailto:mndkoorts@gmail.com">mndkoorts@gmail.com</a>	Mobile	<b>021-444-297</b>
<b>LICHTWARK Sue</b>		Mobile	<b>027-284-7989</b>
	<a href="mailto:Sue.chas.lichtwark@xtra.co.nz">Sue.chas.lichtwark@xtra.co.nz</a>		
<b>LUOND Marnie</b>	Aurora Centre 59 Lemon St NP 4310		<b>06-758-4579</b>
	<a href="mailto:marnides@clear.net.nz">marnides@clear.net.nz</a>		
<b>MARTIN Dan</b>	199 Devon St East, NP 4310		<b>06-758-4178</b>
		Fax	06-757-4506
<b>MARTIN Victoria</b>	199 Devon St East, NP 4310		<b>06-758-4178</b>
	<a href="mailto:vicki@safercentre.org.nz">vicki@safercentre.org.nz</a>	Fax	06-757-4506
<b>MEEGAN CARE HOLISTIC COUNSELLING</b>	11 Old South Rd, OKATO and 32 Egmont St, NP		
	<a href="mailto:info@meegancare.co.nz">info@meegancare.co.nz</a>		
	<a href="http://www.meegancare.co.nz">www.meegancare.co.nz</a>		<b>06-752-4826</b>
<b>MOLLOY Annemarie</b>	C/o Northpoint LifeCare Centre	Mobile	<b>027-785-5262</b>
	<a href="mailto:amolloy@slingshot.co.nz">amolloy@slingshot.co.nz</a>		
<b>POWELL Jane</b>	185 Powderham St, NP 4310 PO Box 4239, NP 4340		<b>06-757-5897</b>
	<a href="mailto:jane@psycho.co.nz">jane@psycho.co.nz</a>	Fax	06-758-0555
<b>SACHSENWEGER Mieke</b>	Clinical Psychologist		
Mon & Thur - Talking Point - 127 Vivian Street, NP 4310			<b>06-757-4898</b>
Tue & Wed - Psychology & Counselling - 185 Powderham Street, NP4310			<b>06-757-5897</b>

<b>SHORVON Colin</b> - Clinical Psychologist	<b>Mobile 027-765-8095</b>	☎	<b>06-753-6226</b>
<b>SYLVIA HUITSON – ACTIVE INTENTIONS</b>		☎	<b>06-751-1483</b>
Level 3, Devon Centre, Cnr Devon & Liardet Sts, NP 4310		<b>Mobile</b>	<b>027-600-0302</b>
<b>'TALKINGCURE' COUNSELLING PSYCHOLOGY</b> 3 Argyle Place, NP 4310		☎	<b>06-769-9419</b>
<a href="mailto:Lesley_olley@hotmail.com">Lesley_olley@hotmail.com</a>		<b>Mobile</b>	<b>027-299-5988</b>
<b>THURLOW Carmen</b>	11 Onaero Beach Road <b>WAITARA</b> 4312	☎	<b>06-752-3333</b>
<b>VAUGHAN Rachel Dr</b>	185 Powderham St, NP 4310	☎	<b>06-757-5897</b>
<a href="mailto:rachel@psycho.co.nz">rachel@psycho.co.nz</a>	<i>Clinical Psychologist</i>	Fax	06-758-0555
PO Box 4239, NP 4340			
<b>WHAKARURUHAU PSYCHOLOGY SERVICES LTD</b>	PO Box 133, NP 4383	☎	<b>06-769-9085</b>
<b>North Taranaki: Larger Practices</b>			
<b>AURORA CENTRE</b>	59 Lemon St, NP 4310	☎	<b>06-758-4579</b>
	LUOND Marnie POTTINGER-HOCKINGS Beth	Fax	06-758-4579
<b>BOND COUNSELLING – JANE McPHERSON</b>		☎	<b>06-759 0285</b>
<a href="mailto:janemcpherson@orcon.net.nz">janemcpherson@orcon.net.nz</a>	49 Powderham St, NP 4310	<b>Mobile</b>	<b>027-220-2662</b>
<b>LIFELINE TARANAKI</b>	PO Box 513, NP 4340	☎	<b>06-757-9493</b>
<a href="mailto:lifelinetaranaki@lifeline.co.nz">lifelinetaranaki@lifeline.co.nz</a>	<b>0800-LIFELINE</b>	Free ☎	<b>0800-543-354</b>
<b>GAMBLING ADDICTIONS COUNSELLING</b>	36 Devon St West. NP 4310	☎	<b>06-769-6020</b>
		Free ☎	<b>0800-664-262</b>
<b>MANNA HEALING CENTRE</b>	134 Upper Wairau Rd, RD 4 NP 4374	☎	<b>06-752-7620</b>
<a href="mailto:mannahealing@xtra.co.nz">mannahealing@xtra.co.nz</a>		or	<b>06-752-7649</b>
		<b>Mobile</b>	<b>022-094-8960</b>
<b>NORTHPOINT LIFE CARE</b>	<b>NEW PLYMOUTH</b>	☎	<b>06-755-0250</b>
<a href="mailto:lifecare@northpoint.org.nz">lifecare@northpoint.org.nz</a>	PO Box 9003 Bell Block NP 4351	Fax	06-755-0250
<b>PRESBYTARIAN SUPPORT</b>	<b>NEW PLYMOUTH</b>	☎	<b>06-758-5037</b>
<b>Family Works - Taranaki</b>	<a href="mailto:familyworks-taranaki@psc.org.nz">familyworks-taranaki@psc.org.nz</a>	Fax	06-759-1431
51 Buller St., NP 4310	<a href="http://www.psc.org.nz">www.psc.org.nz</a>		
Taiohi Oranga, 45 Regent St	<b>HAWERA</b>	☎	<b>06-278-6385</b>
Community Centre , 52 Juliet St	<b>STRATFORD</b>	☎	<b>06-765-0531</b>
<b>PREGNANCY COUNSELLING SERVICES</b>		Free ☎	<b>0800-633-328</b>
<b>PROBLEM GAMBLING FOUNDATION</b>	<b>NEW PLYMOUTH</b>		<b>Sandi Cummings</b>
36 Devon St West, NP 4310	<a href="http://www.pgfnz.org.nz">www.pgfnz.org.nz</a>	☎	<b>06-769-6020</b>
<i>Free confidential professional counselling for people affected by problem gambling</i>		Free ☎	<b>0800-664-262</b>
<b>PSYCHOLOGY &amp; COUNSELLING ASSOCs</b>	185 Powderham St, NP 4310	☎	<b>06-757-5231</b>
GLASS John, POWELL Jane, BUCKLEY Sheril, VAUGHAN Rachel		Fax	06-757-0555
<b>RESOURCE &amp; REFERRAL DIRECTORY</b>		☎	<b>09-575-4699</b>
<b>RELATIONSHIP SERVICES</b>	Unit 13,17 Nobs Line Strandon, NP 4312	☎	<b>06-758-3803</b>
<a href="mailto:newplymouth@relationships.org.nz">newplymouth@relationships.org.nz</a>	<a href="http://www.relate.org.nz">www.relate.org.nz</a>	Free ☎	<b>0800-735-283</b>
56 Disraeli St, PO Box 73, Hawera 4640	<b>HAWERA</b>	☎	<b>06-278-3659</b>
<b>TARANAKI DISTRICT HEALTH BOARD -</b>	<b>MENTAL HEALTH AND ADDICTIONS SERVICES</b>		
<b>Alcohol &amp; Drug Services</b>	Tukapa St, NP 4310	☎ <b>753-7838</b>	Fax 753-7715
<b>Child &amp; Adolescent</b>	Tukapa St, NP 4310	☎ <b>753-7790</b>	Fax 753-7791
<b>Adult Mental Health Services</b>	Tukapa St, NP 4310	☎ <b>753-7749</b>	Fax 753-7715
<b>Mental Health Services - Elderly</b>	Tukapa St, NP 4310	☎ <b>753-7749</b>	
<b>TARANAKI SAFER FAMILY CENTRE</b>	199 Devon St. East, NP 4310	☎	<b>06-758-4178</b>
<a href="mailto:safercentre@xtra.co.nz">safercentre@xtra.co.nz</a>		Fax	06-757-4506
<b>TU TAMA WAHINE o TARANAKI</b>	Old Barrett St Hospital, NP 4310	☎	<b>06-758-5795</b>
<a href="mailto:reception@tutamawahine.org.nz">reception@tutamawahine.org.nz</a>	<a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	Fax	06-758-6881
<b>YOUNG PEOPLE'S TRUST</b>		☎	<b>06-758-7182</b>
98 Liardet St, NP 4310	<a href="mailto:inquiries@youngpeoplestrust.org.nz">inquiries@youngpeoplestrust.org.nz</a>	Free ☎	<b>0800-00-2288</b>
PO Box 448, NP 4340		Fax	06-758-7056
<i>Information, advocacy, referrals, education, counselling and support, for the well being of young people and their families.</i>			
<b>YOUTHLINE</b>	<b>Free TXT 234</b>	<b>Free ☎</b>	<b>0800-376-633</b>
<a href="http://www.youthline.co.nz">www.youthline.co.nz</a>	<a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a>	<a href="http://www.facebook.com/youthline.changing.lives">www.facebook.com/youthline.changing.lives</a>	
<i>Free confidential and non judgemental telephone, txt or email counselling service</i>			
<b>SECONDARY SCHOOLS</b>			
<b>FRANCIS DOUGLAS</b>	(Carol Land)	☎	<b>06-753-6149</b>
<a href="mailto:c.land@fdmc.school.nz">c.land@fdmc.school.nz</a>		Fax	06-753-6148
<b>INGLEWOOD HIGH SCHOOL</b>	(Wendy Payne)	☎	<b>06-756-8148</b>
<a href="mailto:wendy.payne@inglewoodhs.school.nz">wendy.payne@inglewoodhs.school.nz</a>		Fax	06-756-8317
<b>NEW PLYMOUTH BOYS' HIGH</b>	(Dave Moore)	☎	<b>06-758-5399</b>
<a href="mailto:dave.moore@npbhs.school.nz">dave.moore@npbhs.school.nz</a>		Fax	06-759-8814
<b>NEW PLYMOUTH GIRLS' HIGH</b>	(Yvonne van Lent)	☎	<b>06-757-3899</b>
<a href="mailto:yvanlent@npghs.school.nz">yvanlent@npghs.school.nz</a>		Fax	06-757-3882
<b>SACRED HEART GIRLS' COLLEGE</b>	(Vivienne Zsigovits)	☎	<b>06-758-5023</b>
<a href="mailto:vzs@catholicgirlsnp.school.nz">vzs@catholicgirlsnp.school.nz</a>		Fax	06-758-0126
<b>SPOTSWOOD COLLEGE</b>	(Nigel Colless & Juliette Lewis)	☎	<b>06-751-2416</b>
<a href="mailto:nco@spotswoodcollege.school.nz">nco@spotswoodcollege.school.nz</a>	<a href="mailto:jlw@spotswoodcollege.school.nz">jlw@spotswoodcollege.school.nz</a>	Fax	06-751-2418
<b>WAITARA HIGH SCHOOL</b>		☎	<b>06-754-7514</b>
		Fax	06-754-7199

## CENTRAL, COASTAL AND SOUTH TARANAKI

<b>COASTAL TARANAKI SCHOOL</b>		☎	<b>06-752-4022</b>
<a href="mailto:office@coastaltaranaki.school.nz">office@coastaltaranaki.school.nz</a>		Fax	06-752-4155
<b>DYER Stephan</b>	Stratford Baptist Church	☎	<b>06-765-0388</b>
<a href="mailto:stephand@orcon.net.nz">stephand@orcon.net.nz</a>		<b>Mobile</b>	<b>021-130-7810</b>
<b>FAMILY WORKS - TARANAKI</b>	45 Regent St, Hawera 4610	☎	<b>06-278-6385</b>
<a href="mailto:megan.jackson@psc.org.nz">megan.jackson@psc.org.nz</a>	52 Juliet St, Stratford 4332	☎	<b>06 765 0531</b>
<b>HAWERA HIGH SCHOOL</b>	(Megan Wereta & Chris Hilford)	☎	<b>06-278-4145</b>
<a href="mailto:hil@hawerahs.school.nz">hil@hawerahs.school.nz</a> - Chris	<a href="mailto:wer@hawerahs.school.nz">wer@hawerahs.school.nz</a> - Megan		
<b>HAWERA FAMILY SUPPORT CENTRE</b>	Box 359, Hawera 4640	☎	<b>06-278-6385</b>
<b>HAWERA RAPE CRISIS</b>	<b>HAWERA</b>		<b>0800-472-496</b>
6 Furlong St, Hawera 4610	24 hour crisis phone, counselling and support		
<b>HRC FAMILY COUNSELLING SERVICES</b>	6 Furlong St, Box 196 Hawera 4640	☎	<b>06-278-6399</b>
<a href="mailto:hrcfc@xtra.co.nz">hrcfc@xtra.co.nz</a>	Mgr: Pam Bassett	☎	<b>0800-472-496</b>
<b>OPUNAKE HIGH SCHOOL</b>	(Simon Reed)	☎	<b>06-761-8723</b>
<a href="mailto:sr@opunakeschool.nz">sr@opunakeschool.nz</a>		Fax	06-761-7262
<b>REFLECTIONS COUNSELLING SERVICES</b>	89 Regan St, Stratford 4332	☎	<b>06-765-8280</b>
<a href="mailto:reflectionsounsel@xtra.co.nz">reflectionsounsel@xtra.co.nz</a>	(Faith Smith)	Fax	06-765-8281
<b>SOUTH TARANAKI COUNSELLING &amp; PSYCHOTHERAPY</b>	Sylvia Huitson	☎	<b>06-278-8288</b>
	Cnr Union & Nelson Sts, Hawera 4610	Fax	06-278-8284
<b>STRATFORD HIGH SCHOOL</b>	Swansea Rd, Stratford 4332	☎	<b>06-765-6039 Ext 722</b>
<a href="mailto:bt@stratfordhigh.school.nz">bt@stratfordhigh.school.nz</a>		Fax	06-765-5356

## TERTIARY EDUCATION

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

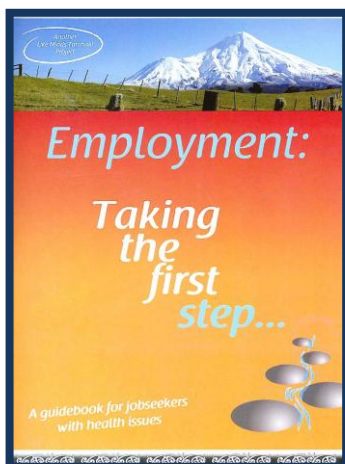
## EMPLOYMENT PLACEMENT SERVICES

<b>EXPERIENCE EXPRESS</b>	<b>NEW PLYMOUTH</b>	<b>Marie Eagle</b>
Level 1, 36 Devon St West, NP 4310	<a href="mailto:expexp@xtra.co.nz">expexp@xtra.co.nz</a>	☎ <b>06-769-5292</b>
Supporting mature workers into employment	<a href="http://www.expexp.co.nz">www.expexp.co.nz</a>	Fax 06-769-5293
<b>PATHS - Providing Access to Health Services</b>		
A Work and Income, Taranaki DHB and Webhealth initiative		☎ <b>06-769-5618</b>
Employment support and information		Fax 06-968-6015
<b>STEPPING STONES</b>	<b>NEW PLYMOUTH</b>	<b>Linda Aldridge</b>
Emp. service for people with disabilities	<a href="mailto:steppingstonesatawhai_ind@xtra.co.nz">steppingstonesatawhai_ind@xtra.co.nz</a>	☎ <b>06-758-0397</b>
<b>WORK AND INCOME NEW ZEALAND</b>	<a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a>	<b>Free</b> ☎ <b>0800-559-009</b>
Duncan Dovico House, Gill Street, NP 4310	<b>NEW PLYMOUTH</b>	Fax 06-968-6018
15 Union St – Hawera 4610	<b>HAWERA</b>	Fax 06-278-0394
208 Broadway – Stratford 4332	<b>STRATFORD</b>	Fax 06-765-0394
Waitara Centre, Queen St., 4320	<b>WAITARA</b>	Fax 06-754-6293
<b>WORKBRIDGE INC</b>	<b>NEW PLYMOUTH</b>	<b>Steve Ander</b>
23 Ariki St., NP 4310	<a href="mailto:stevea@workbridge.co.nz">stevea@workbridge.co.nz</a>	☎ <b>06-759-9260</b>
	<a href="http://www.workbridge.co.nz">www.workbridge.co.nz</a>	Fax 06-759-9265
Jobs and training for people with disabilities including support, information, training etc		
<b>WORKWISE</b>	<b>NEW PLYMOUTH</b>	<b>Tony Hansen</b>
Puriri House,	<a href="mailto:Tony.Hansen@workwise.org.nz">Tony.Hansen@workwise.org.nz</a>	☎ <b>06-769-5635</b>
220 Devon St West, NP 4310	<a href="http://www.workwise.org.nz">www.workwise.org.nz</a>	Fax 06-769-6562
Employment Agency for people with mental health challenges		

## EMPLOYMENT & VOCATIONAL SUPPORT SERVICES - TARANAKI

<b>AUTISM TARANAKI</b>	<b>NEW PLYMOUTH</b>	☎	<b>06-769-5958</b>
62 Powderham St, NP 4310	<a href="http://www.autismnz.org.nz">www.autismnz.org.nz</a>		
	<a href="mailto:aranaki@autismnz.org.nz">aranaki@autismnz.org.nz</a>		
<b>ATAWHAI INDUSTRIES</b>	<b>NEW PLYMOUTH</b>	<b>Steve Hales</b>	
38G Maclean St., NP 4312	<a href="mailto:atawhai_ind@xtra.co.nz">atawhai_ind@xtra.co.nz</a>	☎ <b>06-758-0397</b>	
		<b>Mobile</b> <b>027-445-253</b>	
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)			
<b>CAREERS NEW ZEALAND</b>	<b>NEW PLYMOUTH</b>	☎	<b>0800-222 733</b>
Devon Centre, Liardet St., NP 4310		Fax 06-757-3752	
<a href="http://www.careers.govt.nz">www.careers.govt.nz</a>	<a href="mailto:Eileen.Kiffin@careers.govt.nz">Eileen.Kiffin@careers.govt.nz</a>	all information available at no cost	
<b>COMMUNITY COMPUTER ACCESS CENTRE (CCAC)</b>		<b>Pauline Bryan</b>	
Level 1, 36 Devon St West, NP 4310	<b>NEW PLYMOUTH</b>	☎ <b>06-759-2149</b>	
Free computer lessons	<a href="mailto:ccac@xtra.co.nz">ccac@xtra.co.nz</a>		
<b>DEPARTMENT OF LABOUR</b>	<b>WELLINGTON</b>	<b>Free</b> ☎ <b>0800-20-90-20</b>	
<a href="http://www.dol.govt.nz">www.dol.govt.nz</a>	<a href="http://www.immigration.co.nz">www.immigration.co.nz</a>		
<b>ENGLISH LANGUAGE PARTNERS TARANAKI</b>	<b>NEW PLYMOUTH</b>	<b>Yuka Kobayashi</b>	
16 Lemon Street, PO Box 149, NP 4310	<a href="mailto:aranaki@englishlanguage.org.nz">aranaki@englishlanguage.org.nz</a>	☎ <b>06-759-1118</b>	

<b>EXPERIENCE EXPRESS</b>	<b>NEW PLYMOUTH</b>	<b>Marie Eagle</b>
Level 1, 36 Devon St West, NP 4310	<a href="mailto:expexp@xtra.co.nz">expexp@xtra.co.nz</a>	☎ <b>06-769-5292</b>
<i>Supporting mature workers into employment</i>	<a href="http://www.expexp.co.nz">www.expexp.co.nz</a>	Fax 06-769-5293
<b>LIFE SKILLS TARANAKI – ORANGA PUNENGA O TARANAKI</b>		<b>John Leith</b>
8-14 Manadon St., NP 4310	<b>NEW PLYMOUTH</b>	☎ <b>06-751-0188</b>
<a href="mailto:life.skills-np@xtra.co.nz">life.skills-np@xtra.co.nz</a>		Fax 06-751-0184
<b>MIND AND BODY</b>	<a href="http://www.mindandbody.co.nz">www.mindandbody.co.nz</a>	☎ <b>09-630-5909</b>
<b>OPEN POLYTECHNIC OF NEW ZEALAND</b>		☎ <b>0508-620-200</b>
86 Wyndrum Ave., Lower Hutt 5011	<a href="http://www.openpolytechnic.ac.nz">www.openpolytechnic.ac.nz</a>	Fax 04-913-3508
<b>PATHS - Providing Access to Health Services</b>		
<i>A Work and Income, Taranaki DHB and Webhealth initiative</i>		☎ <b>06-769-5618</b>
<i>Employment support and information</i>		Fax 06-968-6015
<b>PROGRESS TO HEALTH</b>	<b>NEW PLYMOUTH</b>	
15 Dawson St, NP 4310	<a href="http://www.progresstohealth.org.nz">www.progresstohealth.org.nz</a>	☎ <b>06-757-5549</b>
		Fax 06-757-5435
<i>Providing one to one support for recovery and wellness, with a wide range of programme and activity options</i>		
<b>STEPPING STONES</b>	<b>NEW PLYMOUTH</b>	<b>Linda Aldridge</b>
<i>Emp. service for people with disabilities</i>	<a href="mailto:steppingstonesatawhai_ind@xtra.co.nz">steppingstonesatawhai_ind@xtra.co.nz</a>	☎ <b>06-758-0397</b>
<b>TARANAKI ADULT LITERACY SERVICES</b>	<b>NEW PLYMOUTH</b>	<b>Sharon Wills</b>
PO Box 672, NP 4340		☎ <b>06-759-4650</b>
Cnr Lemon & Liardet Sts, NP 4310	<a href="mailto:taranakiadultliteracy@xtra.co.nz">taranakiadultliteracy@xtra.co.nz</a> <a href="http://www.literacy.org.nz">www.literacy.org.nz</a>	Fax 06-759-4650
<i>Assisting adults with reading, writing and numeracy</i>		
<b>TE WHARE PUAWAI O TE TANGATA (Hauora Maori)</b>		<b>Suzy Paratene</b>
Barrett St. Hosp., Box 5142, NP 4343	<b>NEW PLYMOUTH</b>	☎ <b>06-759-4300</b>
Alice Doig	<a href="mailto:alice@wharepuawai.org.nz">alice@wharepuawai.org.nz</a>	Fax 06-759-4323
Pat Seminoff	<a href="mailto:pat@wharepuawai.org.nz">pat@wharepuawai.org.nz</a>	
<b>U TURN</b>	<b>NEW PLYMOUTH</b>	<b>Ron Burley</b>
Suite 2, Second Floor, Devon Centre,	44 Liardet St, NP 4310	☎ <b>06-758-6877</b>
	<a href="mailto:uturns@xtra.co.nz">uturns@xtra.co.nz</a>	Fax 06-758-6877
<i>Community training Service - Meaningful activity programmes and vocational employment</i>		
<b>VOLUNTEERING NEW PLYMOUTH</b>	<b>NEW PLYMOUTH</b>	<b>Heather Dodunski</b>
First Floor, Kings Building	<a href="http://www.volunteeringnewplymouth.org.nz">www.volunteeringnewplymouth.org.nz</a>	☎ <b>06-758-8986</b>
36 Devon St West, NP 4310	<a href="mailto:npvsnz@yahoo.co.nz">npvsnz@yahoo.co.nz</a>	Fax 06-769-5360
<i>Increasing the efficiency, effectiveness and capacity of volunteers and volunteer groups</i>		
<b>LINKAGE - WEBHEALTH</b>	<b>NEW PLYMOUTH</b>	<b>FREE</b> ☎ <b>0800-932-432-584</b>
262 Devon St West, NP 4310	<a href="mailto:taranaki@webhealth.co.nz">taranaki@webhealth.co.nz</a>	☎ <b>06-769-9160</b>
PO Box 767, NP 4340	<a href="http://www.webhealth.co.nz">www.webhealth.co.nz</a>	Fax 06-769-9161
<b>WITT (Polytechnic)</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-757-3100</b>
20 Bell St, NP 4310 – Vanessa Henley	<a href="mailto:info@witt.ac.nz">info@witt.ac.nz</a>	<b>Free</b> ☎ 0800-WITT-WORKS
<i>Education and information</i>	<a href="http://www.witt.ac.nz">www.witt.ac.nz</a>	
<b>WORK AND INCOME NEW ZEALAND</b>	<a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a>	<b>Free</b> ☎ <b>0800-559-009</b>
Duncan Dovico House, Gill Street, NP 4310	<b>NEW PLYMOUTH</b>	Fax 06-968-6018
15 Union St – Hawera 4610	<b>HAWERA</b>	Fax 06-278-0394
208 Broadway – Stratford 4332	<b>STRATFORD</b>	Fax 06-765-0394
Waitara Centre, Queen St., 4320	<b>WAITARA</b>	Fax 06-754-6293
<b>YOUTH TRANSITION SERVICES</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-759-7727</b>
1 <sup>st</sup> Floor, Devon Centre, 44 Liardet St, NP	<a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	
61A McLean St., Waitara 4320	<b>WAITARA</b>	☎ <b>06-754-6500</b>
4 Union St., Hawera 4610	<b>HAWERA</b>	☎ <b>06-278-0135</b>
<i>Assists young people as they transition from school to further education, training, work or other activities that contribute to their long term independence and wellbeing.</i>		



### **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 Like Minds Taranaki, 3<sup>rd</sup> Floor, 50 Devon St West, New Plymouth – at no cost.

06-759-0966;

[mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz) or [www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)

# FORENSIC - REGIONAL SERVICES

HEALTH WAIKATO REGIONAL FORENSIC SERVICES



07-839-8641

## GENERAL PRACTITIONERS - NORTH TARANAKI

GP NAME EMAIL	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
<b>NEW PLYMOUTH</b>	MHN : Te TIHI :	Midlands Health Network Te Tihi Hauora O Taranaki	PO Box 8196, 4342 PO Box 8250, 4342	759-4364 758-4650	759-4341
<b>EMERGENCY MEDICAL CARE</b>			<b>Taranaki Base Hospital</b>	<b>111</b>	
<b>AVENUE MEDICAL CENTRE</b>	MHN		97 Lemon St NP 4310	<b>757-8646</b>	758-7154
<b>ARIF Ahmed</b> <a href="mailto:reception@tam.tuiora.co.nz">reception@tam.tuiora.co.nz</a>	MHN	Te Aroha Medicare	36 Maratahu Street, NP 4310	<b>759-7310</b>	759-7309
<b>BELL BLOCK FAMILY HEALTH CENTRE</b> <a href="mailto:bellblock@teatiawamedicalcentre.co.nz">bellblock@teatiawamedicalcentre.co.nz</a>	TE TIHI		949 Devon Rd NP 4312	<b>755-2504</b>	755-0933
<b>BELLOMO John</b> <a href="mailto:Kathy.Hemsley@bellomohealth.co.nz">Kathy.Hemsley@bellomohealth.co.nz</a>	MHN	Bellomo Family Health	Unit 7-17 Nobs Line NP 4312	<b>757 2222</b>	757 2224
<b>BHAKTA Bharat</b> <a href="mailto:manager@eastsidemedical.co.nz">manager@eastsidemedical.co.nz</a>	MHN	Eastside MC	448 Devon St East NP 4312	<b>753-3111</b>	757-3117
<b>BROWN Amanda</b> <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>BROWN Gerard</b> <a href="mailto:medicross@xtra.co.nz">medicross@xtra.co.nz</a>	MHN	Medicross	8 Egmont Street NP 4310	<b>759-8915</b>	
<b>CAHILL Diarmuid</b> <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN	Avenue Medical	97 Lemon Street NP 4310	<b>757-8646</b>	758-7154
<b>CATT Peter</b> <a href="mailto:familyhealth@familyhealth.co.nz">familyhealth@familyhealth.co.nz</a>	MHN	Family Health	70 Vivian St NP 4310	<b>758-7508</b>	758-2596
<b>CAREfirst</b> <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN		99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>CENTRAL MEDICAL CENTRE</b> <a href="mailto:pveithcreception@centralmed.net.nz">pveithcreception@centralmed.net.nz</a>	MHN		72 Vivian St NP 4310	<b>758-0863</b>	758-5658
<b>CHURCHMAN G</b> <a href="mailto:glenis@motuoramedical.co.nz">glenis@motuoramedical.co.nz</a>	MHN	Moturoa MC	490 St Aubyn St NP 4310	<b>751-0390</b>	751-2833
<b>DALZIEL Susan</b> <a href="mailto:darryl@vmc.co.nz">darryl@vmc.co.nz</a>	MHN	Vivian MC	56 Vivian St NP 4310	<b>758-5015</b>	758-0847
<b>DEVON MEDICAL CENTRE</b> <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN		283 Devon St West NP 4310	<b>759-1888</b>	759-7413
<b>EASTSIDE MEDICAL CENTRE</b> <a href="mailto:manager@eastsidemedical.co.nz">manager@eastsidemedical.co.nz</a>	MHN		448 Devon St East NP 4312	<b>757-3111</b>	757-3117
<b>EDWARDS Ann</b> <a href="mailto:sandra.hawkins@tuiora.co.nz">sandra.hawkins@tuiora.co.nz</a>	MHN	Avenue Medical	97 Lemon Street NP 4310	<b>757-8646</b>	758-7154
<b>EGLI Peter</b> <a href="mailto:familyhealth@familyhealth.co.nz">familyhealth@familyhealth.co.nz</a>	MHN	Family Health	70 Vivian St NP 4310	<b>758-7508</b>	758-2596
<b>FAMILY HEALTH CENTRE</b> <a href="mailto:familyhealth@familyhealth.co.nz">familyhealth@familyhealth.co.nz</a>	MHN		70 Vivian St NP 4310	<b>758-7508</b>	758-2596
<b>FOULKES K</b> <a href="mailto:reception@tam.tuiora.co.nz">reception@tam.tuiora.co.nz</a>	MHN	Te Aroha MC	36 Maratahu St NP 4310	<b>759-7310</b>	759-7309
<b>GADD Kathryn</b> <a href="mailto:familyhealth@familyhealth.co.nz">familyhealth@familyhealth.co.nz</a>	MHN	City West	125 Vivian St NP 4310	<b>758-0863</b>	758-5658
<b>GADSBY Allison</b> <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>GIBBERD Lucy</b> <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>HARDIE-BOYS John</b> <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN	Devon MC	283 Devon St West NP 4310	<b>759-1888</b>	759-7413
<b>HENDERSON M</b> <a href="mailto:familyhealth@familyhealth.co.nz">familyhealth@familyhealth.co.nz</a>	MHN	Family HC	70 Vivian St NP 4310	<b>758-7508</b>	758-2596
<b>HILL Claire</b> <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN	Devon MC	283 Devon St West NP 4310	<b>759-1888</b>	759-7413
<b>JAQUEMARD Nicole</b> <a href="mailto:vogeltown@xtra.co.nz">vogeltown@xtra.co.nz</a>	MHN	Vogeltown MC	258 Carrington St NP 4310	<b>753-7258</b>	753-7126
<b>KABIR SELIM</b> <a href="mailto:medicross@xtra.co.nz">medicross@xtra.co.nz</a>	MHN	Medicross	8 Egmont Street NP 4310	<b>759-8915</b>	
<b>KELLY Lester</b> <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>KENNEDY Mike</b> <a href="mailto:darryl@vmc.co.nz">darryl@vmc.co.nz</a>	MHN	Vivian MC	56-58 Vivian St NP 4310	<b>758-5015</b>	758-0847

GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
<b>KLERK</b> de Jan <a href="mailto:medicross@xtra.co.nz">medicross@xtra.co.nz</a>	MHN	Medicross	8 Egmont Street NP 4310	<b>759-8915</b>	
<b>LAW</b> , Vivienne <a href="mailto:familyhealth@familyhealth.co.nz">familyhealth@familyhealth.co.nz</a>	MHN	Family Health Centre	70 Vivian St NP 4310	<b>758-7508</b>	758-2596
<b>LEARY</b> Pat <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN	Devon MC	283 Devon St West NP 4310	<b>759-1888</b>	759-7413
<b>LUPTON</b> Nina <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
<b>MCNEIL</b> Andrew <a href="mailto:manager@eastsidemedical.co.nz">manager@eastsidemedical.co.nz</a>	MHN	Eastside MC	448 Devon St East NP 4312	<b>757-3111</b>	757-3117
<b>MILLS</b> Janet <a href="mailto:admin@strandonhealth.co.nz">admin@strandonhealth.co.nz</a>	MHN	Strandon Health	Unit 16/17 Nobs Line NP 4312	<b>769-9567</b>	769-9569
<b>NAZZER</b> Carey <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>NICHOLSON</b> Tom <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>OLDFIELD</b> Sue <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>PASCOE</b> Jo <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>PASCOE</b> Rob <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>POOLE</b> Abigail <a href="mailto:manager@eastsidemedical.co.nz">manager@eastsidemedical.co.nz</a>	MHN	Eastside MC	448 Devon St East NP 4312	<b>753-3111</b>	757-3117
<b>PRICE</b> Ian <a href="mailto:tukapamedicalcentre@yahoo.co.nz">tukapamedicalcentre@yahoo.co.nz</a>	MHN	Tukapa MC	52 Tukapa St NP 4310	<b>753-3070</b>	753-3141
<b>PUTT</b> Geoff <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>RICH</b> Peter <a href="mailto:prich@clear.net.nz">prich@clear.net.nz</a>	MHN	Powderham MC	77 Powderham St NP 4310 PO Box 4138 NP 4340	<b>758-2454</b>	757-8601
<b>SAMPSON</b> David <a href="mailto:puriri.sam@xtra.co.nz">puriri.sam@xtra.co.nz</a>	MHN	Puriri Clinic	2 Smith Road NP 4312	<b>758-8773</b>	
<b>SARHATT</b> , Hilary <a href="mailto:medicross@xtra.co.nz">medicross@xtra.co.nz</a>	MHN	Medicross	8 Egmont St NP 4310	<b>759-8915</b>	759-8917
<b>SCHOEMAN</b> F <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>SMILEY</b> Ian <a href="mailto:glenis@motuoramedical.co.nz">glenis@motuoramedical.co.nz</a>	MHN	Motorua MC	490 St Aubyn St NP 4310	<b>751-0390</b>	751-2833
<b>SMITH</b> Stephen <a href="mailto:darryl@vmc.co.nz">darryl@vmc.co.nz</a>	MHN	Vivian MC	56-58 Vivian St NP 4310	<b>758-5015</b>	758-0847
<b>SWARTZ</b> Hardus <a href="mailto:bellblockdomett@gmail.com">bellblockdomett@gmail.com</a>	MHN	Parklands MC	Parklands Ave, Bell Block 4312	<b>755-0422</b>	755-3385
<b>TAYLOR</b> Monique <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN	Devon MC	283 Devon St West NP 4310	<b>759-1888</b>	759-7413
<b>TEAGUE</b> Judith <a href="mailto:devon.medical@xtra.co.nz">devon.medical@xtra.co.nz</a>	MHN	Devon MC	283 Devon St West NP 4310	<b>759-1888</b>	759-7413
<b>TERBLANCHE</b> Janita <a href="mailto:bellblockdomett@gmail.com">bellblockdomett@gmail.com</a>	MHN	Parklands MC	Parklands Ave, Bell Block 4312	<b>755-0422</b>	755-3385
<b>THANEERU</b> Ganesh <a href="mailto:npdocs@clear.net.nz">npdocs@clear.net.nz</a> <i>also at</i> <a href="mailto:mangorei@world-net-nz">mangorei@world-net-nz</a>		Phoenix Urgent Drs	95 Vivian St NP 4310	<b>759-4295</b>	759-4297
<b>TRANter</b> Liam <a href="mailto:darryl@vmc.co.nz">darryl@vmc.co.nz</a>	MHN	Mangorei Medical Clinic Vivian MC	65 Mangorei Rd NP 4312 56-58 Vivian St NP 4310	<b>758-2880</b>	758-9759 758-0847
<b>TVRDEICH</b> Geoff <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501
<b>VAN HYFTE</b> David <a href="mailto:vogeltown@xtra.co.nz">vogeltown@xtra.co.nz</a>	MHN	Vogeltown MC	258 Carrington St NP 4310	<b>753-7258</b>	753-7126
<b>VEITCH</b> Paul <a href="mailto:pveithchreception@centralmed.net.nz">pveithchreception@centralmed.net.nz</a>	MHN	Central MC	72 Vivian St NP 4310	<b>758-6666</b>	758-5658
<b>WHITE</b> Dawn <a href="mailto:mary@carefirst.co.nz">mary@carefirst.co.nz</a>	MHN	CAREfirst	99 Tukapa St NP 4310	<b>753-9505</b>	753-9501

GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
MIDLANDS HEALTH NETWORK			Box 8196 NP 4342	759-4364	759-4361
			<a href="mailto:Pauline.Cruikshank@midlandshn.health.nz">Pauline.Cruikshank@midlandshn.health.nz</a>		
MEDICROSS ACCIDENT & MEDICAL CLINIC	MHN		8 Egmont St NP 4310	759-8915	759-8917
			<a href="mailto:medicross@xtra.co.nz">medicross@xtra.co.nz</a>		
MOTUROA MEDICAL CENTRE	MHN		490 St Aubyn St NP 4310	751-0390	751-2833
			<a href="mailto:glenis@motuoramedical.co.nz">glenis@motuoramedical.co.nz</a>		
MANGOREI MEDICAL CLINIC @PHOENIX			95 Vivian St NP 4312	758-2880	759-4297
	MHN		<a href="mailto:mangorei@world-net-nz">mangorei@world-net-nz</a>		
PARKLANDS MEDICAL CENTRE	MHN		Parklands Shopping Centre NP 4312	755-0422	755-3385
			<a href="mailto:bellblockdomett@gmail.com">bellblockdomett@gmail.com</a>		
PHOENIX URGENT DOCTORS	MHN		95 Vivian St NP 4310	759-4295	759-4297
			<a href="mailto:npdocs@clear.net.nz">npdocs@clear.net.nz</a>		
POWDERHAM MEDICAL CENTRE	MHN		177 Powderham St NP 4310	758-2454	757-8601
			<a href="mailto:prich@clear.net.nz">prich@clear.net.nz</a>		
STRANDON HEALTH	MHN		Unit 16/17 Nobs Line NP 4312	769-9567	769-9569
			<a href="mailto:admin@strandonhealth.co.nz">admin@strandonhealth.co.nz</a>		
TE AROHA MEDICAL CENTRE	MHN		36 Maratahu St NP 4310	759-7310	759-7309
			<a href="mailto:reception@tam.tuiora.co.nz">reception@tam.tuiora.co.nz</a>		
TE ATIWA MEDICAL CENTRE	TETIHI		22 Gill St NP 4310	758-2300	
			<a href="mailto:np@teatiawamedical.co.nz">np@teatiawamedical.co.nz</a>		
TE TIHI HAUORA O TARANAKI PHO			PO Box 8250 NP 4342	758-4650	
			<a href="mailto:admin@tehihihauroa.co.nz">admin@tehihihauroa.co.nz</a>		
TUKAPA MEDICAL CENTRE	MHN		52 Tukapa St NP 4310	753-3070	
			<a href="mailto:tukapamedicalcentre@yahoo.co.nz">tukapamedicalcentre@yahoo.co.nz</a>		
VIVIAN MEDICAL CENTRE	MHN		56-58 Vivian St NP 4310	758-5015	758-0847
			<a href="mailto:darryl@vmc.co.nz">darryl@vmc.co.nz</a>		
VOGELTOWN MEDICAL CENTRE	MHN		258 Carrington St NP 4310	753-7258	753-7126
			<a href="mailto:vogeltown@xtra.co.nz">vogeltown@xtra.co.nz</a>		
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			<a href="mailto:practicemanager@xtra.co.nz">practicemanager@xtra.co.nz</a>		Fax 06-756-6385
<b>OAKURA:</b>					
OAKURA MEDICAL CENTRE	MHN		1149 South Road Oakura 4313	06-752-7199	
			<a href="mailto:oakura@oakuramc.co.nz">oakura@oakuramc.co.nz</a>		Fax 06-752-7199
ANDERSON Brett	MHN	Oakura MC	1149 South Road Oakura 4313	06-752-7199	
			<a href="mailto:oakura@oakuramc.co.nz">oakura@oakuramc.co.nz</a>		Fax 06-752-7195
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			<a href="mailto:oakura@oakuramc.co.nz">oakura@oakuramc.co.nz</a>		
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PETTIGREW N	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320	06-754-8119	
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			<a href="mailto:practice@waitarahealth.co.nz">practice@waitarahealth.co.nz</a>		Fax 06-754-8461
DOMETT STREET FAMILY PRACTICE	MHN		14a Domett St Waitara 4320	06-754-7040	
			<a href="mailto:waitaradomett@gmail.com">waitaradomett@gmail.com</a>		Fax 06-754-8680
WAITARA HEALTH CENTRE	MHN		McLean & Grey Sts, Waitara 4320	06-754-8119	
			<a href="mailto:practice@waitarahealth.co.nz">practice@waitarahealth.co.nz</a>		Fax 06-754-8461
URENUI & DISTRICTS HEALTH GROUP			Takiroa St Urenui 4375	06-752-3283	

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

# CENTRAL AND SOUTH TARANAKI

GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
<b>ELTHAM:</b>					
WESTRAAD	MHN	Eltham MC	132 High St Eltham 4322	06-764-8702	06-764-5184
<a href="mailto:eltham.med@xtra.co.nz">eltham.med@xtra.co.nz</a>					
ELTHAM HEALTH CENTRE			132 High St Eltham 4322	06-764-8702	
<a href="mailto:eltham.med@xtra.co.nz">eltham.med@xtra.co.nz</a>					
<b>HAWERA:</b>					
BLAYNEY KT	IND		PO Box 447 Hawera 4640	06-278-5189	
<a href="http://www.drblayney.com">www.drblayney.com</a>					
BEZUIDENHOUT Melanie	MHN	Southcare MC	41 Hunter St Hawera 4610	06-278-9885	
<a href="mailto:kevin.simpson@southcare.org.nz">kevin.simpson@southcare.org.nz</a>					
BOND Paul	MHN	Southcare MC	41 Hunter St Hawera 4610	06-278-9885	
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RUANUI HEALTH CENTRE.		TE TIHI	8-80 Argyle St Hawera 4610	06-278-1310	06-278-0157
<a href="mailto:ruanui.health@xtra.co.nz">ruanui.health@xtra.co.nz</a>					
SOUTHCARE MEDICAL CENTRE	MHN		41 Hunter St Hawera 4610	06-278-9885	06-278-9889
<a href="mailto:kevin.simpson@southcare.org.nz">kevin.simpson@southcare.org.nz</a>					
<b>MANAIA:</b>					
SOUTHCARE MEDICAL CENTRE	MHN		44 Main St Manaia 4641	06-274-8707	06-274-8707
<a href="mailto:kevin.simpson@southcare.org.nz">kevin.simpson@southcare.org.nz</a>					
<b>OPUNAKE:</b>					
OPUNAKE MEDICAL CENTRE			Cnr Dommatt & Havelock St Opunake 4616	06-761-7324	06-761-7254
<a href="mailto:opunake@okuramc.co.nz">opunake@okuramc.co.nz</a>					
ANDERSON Brent	MHN	Opunake MC	Havelock St Opunake 4616	06-761-7324	06-761-7254
<a href="mailto:opunake@okuramc.co.nz">opunake@okuramc.co.nz</a>					
<b>PATEA:</b>					
NEIKERK van W & MEYER Richard	MHN	Patea MC	11 Lincoln St Patea 4520	06-273-8456	06-273-8089
<a href="mailto:medtrust@xtra.co.nz">medtrust@xtra.co.nz</a>					
<b>STRATFORD:</b>					
JORDAAN A	MHN	Regan St HC	89 Regan St Stfd 4332	06-765-6676	
<a href="mailto:bertie.jordaan@gmail.com">bertie.jordaan@gmail.com</a>					
RADICH Gerald	MHN		Page St Stfd 4332	06-765-6681	06-765-7270
<a href="mailto:margotradich@xtra.co.nz">margotradich@xtra.co.nz</a>					
SINGH M	MHN	Regan St M	95 Regan St Stfd 4332	06-765-8178	06-765-6642
<a href="mailto:tasmt@xtra.co.nz">tasmt@xtra.co.nz</a>					
WOOD Brian	MHN	Avon MC	137 Miranda St Sth Stfd 4332	06-765-5454	06-765-7900
<a href="mailto:practicemanager@avonmedical.co.nz">practicemanager@avonmedical.co.nz</a>					
AVON MEDICAL CENTRE			8 Romeo St Stfd 4332	06-765-5454	06-765-7900
<a href="mailto:practicemanager@avonmedical.co.nz">practicemanager@avonmedical.co.nz</a>					
REGAN ST MEDICAL	MHN		95 Regan St, Stfd 4332	06-765-8178	06-765-6642
<a href="mailto:tasmt@xtra.co.nz">tasmt@xtra.co.nz</a>					
<b>WAVERLEY:</b>					
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.

# LEGAL AND JUSTICE SUPPORT SERVICES

<b>ADVOCACY FOR PEOPLE WITH DISABILITIES</b>		<b>ELTHAM</b>	<b>Alex Ballantyne</b>
15 Castle St Eltham 4322			☎ 06-765-6072
<a href="mailto:ballantyne@infogen.net.nz">ballantyne@infogen.net.nz</a>		- free benefit advocacy service	or 06-764-7279
<b>CORRECTIONS - Dept of:</b>			☎ 06-769-8500
<b>New Plymouth Prison</b> , Robe Street. NP 4310		<b>NEW PLYMOUTH</b>	Fax 06-758-5069
<b>Probation Service</b> 192 Devon St West 4310		<b>NEW PLYMOUTH</b>	☎ 06-759-0600
			Fax 06-759-0601
33 Princes St., 4610		<b>HAWERA</b>	☎ 06-278-0650
			Fax 06 278 0651
<b>DISTRICT INSPECTOR</b> Murray Cochrane		<b>NEW PLYMOUTH</b>	☎ 06-757-3944
Billings, 7 Young St, NP4310			Fax 06-757-3959
<a href="mailto:mcochrane@billings.co.nz">mcochrane@billings.co.nz</a>			DD 06-757-3958
<b>FAMILY/WHANAU ADVISOR/ADVOCACY - TDHB Alcohol &amp; Drug Service</b>			<b>Sue Philipson</b>
<a href="mailto:Susan.Philipson@tdhb.org.nz">Susan.Philipson@tdhb.org.nz</a>			☎ 06-753-6139
<b>HUMAN RIGHTS COMMISSION</b>		<b>WELLINGTON</b>	☎ 04-473-9981
Box 12-411, Thorndon, Wellington 6140			Fax 04-471-6759
		<a href="http://www.hrc.co.nz">www.hrc.co.nz</a>	Free ☎ 0800-496-877
<b>LEGAL AID OFFICE OF NEW PLYMOUTH</b>		<b>NEW PLYMOUTH</b>	☎ 06-759-0451
Devon Street West, PO Box 590, NP 4310		<a href="http://www.lsa.govt.nz">www.lsa.govt.nz</a>	Fax 06-759-0476
<b>JUSTICE – Ministry of:</b>		<b>NEW PLYMOUTH</b>	☎ 06-968-6500
<b>Courts -</b>		<b>NEW PLYMOUTH</b>	☎ 06-968-6500
- Robe St., NP 4310		<b>HAWERA</b>	☎ 06-278-2080
- 64-68 Princes St. 4610		<b>NEW PLYMOUTH</b>	☎ 06-968-6497
<b>Family Court -</b>		<a href="http://www.justice.govt.nz/family">www.justice.govt.nz/family</a>	
- Atkinson Building 4310			
<b>NATIONWIDE HEALTH &amp; DISABILITY ADVOCACY SERVICE</b>		<b>NEW PLYMOUTH</b>	☎ 06-759-2111
2 <sup>nd</sup> Floor, Kings Building,		<a href="http://www.hdc.org.nz/advocacy">www.hdc.org.nz/advocacy</a>	Fax 06-759-2112
36 Devon St West, NP 4310		<a href="mailto:karena@hdc.org.nz">karena@hdc.org.nz</a>	Free ☎ 0800-500-050
<b>OMBUDSMEN - Office of</b>		<b>WELLINGTON</b>	Tele 04-473-9533
PO Box 10-152, The Terrace, Wellington 6140		<a href="http://www.ombudsmen.govt.nz">www.ombudsmen.govt.nz</a>	Free ☎ 0800-802-602
<b>POLICE</b>		<b>Emergency Only</b>	☎ 111
<b>Post Code</b>		<b>NEW PLYMOUTH</b>	☎ 06-759-5500
Powderham Street	4310	<a href="http://www.police.govt.nz">www.police.govt.nz</a>	☎ 06-769-9132
Liardet St	4310	<b>FITZROY</b>	☎ 06-757-3073
Clemow Rd, Fitzroy	4312	<b>BELL BLOCK</b>	☎ 06-755-9130
31 Wynyard St	4312	<b>ELTHAM</b>	☎ 06-764-8055
175 High St	4322	<b>HAWERA</b>	☎ 06-278-0260
128 Princes St	4610	<b>INGLEWOOD</b>	☎ 06-756-0900
Brooks St	4330	<b>MOKAU</b>	☎ 06-750-5000
State Highway 3	4376	<b>OKATO</b>	☎ 06-752-4111
Cumming St.,	4335	<b>OPUNAKE</b>	☎ 06-761-6050
106 Tasman St	4616	<b>PATEA</b>	☎ 06-273-8318
27 Victoria St	4520	<b>STRATFORD</b>	☎ 06-765-8860
Miranda St	4332	<b>WAITARA</b>	☎ 06-754-9200
23 Domett St	4320	<b>NEW PLYMOUTH</b>	☎ 06-751-1058
<b>SEXUAL AND CHILD ABUSE TEAM</b>			
<b>POLICE INFRINGEMENT BUREAU</b>			Free ☎ 0800-105-777
<b>PRISONERS AID &amp; REHABILITATION</b>		<b>NEW PLYMOUTH</b>	☎ 06-758-1361
163 Devon St West, NP 4310		<a href="mailto:taranaki@xtra.co.nz">taranaki@xtra.co.nz</a>	Fax 06-758-1347
<b>PRIVACY COMMISSIONER</b>		<a href="http://www.privacy.org.nz">www.privacy.org.nz</a>	Free ☎ 0800-803-909
<b>TARANAKI COMMUNITY LAW TRUST</b>		<b>NEW PLYMOUTH</b>	Free ☎ 0800-529-878
1 <sup>st</sup> Floor, 65 Devon St West, NP 4310			☎ 06-759-1492
<a href="mailto:tcls@xtra.co.nz">tcls@xtra.co.nz</a>			Fax 06-759-1475
238 High St. Hawera 4610		<b>HAWERA</b>	☎ 06-278-0350
Waitara Public Library, Queen St.		<b>WAITARA</b>	☎ 06-759-1492
Old District Concl Bldg, Napier St		<b>OPUNAKE</b>	☎ 06-759-1492
Stratford Community House, 52 Juliet St		<b>STRATFORD</b>	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>			
<b>For numerous excellent downloads regarding:</b> 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...			
<a href="http://www.communitylawtaranaki.org">www.communitylawtaranaki.org</a>			
<b>TDHB - Mental Health and Addiction Service</b>			☎ 06-753-6139
<b>Consumer Advisor - Nic Magrath</b>		<a href="mailto:nic.magrath@tdhb.org.nz">nic.magrath@tdhb.org.nz</a>	
<b>VICTIM SUPPORT</b>			☎ 06-759-5519
<a href="mailto:new_plymouth@victimsupport.org.nz">new_plymouth@victimsupport.org.nz</a>		<a href="http://www.victimsupport.org.nz">www.victimsupport.org.nz</a>	
		<b>HAWERA</b>	☎/Fax 06-278-0274
<a href="mailto:central_taranaki@victimsupport.org.nz">central_taranaki@victimsupport.org.nz</a>		<b>STRATFORD</b>	☎ 06-765-8873

## MEMBERS OF PARLIAMENT

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

## MENTAL HEALTH PROMOTION

<b>LIKE MINDS TARANAKI – HAU RITE O TARANAKI</b> 3 <sup>rd</sup> Floor, 50-54 Devon St. West, NP 4310 PO Box 5015 NP 4343	<b>Gordon Hudson</b> <a href="mailto:mental.health@xtra.co.nz">mental.health@xtra.co.nz</a> Local Office <a href="http://www.likemindstaranaki.com">www.likemindstaranaki.com</a> National Office <a href="http://www.likeminds.govt.nz">www.likeminds.govt.nz</a>	☎ Free ☎ Free ☎ Mobile	<b>06-759-0966</b> <b>0800-454-536</b> <b>0800 4 LIKE MINDS</b> <b>021-133-7244</b>
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*Health promotion, demystifying mental illness, countering stigma and discrimination*

<b>TARANAKI DISTRICT HEALTH BOARD</b> Private Bag 2016, New Plymouth 4342 <a href="http://www.tdhb.org.nz">www.tdhb.org.nz</a>	<b>HEALTH PROMOTION - TARANAKI</b> <a href="mailto:health.promotion@tdhb.org.nz">health.promotion@tdhb.org.nz</a>	<b>Brenda Archer</b> ☎ Fax	<b>06-753-7799</b> 06-753-7788
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<b>TUI ORA LTD</b> Box 8119, Maru Wehi Hauora, Maratahu St. NP 4340 Provider Arm Manager	<b>NEW PLYMOUTH</b> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a> <a href="mailto:reception@tuiora.co.nz">reception@tuiora.co.nz</a> <a href="mailto:pam.ritai@tuiora.co.nz">pam.ritai@tuiora.co.nz</a>	<b>Hayden Wano</b> ☎ Fax	<b>06-759-4064</b> 06-759-1799
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*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*

## NATIONAL PROVIDERS OF INFORMATION

<b>HEALTH PROMOTION FORUM OF NZ</b>	<a href="http://www.hpforum.org.nz">www.hpforum.org.nz</a>		
<b>LIKE MINDS – National Office</b>	<a href="mailto:likeminds@mentalhealth.org.nz">likeminds@mentalhealth.org.nz</a> <a href="http://www.likeminds.govt.nz">www.likeminds.govt.nz</a>	☎	09-580-9006
<b>MENTAL HEALTH COMMISSION WELLINGTON</b> PO Box 12479 Thorndon, Wellington 6144	<a href="mailto:info@mhc.govt.nz">info@mhc.govt.nz</a> <a href="http://www.mhc.govt.nz">www.mhc.govt.nz</a>	☎ Fax	<b>04-474-8900</b> 04-474-8901
<b>MENTAL HEALTH FOUNDATION AUCKLAND</b> Box 10051 Auckland 1446	<a href="mailto:resource@mentalhealth.org.nz">resource@mentalhealth.org.nz</a> <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>	☎ Fax	<b>09-300-7010</b> 09-300-7020
<b>MINISTRY OF HEALTH</b>	<a href="http://www.moh.govt.nz">www.moh.govt.nz</a>	☎	<b>04-496-2000</b>
<b>NEW ZEALAND HEALTH ON LINE</b>	<a href="http://www.nzhealth.co.nz">www.nzhealth.co.nz</a>		
<b>LINKAGE - WEBHEALTH</b> 262 Devon St West, NP 4310 PO Box 767, NP 4340	<b>NEW PLYMOUTH</b> <a href="mailto:taranaki@webhealth.co.nz">taranaki@webhealth.co.nz</a> <a href="http://www.webhealth.co.nz">www.webhealth.co.nz</a>	FREE ☎ ☎ Fax	<b>0800-932-432-584</b> <b>06-769-9160</b> 06-769-9161

### LIKE MINDS PROJECT:

*Is the on-going 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.*

If you or someone you know has experienced stigma or discrimination as a consequence of their mental health – and you would like to discuss the situation with someone who cares – then call in to Like Minds Taranaki, 3<sup>rd</sup> floor, above new Stirling Sports Shop, 50 Devon Street West – or ring us on 06-759-0966

Visit our website: [www.likemindstaranaki.com](http://www.likemindstaranaki.com) or email us: [mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz)

**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):

<b>ANNIE BRYDON RESTHOME &amp; HOSPITAL</b>		Manager: Diane Hayden	☎	<b>06-278-6039</b>
71 Glover Road, Hawera 4610	<b>HAWERA</b>	<a href="mailto:anniebry@xtra.co.nz">anniebry@xtra.co.nz</a>	Fax	06-278-1600
<b>BROOKLANDS REST HOME</b>	36 Beds	Manager: Judith McQuilkin	☎	<b>06-758-8422</b>
22 List St. NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:brooklandscare@xtra.co.nz">brooklandscare@xtra.co.nz</a>	Fax	06-757-5876
<b>BRYDON COURT APARTMENTS &amp; REST HOME</b>		Manager: Denise Kerrisk	☎	<b>06-278-6712</b>
102 Wilson St, Hawera 4610	<b>HAWERA</b>	<a href="mailto:anniebry@xtra.co.nz">anniebry@xtra.co.nz</a>		
<b>CARRINGTON HOME FOR THE ELDERLY</b>	30 Beds	Manager: Vicki Le Bas	☎	<b>06-758-7346</b>
50 Carrington St. NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:carringtoncare@xtra.co.nz">carringtoncare@xtra.co.nz</a>	Fax	06-757-8209
<b>CHALMERS REST HOME</b>	43 Beds	Manager: Rae O'Grady	☎	<b>06-758-5190</b>
20 Octavius Place, N P 4312	<b>NEW PLYMOUTH</b>	<a href="mailto:chalmers@psc.org.nz">chalmers@psc.org.nz</a>	Fax	06-759-9320
<b>CORONATION LODGE REST HOME</b>	20 Beds	Manager: Robyn Sanders	☎	<b>06-758-5125</b>
125 Coronation Avenue, 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:corolodge@xtra.co.nz">corolodge@xtra.co.nz</a>	Fax	06-758-5125
<b>ELIZABETH R</b>		Manager: Delia Shearman	☎	<b>06-765-8089</b>
30 Elizabeth Grove, Sfd 4330	<b>STRATFORD</b>	<a href="mailto:elizabeth.r@xtra.co.nz">elizabeth.r@xtra.co.nz</a>		
<b>HAWERA SENIOR LIVING CENTRE</b>			☎	<b>06-278-6483</b>
173 Waihi Road, Hawera 4610	<b>HAWERA</b>			
<b>KOHATU REST HOME</b>	21 Beds	Manager: Sandra Heal	☎	<b>06-754-6621</b>
35B Nelson St., NP 4320	<b>WAITARA</b>	<a href="mailto:kohatorest@xtra.co.nz">kohatorest@xtra.co.nz</a>	Fax	06-754-6621
<b>MAIDA VALE REST HOME</b>	36 Beds	Manager : Roxane White	☎	<b>06-755-0558</b>
917 Devon Road, NP 4312	<b>BELL BLOCK</b>	Hospital 30 Beds	Fax	06-755-2233
<a href="http://www.maida-vale.co.nz">www.maida-vale.co.nz</a>	30 Beds	<a href="mailto:maida.vale@xtra.co.nz">maida.vale@xtra.co.nz</a>		
<b>MARINOTO REST HOME</b>	24 Beds	Manager: Jenny Pratt	☎	<b>06-756-7170</b>
72 Matai St., Inglewood 4330	<b>INGLEWOOD</b>	<a href="mailto:jennypratt@inspire.net.nz">jennypratt@inspire.net.nz</a>	Fax	06-756-7484
<b>MARIRE REST HOME</b>		Manager: Robyn Hooper	☎	<b>06-765-7173</b>
Page Street, Stratford 4332	<b>STRATFORD</b>	<a href="mailto:robyn@agecarecentral.co.nz">robyn@agecarecentral.co.nz</a>	Fax	06-765-7160
<b>MARYANN REST HOME &amp; HOSPITAL</b>		Manager: Robyn Hooper	☎	<b>06-765-7551</b>
59 Brecon Rd. Stratford 4332	<b>STRATFORD</b>	<a href="mailto:robyn@agecarecentral.co.nz">robyn@agecarecentral.co.nz</a>	Fax	06-765-8106
<b>MERCY JENKINS EVENTIDE HOME</b>		Manager: Sandra Heal	☎	<b>06-764-8330</b>
54 Maata Road, Eltham 4322	<b>ELTHAM</b>	<a href="mailto:mercyjenkins@xtra.co.nz">mercyjenkins@xtra.co.nz</a>	Fax	06-764-8739
<b>MISSION REST HOME</b>	33 Beds	Manager: Shelley Markham	☎	<b>06-757-5520</b>
10 Pukaka St. NP 4312	<b>NEW PLYMOUTH</b>	<a href="mailto:missionrest@xtra.co.nz">missionrest@xtra.co.nz</a>	Fax	06-758-9456
<b>MOLLY RYAN REST HOME</b>	18 Beds	Manager:	☎	<b>06-757-8773</b>
269 Mangorei Rd. NP 4312	<b>NEW PLYMOUTH</b>	Nurse Manager	Fax	06-759-7378
<b>NGAHURU REST HOME</b>		Manager: Christine McDonald	☎	<b>06-278-6444</b>
50 Gladstone Street, 4610	<b>HAWERA</b>	<a href="mailto:ngahuru.presbysup@xtra.co.nz">ngahuru.presbysup@xtra.co.nz</a>	Fax	06-278-9135
<b>NORFOLK LODGE REST HOME</b>	25 Beds	Manager: Pauline Matuku	☎	<b>06-754-7016</b>
30 Princess St. 4320	<b>WAITARA</b>	<a href="mailto:norfolk.lodge@xtra.co.nz">norfolk.lodge@xtra.co.nz</a>	Fax	06-754-7016
<b>OMAHANUI PRIVATE HOSPITAL</b>		Manager: Lisa Stevenson	☎	<b>06-758-4961</b>
33 Mangorei Rd. NP 4312	<b>NEW PLYMOUTH</b>	<a href="mailto:omahanui@xtra.co.nz">omahanui@xtra.co.nz</a>	Fax	06-758-1785
<b>OPUNAKE COTTAGE REST HOME</b>			☎	<b>06-761-8009</b>
1 Layard Street., 4616	<b>OPUNAKE</b>	<a href="mailto:cottageresthome@xtra.co.nz">cottageresthome@xtra.co.nz</a>	Fax	06-761-8009
<b>PORT VIEW RETIREMENT</b>	28 Beds	Manager: Jill Baker	☎	<b>06-751-1608</b>
72-74 Whiteley St. NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:jill.baker@portview.co.nz">jill.baker@portview.co.nz</a>	Fax	06-751-1408
<b>RADIUS HEATHERLEA CARE CENTRE</b>	54 Beds	Manager: Fiona Kelsen	☎	<b>06-758-7302</b>
139 Vivian St. NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:heatherlea@radiuscare.net.nz">heatherlea@radiuscare.net.nz</a>	Fax	06-758-7304
				<b>Mobile021-534-227</b>
<b>RHAPSODY RESTHOME &amp; HOSPITAL</b>	28 Beds	Manager:	☎	<b>06-759-0080</b>
30 Mill Road, NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:kauri.holdings@xtra.co.nz">kauri.holdings@xtra.co.nz</a>	Fax	06-759-0081
<b>RADIUS THORNLEIGH PARK</b>	65 Beds	Manager: Tina Mills	☎	<b>06-758-3642</b>
25 Heta Road, NP 4310		<a href="mailto:radiusthornleigh@rcl.co.nz">radiusthornleigh@rcl.co.nz</a>		
<b>RIVERVIEW</b>	65 Beds	Manager: Jennifer Todd	☎	<b>06-758-0666</b>
361 Mangorei Rd. NP 4312	<b>NEW PLYMOUTH</b>	<a href="mailto:riverview@eldercare.co.nz">riverview@eldercare.co.nz</a>	Fax	06-758-5141
<b>TAINUI VILLAGE</b>	58 Beds	Manager: Kay Saunders	☎	<b>06-753-6597</b>
95 Clawton St. NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:kay@tainuihome.co.nz">kay@tainuihome.co.nz</a>	Fax	06-753-7650
<b>TAURIMA REST HOME</b>	27 Beds	Manager: Linnaire Joslin	☎	<b>06-753-5538</b>
85 Clawton St., NP 4310	<b>NEW PLYMOUTH</b>	<a href="mailto:taurima.resthome@xtra.co.nz">taurima.resthome@xtra.co.nz</a>	Fax	06-753-5538
<b>TELFORD REST HOME</b>	28 Beds	Manager: Barbara Kay	☎	<b>06-757-8554</b>
15 Telford St. NP 4312	<b>NEW PLYMOUTH</b>	24 Hospital beds	Fax	06-769-9627
<a href="http://www.bupa.co.nz/">www.bupa.co.nz/</a>		<a href="mailto:telford@guardianhealth.co.nz">telford@guardianhealth.co.nz</a>		
<b>TE MAHANA</b>		Manager:	☎	<b>06-273-8442</b>
41 Chester Street, Patea 4520	<b>PATEA</b>	<a href="mailto:temahana@inspire.net.nz">temahana@inspire.net.nz</a>	Fax	06-273-8550
<b>TRINITY HOME &amp; HOSPITAL</b>		Manager: Daniel J McQuillan	☎	<b>06-278-4189</b>
47-61 Puriri Street, 4610	<b>HAWERA</b>	<a href="mailto:manager@trinityhawera.co.nz">manager@trinityhawera.co.nz</a>	Fax	06-278-3116
<b>PSYCHOGERIATRIC PRIVATE HOSPITALS</b>				
<b>OMAHANUI PRIVATE HOSPITAL</b>	30 Beds	Manager: Lisa Stevenson	☎	<b>06-758-4961</b>
33 Mangorei Road, New Plymouth 4312		<a href="mailto:omahanui@xtra.co.nz">omahanui@xtra.co.nz</a>	Fax	06-758-1785
<b>SUNHAVEN PRIVATE HOSPITAL</b>	27 Beds	Manager: Jill Fearn	☎	<b>06-755-1021</b>
48A Sunnyvale St. New Plymouth 4312		<a href="mailto:jillian@xtra.co.nz">jillian@xtra.co.nz</a>	Fax	06-759-0081

## COMMUNITY SUPPORT SERVICES FOR THE ELDERLY

<b>ACC</b> 22-28 Molesworth St, NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:kath.forde@acc.co.nz">kath.forde@acc.co.nz</a> <a href="http://www.acc.co.nz">www.acc.co.nz</a>	<b>Kath Forde</b> ☎ <b>06-759-0700</b> DD <b>06-759-0730</b>
<b>ACCESS ABILITY LTD</b> Box 115, NP 4340 Level 1 Kings Building, Devon St NP 276 High St. Hawera 4610 <a href="http://www.accessability.org.nz">www.accessability.org.nz</a> <i>Local Needs Assessment and Service Coordination Agency – (NASC)</i>	<b>NEW PLYMOUTH</b> Wendy Kopura <a href="mailto:nasc.taranaki@accessability.org.nz">nasc.taranaki@accessability.org.nz</a> <b>HAWERA</b> <a href="mailto:access.ability.hawera@xtra.co.nz">access.ability.hawera@xtra.co.nz</a>	☎ <b>06-758-0700</b> Fax <b>06-758-0700</b> Free ☎ <b>0800-758-700</b> ☎ <b>06-278-1001</b> Fax <b>06-278-5201</b>
<b>ACCESS HOME HEALTH</b> <i>Personal care and home help</i>	<b>NEW PLYMOUTH</b> 11 Young St., NP 4310	<b>Margaret Bettridge</b> ☎ <b>06-759-1677</b>
<b>AGE CONCERN</b> 85 Molesworth St. NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:age.taranaki@xtra.co.nz">age.taranaki@xtra.co.nz</a>	☎ <b>06-759-9196</b>
<b>ALZHEIMERS TARANAKI</b> 117 Powderham Street , NP 4310 PO Box 8303, NP 4342 Chris Hawken – (Field Worker - North Taranaki) Shirley McGlinchey - (Field Worker - South Taranaki) <i>Making life better for all people affected by dementia, resources and advice</i>	Andrea Jupp - Office Administrator <b>NEW PLYMOUTH</b> <a href="mailto:alzheimers.taranaki@xtra.co.nz">alzheimers.taranaki@xtra.co.nz</a>	☎ <b>06-769-6916</b> ☎ <b>06-758-2916</b> ☎ <b>06-278-8519</b>
<b>ASSOCIATION OF BLIND CITIZENS</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-758-8818</b>
<b>AT HOME CARE – Keeping you in Touch</b> <i>Home Health Care; Help with Elderly Parents; Products for Older People; Rest Homes; Caregivers; Support Organisations; Home Help; Leisure Groups in Taranaki</i> <i>A local directory of businesses and services and products for the retired or elderly in Taranaki</i>	<a href="http://www.athomecare.co.nz/taranaki">www.athomecare.co.nz/taranaki</a>	<b>Margaret Miller</b> ☎ <b>07-574-9365</b> <b>027-693-2773</b>
<b>CANCER SOCIETY OF NZ</b> 71 Lorne St, NP 4310	<b>TARANAKI</b> <a href="mailto:admin@taranakicancersociety.org.nz">admin@taranakicancersociety.org.nz</a>	☎ <b>06-757-3006</b> Fax <b>06-757-8795</b>
<b>CLEARVIEW DRIVING SCHOOL</b>	<b>NEW PLYMOUTH</b> Sue Honeyfield	☎ <b>06-758-1600</b> <b>Mobile 027-249-5770</b>
<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>		
<b>COMMUNITY INFORMATION TRUST</b> 20 Union St, Hawera 4610 <i>Advocacy, promotion, information, health, training, support etc</i>	<a href="mailto:hawerainfo@gmail.com">hawerainfo@gmail.com</a>	<b>Lisa Tangaroa</b> ☎ <b>06-278-3342</b>
<b>DIABETES NZ North Taranaki</b> 35 Turakina St, NP 4312	<b>NEW PLYMOUTH</b> <a href="mailto:diabetestsf@xtra.co.nz">diabetestsf@xtra.co.nz</a> <b>SOUTH TARANAKI</b>	☎ <b>06-759-5354</b> Fax <b>06-758-0538</b> ☎ <b>06-278-1424</b>
<b>DISABLED PERSONS ASSEMBLY</b> 43 Parris St., Waitara 4320	<b>WAITARA</b> <a href="mailto:kemar@xtra.co.nz">kemar@xtra.co.nz</a>	<b>Marion Wellington</b> ☎ <b>06-754-7417</b>
<b>EMOTIONS ANONYMOUS</b> 32 Leach St., NP 4310 <i>Support, training, friendship group for people with emotional issues</i>	<b>NEW PLYMOUTH</b> <a href="http://www.EmotionsAnonymous.org">www.EmotionsAnonymous.org</a>	☎ <b>06-755-3375</b>
<b>ELDER ABUSE &amp; NEGLECT</b> PO Box 8128, NP 4342 <i>A service available for consultation in matters of physical, emotional, psychological abuse, financial/property abuse, sexual abuse, and neglect</i>	<b>NEW PLYMOUTH</b> <a href="mailto:kathy.glass@thph.tuiora.co.nz">kathy.glass@thph.tuiora.co.nz</a> <a href="http://www.areyouok.org.nz/">www.areyouok.org.nz/</a>	<b>Kathy Glass</b> ☎ <b>06-759-7303</b>
<b>FOODBANKS</b> Presbyterian Ch. Hall, Hawera 4610 10 Koromiko St, Inglewood 4330 Havelock St, Opunake 4616 52 Juliet Street, Stratford 4332 Hutchins St, Waitara 4320	<b>NEW PLYMOUTH</b> 40 Vivian St, NP 4310 <b>HAWERA</b> PO Box 359 Hawera 4640 <b>INGLEWOOD</b> <b>OPUNAKE</b> <b>STRATFORD</b> <b>WAITARA</b>	☎ <b>06-758-2757</b> ☎ <b>06-272-8243</b> ☎ <b>06-756-7242</b> ☎ <b>06-761-8777</b> ☎ <b>06-765-8054</b> ☎ <b>06-754-4405</b>
<b>FRIENDS PLUS – NGA HOA APITI</b> 117 Powderham St., NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:friendsplus@xtra.co.nz">friendsplus@xtra.co.nz</a> <i>Wake up/ Tuck in; Visiting; Shopping etc</i>	☎ <b>06-758-6984</b>
<b>FRIDAY CLUB</b> 11 David St, Taranaki Base Hospital, NP	<b>NEW PLYMOUTH (Taranaki ADARDS)</b>	☎ <b>06-769-6916</b>
<b>GREY POWER/SeniorNet</b> 222a Huatoki St. NP 4310 100 Victoria St, Hawera 4520 <a href="http://www.greypowernp.org.nz/">www.greypowernp.org.nz/</a> <i>Advancing the well being of people 55 years and over</i>	<b>NEW PLYMOUTH</b> <a href="mailto:allum@clear.net.nz">allum@clear.net.nz</a> <b>HAWERA</b> <b>STRATFORD</b>	☎ <b>06-753-2185</b> ☎ <b>06-278-7413</b> ☎ <b>06-765-7778</b>
<b>HEALTHCARE NZ LTD</b> 117 Powderham St NP 60 Victoria St, Hawera 4520	<b>NEW PLYMOUTH</b> <a href="http://www.healthcarenz.co.nz">www.healthcarenz.co.nz</a> <b>HAWERA</b>	<b>Gary Walls-Renwick</b> ☎ <b>06-759-8046</b> ☎ <b>06-278-0096</b>
<b>HOSPICE TARANAKI INC</b> 5 David Street, NP	<b>NEW PLYMOUTH</b> <a href="mailto:Kevin.nielsen@hospicetaranaki.org.nz">Kevin.nielsen@hospicetaranaki.org.nz</a> <a href="http://www.hospicetaranaki.org.nz">www.hospicetaranaki.org.nz</a>	☎ <b>06-753-7830</b> Fax <b>06-753-7806</b>
<b>LIKE MINDS TARANAKI</b> 3 <sup>rd</sup> Floor, 50-54 Devon St. West. NP 4310 PO Box 5015 NP 4343 Local Office National Office	<b>NEW PLYMOUTH</b> <a href="mailto:mental.health@xtra.co.nz">mental.health@xtra.co.nz</a> <a href="http://www.likemindstaranaki.com">www.likemindstaranaki.com</a> <a href="http://www.likeminds.govt.nz">www.likeminds.govt.nz</a>	☎ <b>06-759-0966</b> ☎ <b>06-759-0966</b> Free ☎ <b>0800-454-536</b> Free ☎ <b>0800 4 LIKE MINDS</b> <b>Mobile 021-133-7244</b>

*Health promotion, demystifying mental illness, countering stigma and discrimination*

<b>MAHIA MAI A WHAI TARA</b> 8 Warre Street, Waitara 4320 <i>Inclusive Kaumatua programme</i>	<b>WAITARA</b> <a href="mailto:admin@mahiamaia.co.nz">admin@mahiamaia.co.nz</a> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	<b>Rawiri Doorbar</b> ☎ <b>06-754-4669</b> Fax 06-754 4781
<b>MEALS IN MOTION</b>	<b>NEW PLYMOUTH</b>	☎ <b>06-758-6308</b>
<b>MEALS ON WHEELS</b>	<b>HAWERA HOSPITAL</b>	☎ <b>06-278-9929</b>
<b>MEALS ON WHEELS</b> <i>Marinoto Rest Home does meals on wheels for the Inglewood area Monday to Friday only</i>	<b>INGLEWOOD</b>	☎ <b>06-756-7170</b>
<b>MENTAL HEALTH FOUNDATION</b> BOX 10051 Dominion Rd, Auckland 1446	<b>AUCKLAND</b> <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>	☎ <b>09-300-7010</b>
<b>MULTIPLE SCLEROSIS SOCIETY INC</b> P O Box 791, NP 4340	<a href="mailto:info@mstaranaki.co.nz">info@mstaranaki.co.nz</a>	☎ <b>06-751-2330</b> Fax 06-751-2330
<b>NEEDS ASSESSMENT SERVICE CO-ORDINATION</b>		☎ <b>06-759-9196</b>
<b>NEW ZEALAND RED CROSS TARANAKI SERVICE</b> 116 Gill St, NP 4310	<a href="mailto:newplymouth@redcross.org.nz">newplymouth@redcross.org.nz</a>	☎ <b>06-759-4697</b> Free ☎ <b>0800-733-276</b>
<b>NEW PLYMOUTH POSITIVE AGEING Trust</b> David Showler - Secretary	<b>Chair – Jeff Blyde</b> <a href="mailto:showler@inspire.net.nz">showler@inspire.net.nz</a>	☎ <b>06-758-9145</b> ☎ <b>06-753-2911</b>
<b>PROBLEM GAMBLING FOUNDATION OF NEW ZEALAND</b> 36 Devon Street West, NP 4310 <i>Free confidential professional counselling for people affected by problem gambling.</i>	<b>Sandi Cumming</b> <b>NEW PLYMOUTH</b> <a href="http://www.pgfnz.org.nz">www.pgfnz.org.nz</a>	☎ <b>0800-664-262</b>
<b>SENIOR CARE</b> 28 Young St, NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:info@taranakidic.org.nz">info@taranakidic.org.nz</a>	☎ <b>06-753-6210</b>
<b>STROKE FOUNDATION</b> PO Box 5015 NP 4343	<a href="mailto:stroketaranaki@paradise.net.nz">stroketaranaki@paradise.net.nz</a> <b>HAWERA</b> <b>STRATFORD</b> <b>OPUNAKE</b>	☎ <b>06-758-6880</b> ☎ <b>06-278-5190</b> ☎ <b>06-765-6531</b> ☎ <b>06-761-8561</b>
<b>SUPPORTING FAMILIES IN MENTAL ILLNESS (S.F. Taranaki)</b> Level 3, 44 Liardet St., PO Box 8291, NP 4342  Field Officer: South: Laura Douglas Field Officer: North: Catherine Heaven <i>Family-Whanau focused support, education, advocacy and information</i>	<b>NEW PLYMOUTH</b> <a href="http://www.sfnat.org.nz">www.sfnat.org.nz</a> <a href="mailto:sf.taranaki@xtra.co.nz">sf.taranaki@xtra.co.nz</a> <a href="mailto:laura.sftaranaki@xtra.co.nz">laura.sftaranaki@xtra.co.nz</a> <a href="mailto:Catherine.sftaranaki@xtra.co.nz">Catherine.sftaranaki@xtra.co.nz</a>	<b>Tiaki Tume</b> ☎ <b>06-757-9300</b> Fax 06-757-3670  <b>Mobile 027-555-6808</b> <b>Mobile 027-555-1503</b>
<b>TARANAKI COMMUNITY HEALTH TRUST</b> PO Box 8119, NP 4342	<b>NEW PLYMOUTH</b> <a href="mailto:TaranakiCHT@inspire.net.nz">TaranakiCHT@inspire.net.nz</a> <a href="http://taranakihealthtrust.co.nz">taranakihealthtrust.co.nz</a>	☎ <b>06-753-2911</b>
<b>TARANAKI COMMUNITY LAW TRUST</b> 1 <sup>st</sup> Floor, 65 Devon St West, NP 4310  238 High St. Hawera 4610 Waitara Public Library, Queen St. Stratford Community House, 52 Juliet St	<b>NEW PLYMOUTH</b> <a href="mailto:tcls@xtra.co.nz">tcls@xtra.co.nz</a> <b>HAWERA</b> <b>WAITARA</b> <b>STRATFORD</b>	Free ☎ <b>0800-529-878</b> ☎ <b>06-759-1492</b> Fax 06-759-1475 ☎ <b>06-278-0350</b> ☎ <b>06-759-1492</b> Free ☎ <b>0800-529-878</b>
<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 &amp; Estates; and Debt...</i>	<a href="http://www.communitylawtaranaki.org">www.communitylawtaranaki.org</a>	
<b>TARANAKI DISABILITY INFO. CENTRE</b> 28 Young Street, NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:info@taranakidic.org.nz">info@taranakidic.org.nz</a> <a href="http://www.weka.net.nz">www.weka.net.nz</a>	<b>Brian Eriksen</b> ☎ <b>06-759-0019</b> Fax 06-759-0029 <b>Mobile 021-245-8018</b> Free ☎ <b>0800-693-342</b>
<i>Advocacy, promotion, information, health, training, support etc</i>		
<b>TARANAKI DISTRICT HEALTH BOARD – Mental Health Services For Older People</b> <i>Providers of full mental health services for people aged 65 years and over with serious mental illness in Taranaki</i>		☎ <b>06-753-6139</b>
<b>TE HAUORA POU HERETANGA</b> 36 Maratahu St. NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:nigel.christie@thph.tuiora.co.nz">nigel.christie@thph.tuiora.co.nz</a> <a href="http://www.tuiora.co.nz">www.tuiora.co.nz</a>	<b>Nigel Christie</b> ☎ <b>06-759-7303</b> Free ☎ <b>0800-080-047</b>
<i>Tuck-In Service, Home Based Support Services, Elder Abuse Neglect and Prevention, Koroua / Kuia Activity Program, Disability Support, Asthma Diabetes Support</i>		
<b>TSB ASCOT HOUSE</b> 106 Clawton Street, NP 4310 <i>Educational and recreational activities</i>	<b>NEW PLYMOUTH</b> <a href="mailto:kay@tainuihome.co.nz">kay@tainuihome.co.nz</a>	☎ <b>06-753-6597</b> Fax 06-753-7650
<b>VICTIM SUPPORT</b>  <a href="http://www.victimsupport.org.nz">www.victimsupport.org.nz</a>	<b>NEW PLYMOUTH</b> <b>HAWERA</b> <b>STRATFORD</b>	☎ <b>06-759-5519</b> ☎ <b>06-278-0274</b> ☎ <b>06-765-8873</b>
<b>LINKAGE - WEBHEALTH</b> 262 Devon St West, NP 4310 PO Box 767, NP 4340	<b>NEW PLYMOUTH</b> <a href="mailto:taranaki@webhealth.co.nz">taranaki@webhealth.co.nz</a> <a href="http://www.webhealth.co.nz">www.webhealth.co.nz</a>	Free ☎ <b>0800-932-432-584</b> ☎ <b>06-769-9160</b> Fax 06-769-9161
<b>WORK AND INCOME NEW ZEALAND</b> Duncan Dovico House, Gill St., NP 4310 15 Union St – Hawera 4610 208 Broadway – Stratford 4332 Waitara Centre, Queen St., 4320	<a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a> <b>NEW PLYMOUTH</b> <b>HAWERA</b> <b>STRATFORD</b> <b>WAITARA</b>	Free ☎ <b>0800-559-009</b> Fax 06-968-6018 Fax 06-278-0394 Fax 06-765-0394 Fax 06-754-6293

## OTHER LOCAL AND CENTRAL GOVERNMENT PROVIDERS

<b>AUTISM TARANAKI</b> 62 Powderham St, NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:taranaki@autismnz.org.nz">taranaki@autismnz.org.nz</a>	☎	<b>06-769-5958</b>
<b>AMBULANCE SERVICE</b>		Free ☎	<b>0800-735-466</b>
<b>BUDGET ADVISORY SERVICES</b> 32 Leach Street, NP 4310 22 Union Street, Hawera 4610	<b>NEW PLYMOUTH</b> <a href="mailto:np.budget@xtra.co.nz">np.budget@xtra.co.nz</a> <a href="mailto:hawerabudget@xtra.co.nz">hawerabudget@xtra.co.nz</a>	☎ Fax ☎	<b>06-758-5996</b> 06-758-2780 <b>06-278-8448</b>
<b>CITIZENS ADVICE BUREAU</b> 32 Leach Street, NP 4310	<b>NEW PLYMOUTH</b> <a href="mailto:cab.newplymouth@xtra.co.nz">cab.newplymouth@xtra.co.nz</a> <a href="http://www.cab.org.nz">www.cab.org.nz</a>	Free ☎	<b>06-758-9542</b> <b>0800-367-222</b>
22 Union St, Hawera 4610 270 Broadway, Stratford 4352	<b>HAWERA</b> <b>STRATFORD</b> <a href="mailto:cab.stratford@xtra.co.nz">cab.stratford@xtra.co.nz</a>	☎ ☎	<b>06-278-3156</b> <b>06-765-5250</b>
<b>COMMUNITY INFORMATION TRUST</b> 20 Union St, Hawera 4610 <i>Advocacy, promotion, information, health, training, support etc</i>	<b>Lisa Tangaroa</b> <a href="mailto:hawerainfo@gmail.com">hawerainfo@gmail.com</a>	☎	<b>06-278-3342</b>
<b>COOK FOR LESS</b> Cooking Classes: 28 Young St, NP 4310 Judy Kemsley: 7 Galt St, Hawera 4610	<b>NEW PLYMOUTH</b> <a href="mailto:brian@taranakidic.org.nz">brian@taranakidic.org.nz</a> <b>HAWERA</b>	☎ ☎	<b>06-759-0019</b> <b>Brian Eriksen</b> <b>06-278-4854</b>
<b>CREATIVE SPACE</b> 83 Hine Street, NP 4310 <i>Operated through Taranaki Disabilities Information Centre - Fridays - Art group for people with disabilities</i>	<b>NEW PLYMOUTH</b>	☎ Fax	<b>06-759-0019</b> 06-759-0029
<b>CRISIS RESPITE CARE</b> -	<b>Access through THL Crisis Service</b>	☎	<b>06-753-6139</b>
<b>CRISIS SERVICE</b> -	<b>Taranaki Health</b>	☎	<b>06-753-6139</b>
<b>DEAF AOTEAROA NZ</b> 28 Young St., NP 4310 <i>Assessments, referrals, information, interpreting, support services – office hours Tue &amp; Wed – 9am-3pm</i>	<b>NEW PLYMOUTH</b> <a href="mailto:tania.stuart@deaf.co.nz">tania.stuart@deaf.co.nz</a>	Tania Stuart ☎/Fax	<b>06-758-0579</b>
<b>DIABETES NZ North Taranaki</b> PO Box 3038, NP 4341 Diabetes NZ South Taranaki <i>Support and Information</i>	<b>NEW PLYMOUTH</b> Glen Fergusson John Miller <a href="mailto:jrmill@xtra.co.nz">jrmill@xtra.co.nz</a>	☎ ☎	<b>06-753-2353</b> <b>06-761-8437</b>
<b>DISABLED PERSONS ASSEMBLY</b> 23 Queens St, Waitara 4320	<b>WAITARA</b> <a href="mailto:kemar@xtra.co.nz">kemar@xtra.co.nz</a> <a href="http://www.dpa.org.nz">www.dpa.org.nz</a>	☎	<b>Marion Wellington</b> <b>06-754-7417</b>
<b>EMOTIONS ANONYMOUS</b> 32 Leach St., NP 4310 <i>Support, training, friendship group for people with emotional issues</i>	<b>NEW PLYMOUTH</b> <a href="http://www.EmotionsAnonymous.org">www.EmotionsAnonymous.org</a>	☎	<b>06-755-3375</b> <a href="mailto:infodf3498fjsd@emotionsanonymous.org">infodf3498fjsd@emotionsanonymous.org</a>
<b>FAMILY PLANNING ASSOCIATION</b> 56 Gover Street, NP 4310 C/o Hospital -	<b>NEW PLYMOUTH</b> <a href="mailto:NewPlymouth.Clinic@familyplanning.org.nz">NewPlymouth.Clinic@familyplanning.org.nz</a> <b>HAWERA</b>	☎ Fax ☎	<b>06-759-8269</b> 06 759 8363 <b>06-278-7109</b>
<b>FEDERATED FARMERS (TARANAKI RURAL SUPPORT TRUST)</b> PO Box 422, NP 4340 <i>Facilitators: Harvey Leach: 06-764-8333 Graeme Hight: 06-754-4404 Peter Adamski: 06-751-4217</i>		Free ☎ ☎	<b>0800-757-3423</b> 06-757-3423
<b>FIRE SERVICE</b> Liardet St., NP 4310 South Road, Hawera 4610	<b>All emergencies</b> <b>NEW PLYMOUTH</b> <b>HAWERA</b>	☎ ☎ ☎	<b>111</b> <b>06-757-3873</b> <b>06-278-0205</b>
<b>FOODBANKS</b> 36 Vivian St, NP 4310 Presbyterian Ch. Hall, Hawera 4610 10 Koromiko St, Inglewood 4330 Havelock St, Opunake 4616 52 Juliet Street, Stratford 4332 Hutchins St, Waitara 4320	<b>NEW PLYMOUTH</b> <b>HAWERA</b> PO Box 359 Hawera 4610 <b>INGLEWOOD</b> <b>OPUNAKE</b> <b>STRATFORD</b> <b>WAITARA</b>	☎ ☎ ☎ ☎ ☎ ☎	<b>06-758-2757</b> <b>06-272-8243</b> <b>06-756-7242</b> <b>06-761-8777</b> <b>06-765-8054</b> <b>06-754-7150</b>
<b>FRIENDS PLUS – NGA HOA APITI</b> 32 Leach St. NP 4310 <i>Friendship, home visits, support</i>	<b>NEW PLYMOUTH</b> <a href="mailto:friendsplus@xtra.co.nz">friendsplus@xtra.co.nz</a>	☎ Fax	<b>Jean Bennets</b> <b>06-758-6984</b> 06-758-6988
<b>GUIDELINES GROUP</b>	<a href="http://www.skylight.org.nz">www.skylight.org.nz</a>		
<b>HEALTH CENTRE</b>	<b>WAITARA</b> Christine Nevin	☎	<b>06-754-7150</b>
<b>HEALTHCARE NZ</b> 117 Powderham St, Box 4129, NP 4340 <i>Home Based Support Services</i>	<b>NEW PLYMOUTH</b> <a href="http://www.healthcarenz.co.nz">www.healthcarenz.co.nz</a> <a href="mailto:Taranaki.office@healthcarenz.co.nz">Taranaki.office@healthcarenz.co.nz</a>	☎ Fax	<b>Gary Walls-Renwick</b> <b>06-759-8046</b> 06-759-4337
<b>IDEA SERVICES</b> 28 Vivian St, NP 4310 19 Nelson St, Hawera 4610 Sunflowers on Broadway, Stratford 4332	<b>NEW PLYMOUTH</b> <b>HAWERA</b> <b>STRATFORD</b>	☎ Fax ☎ ☎	<b>06-759-8970</b> 06-759-8980 <b>06-278-0321</b> <b>06-765-7211</b>
<b>INFORMATION CENTRES</b> Puke Ariki, 65 St Aubyn St, NP 4310 55 High Street, Hawera 4610 Miranda St., Stratford 4332	<b>NEW PLYMOUTH</b> <b>HAWERA</b> PO Box 5, 4640 <b>STRATFORD</b>	☎ Fax ☎ ☎	<b>06-759-6060</b> 06-759-6073 <b>06-278-8599</b> <b>06-765-6708</b>
<b>LANGUAGE LINE</b>	<a href="http://www.languageline.govt.nz">www.languageline.govt.nz</a>		
<b>MATES</b> <i>Men's support group</i>	<b>NEW PLYMOUTH</b> <a href="mailto:kerry@mates-world.com">kerry@mates-world.com</a>	☎ Fax	<b>06-759-1163</b> 06-759-1164

<b>MENTAL HEALTH COMMISSION</b>	<b>WELLINGTON</b>	☎	<b>04-474-8900</b>
PO Box 124799, Thorndon, Wellington 6145	<a href="mailto:info@mhc.govt.nz">info@mhc.govt.nz</a> <a href="http://www.mhc.govt.nz">www.mhc.govt.nz</a>	Fax	04-474-8901
<b>MENTAL HEALTH FOUNDATION</b>	<b>AUCKLAND</b>	☎	<b>09-300-7010</b>
PO Box 10051, Auckland 1446	<a href="mailto:resource@mentalhealth.org.nz">resource@mentalhealth.org.nz</a> <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>	Fax	09-300-7020
<b>MINISTER OF HEALTH</b>	<b>WELLINGTON</b>		<b>The Honorable Tony Ryall</b>
	<a href="http://www.beehive.govt.nz/">http://www.beehive.govt.nz/</a>		
<b>MINISTRY OF HEALTH</b>	<b>WELLINGTON</b>	☎	<b>04-496-2000</b>
PO Box 5013, Wellington 6145	<a href="http://www.moh.govt.nz">www.moh.govt.nz</a>	Fax	04-496-2340
<b>NATIONAL POISONS CENTRE</b>	<b>Urgent</b>	☎	<b>800-764-766</b>
	<b>Non Urgent</b>	☎	<b>03-479-7248</b>
<b>NEW PLYMOUTH DISTRICT COUNCIL</b>		☎	<b>06-759-6060</b>
Social Services Advisor	<a href="mailto:inquiries@npdc.govt.nz">inquiries@npdc.govt.nz</a>	Fax	06-759-6072
<b>NEW PLYMOUTH INJURY SAFE</b>		☎	<b>06-753-7777 Ext 8792</b>
	<a href="mailto:npis@tdhb.org.nz">npis@tdhb.org.nz</a>		<a href="http://www.npis.org.nz">www.npis.org.nz</a>
<b>NGATI RUANUI IWI SOCIAL SERVICES</b>	<b>HAWERA</b>	☎	<b>06-278-3169</b>
63 Union Street, Hawera 4610		Fax	06-278-8705
<b>NO BULLY</b>	<a href="http://www.nobully.org.nz/advicek.htm">www.nobully.org.nz/advicek.htm</a>		
<b>OMAHANUI HOME CARE</b>	<b>NEW PLYMOUTH</b>	<b>Alistair Stevenson &amp; Nicky Bone</b>	
PO Box 248, NP 4340	<a href="mailto:ali.omahanui.hc@xtra.co.nz">ali.omahanui.hc@xtra.co.nz</a>	☎	<b>06-759-7031</b>
		Fax	06-758-3875
<i>Home Based Support</i>	<a href="http://www.omahanui.co.nz">www.omahanui.co.nz</a>		<b>Mobile 027-436-8668</b>
<b>OPEN HOME FOUNDATION</b>	<b>NEW PLYMOUTH</b>	<b>Laura Brits</b>	
97 Gill St. NP 4310		☎	<b>06-758-9971</b>
PO Box 208, NP 4340	<a href="mailto:ohftaranaki@ohf.org.nz">ohftaranaki@ohf.org.nz</a>	Fax	06-758-1969
<i>Education, counselling, family support, supervision and foster care etc</i>		Fax	06-278-0168
<b>OVER EATERS ANONYMOUS</b>	<b>Sheryl</b>	☎	<b>06-756-8242</b>
<i>A 12 step programme of recovery for people with eating problems</i>			<b>Mobile 027-2431-718</b>
	<a href="http://www.oaregion10.org">www.oaregion10.org</a>		
<b>PLATFORM – National umbrella organisation for NGO providers</b>			<a href="http://www.platform.org.nz">www.platform.org.nz</a>
<b>PREGNANCY HELP</b>	<b>STRATFORD</b>	☎	<b>06-765-5042</b>
4 Romeo St, Stratford 4332	<a href="http://www.pregnancyhelp.org.nz">www.pregnancyhelp.org.nz</a>	Fax	06-765-5062
PO Box 81, Stratford 4352	<a href="mailto:taranaki@pregnancyhelp.org.nz">taranaki@pregnancyhelp.org.nz</a>		<b>Mobile 027-212-5304</b>
Fieldworker:			<b>Mobile 027 692 5486</b>
<b>PRESBYTERIAN SUPPORT CENTRE - Family Works - Taranaki</b>		☎	<b>06-758-5037</b>
51 Buller St. NP 4310	<a href="http://www.psc.org.nz">www.psc.org.nz</a>	Fax	06-759-1431
Taiohi House, 45 Regent Street	<b>HAWERA</b>	☎	<b>06-278-6385</b>
	<a href="mailto:taranakiss@psc.org.nz">taranakiss@psc.org.nz</a>	Fax	06-759-1431
Community House 52 Juliet St,	<b>STRATFORD</b>	☎	<b>06-765-0531</b>
<i>Personal, couple, family counselling, education, supervision services etc</i>			
<b>PROBLEM GAMBLING FOUNDATION OF NEW ZEALAND</b>	<b>Sandi Cummings</b>	☎	<b>0800-664-262</b>
36 Devon Street West, NP 4310	<b>NEW PLYMOUTH</b>	☎	<b>06-769-6020</b>
	<a href="http://www.pgfnz.org.nz">www.pgfnz.org.nz</a>		
<i>Free confidential professional counselling for people affected by problem gambling.</i>			
<b>RAPE CRISIS AND SEXUAL ABUSE CENTRE</b>		☎	<b>06-757-9570</b>
199 Devon St East, NP 4310	<b>NEW PLYMOUTH</b>	Fax	06-757-4506
6 Furlong St, Hawera, 4610	<b>HAWERA</b>		
	<a href="mailto:hrc@infogen.net.nz">hrc@infogen.net.nz</a>	☎	<b>06-278-6399</b>
<i>Personal, couple and family counselling, lifeskills, training, support</i>		Fax	06-278-6399
<b>RURAL SUPPORT TRUST TARANAKI (FEDERATED FARMERS)</b>		Free ☎	<b>0800-757-3423</b>
PO Box 422, NP <i>Facilitators:</i> Harvey Leach: 06-764-8333 Graeme Hight : 06-754-4404		☎	06-757-3423
<b>RURAL WOMEN NZ</b>		<b>Joyce Lawrence</b>	
217 Rawhitiroa Rd, RD18, Eltham 4398	<a href="mailto:niarua@inspire.net.nz">niarua@inspire.net.nz</a>	☎	<b>06-764-8770</b>
<b>SEXUAL HEALTH &amp; FAMILY PLANNING</b>	<b>NEW PLYMOUTH</b>	☎	<b>06-759-8269</b>
56 Gover Street, NP 4310		Fax	06 759 8363
<b>SALVATION ARMY COMMUNITY AND FAMILY SERVICES</b>		☎/Fax	<b>06-758-9338</b>
128 Powderham St.,	<b>NEW PLYMOUTH</b>	<b>Emergency</b> ☎	<b>06-758-2325</b>
PO Box 354, NP 4340	<a href="mailto:centraltaranaki_corps@nzf.salvationarmy.org">centraltaranaki_corps@nzf.salvationarmy.org</a>		
	<b>HAWERA</b>	☎	<b>06-278-8516</b>
	<b>STRATFORD &amp; ELTHAM</b>	☎	<b>06-765-7969</b>
<i>Emergency food support, information, life skills, family support etc</i>			
<b>SAMHSA – SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION WEBSITE</b>	<a href="http://www.samhsa.gov">www.samhsa.gov</a>		
<b>SOCIAL DEVELOPMENT – Ministry of</b>	<b>NEW PLYMOUTH</b>	Free ☎	<b>0800-559-009</b>
Duncan Dovico House, Gill St, NP 4310			
<b>SOUTH TARANAKI DISTRICT COUNCIL</b>	<b>HAWERA</b>	Free ☎	<b>0800-111-323</b>
Albion St, PO Box 902, Hawera 4640		Fax	06-278-8757
<b>STRATFORD DISTRICT COUNCIL</b>	<b>STRATFORD</b>	☎	<b>06-765-6099</b>
61-63 Miranda Street, Stratford, 4332	<a href="mailto:stratforddc@stratford.govt.nz">stratforddc@stratford.govt.nz</a> <a href="http://www.stratford.govt.nz">www.stratford.govt.nz</a>		
<b>TARANAKI DISABILITY INFORMATION CENTRE</b>	<b>Brian Eriksen</b>	Free ☎	<b>0800-693-342</b>
28 Young Street, NP 4310	<b>NEW PLYMOUTH</b>	☎	<b>06-759-0019</b>
<a href="http://www.weka.net.nz">www.weka.net.nz</a>	<a href="mailto:info@taranakidic.org.nz">info@taranakidic.org.nz</a>	Fax	06-759-0029
<i>Advocacy, promotion, information, health, training, support etc</i>			

<b>TARANAKI HEALTH – MENTAL HEALTH SERVICES</b>		☎	<b>06-753-6139</b>
<b>TE POU - o TE WHAKAARO NUI</b>	<b>AUCKLAND</b>	☎	<b>09-373-2125</b>
65 New North Rd, Eden Terrace 1021	<a href="mailto:enquiries@tepou.co.nz">enquiries@tepou.co.nz</a> <a href="http://www.tepou.co.nz">www.tepou.co.nz</a>	Fax	09-373-2127
<i>National centre of disability health research and workforce development</i>			
<b>TE PUNI KOKIRI – MINISTRY – MAORI DEVELOPMENT</b>		<b>Sam Bishara</b>	
Cnr Currie and Devon Sts, NP 4310	<a href="mailto:bishs@tpk.govt.nz">bishs@tpk.govt.nz</a> <a href="http://www.tpk.govt.nz">www.tpk.govt.nz</a>	☎	<b>06-759-5450</b>
<b>TOUCHED BY SUICIDE SUPPORT GROUP:</b>		☎	<b>06-757-9300</b>
C/o SF Taranaki	<b>NEW PLYMOUTH</b>		
<b>LINKAGE - WEBHEALTH</b>	<b>NEW PLYMOUTH</b>	FREE ☎	<b>0800-932-432-584</b>
262 Devon St West, NP 4310	<a href="mailto:taranaki@webhealth.co.nz">taranaki@webhealth.co.nz</a>	☎	<b>06-769-9160</b>
PO Box 767, NP 4340	<a href="http://www.webhealth.co.nz">www.webhealth.co.nz</a>	Fax	06-769-9161
<b>WITT – WESTERN INSTITUTE OF TECHNOLOGY at Taranaki</b>		Free ☎	<b>0800-948-896</b>
20 Bell St, NP 4310	<a href="http://www.witt.ac.nz">www.witt.ac.nz</a>	Fax	06-757-3235
<b>WOMEN'S CENTRE NP</b>		<b>Mary Allen</b>	
Community House, 32 Leach St, NP 4310	<a href="mailto:npwomen@xtra.co.nz">npwomen@xtra.co.nz</a>	☎	<b>06-758-4957</b>
Cnr Regent & Furlong St, Hawera 4610	<b>HAWERA</b>	<b>Nicky Wallace</b>	
	<a href="mailto:stwc@xtra.co.nz">stwc@xtra.co.nz</a>	☎	<b>06-278-3260</b>
<b>WOMEN'S REFUGE-TARANAKI</b>		Free ☎	<b>0800-827-973</b>
PO Box 5, NP 4340	<a href="mailto:admin@taranakiwomensrefuge.co.nz">admin@taranakiwomensrefuge.co.nz</a>	Fax	06-769-5554
Level 2, Kings Bldg, 36 Devon St West	<b>24 hour crisis only lines:</b>	☎	<b>06-769-5553</b>
<i>Provide 24hour crisis intervention for women &amp; children who are victims of domestic violence, social work services</i>			

## MULTICULTURAL SERVICES

<b>CITY WEST ASSEMBLY OF GOD CHURCH</b>		☎	<b>06-751-3659</b>
<i>Hold a service with a Fijian congregation and the contact is Chris</i>			
<b>ENGLISH LANGUAGE PARTNERS TARANAKI</b>		<b>NEW PLYMOUTH</b>	
16 Lemon Street, PO Box 149, NP 4310	<a href="mailto:taranaki@englishlanguage.org.nz">taranaki@englishlanguage.org.nz</a>	☎	<b>06-759-1118</b>
<b>MINISTRY OF PACIFIC ISLAND AFFAIRS</b>		☎	<b>04-471-8245</b>
<b>METHODIST CHURCH</b>	<b>58 Liardet St</b>	<b>NEW PLYMOUTH</b>	
<i>A Fijian Language Service is held every Sunday at 3pm – also contact Anare or Miriama</i>			
<b>NZ CHINESE ASSOCIATION</b>		☎	<b>06-758-8258</b>
<b>PACIFIC ISLAND CONTACT – Salevi Tiatia</b>		Mobile	<b>027-453-2363</b>
<b>SETTLEMENT SUPPORT NP</b>		<b>NEW PLYMOUTH</b>	
Level One, Kings Building, 36 Devon St West, NP 4310		☎	<b>06-759-1088</b>
<i>Advocacy and advice for new settlers</i>			
	<a href="mailto:ssnp@xtra.co.nz">ssnp@xtra.co.nz</a> <a href="http://www.ssnp.org.nz">www.ssnp.org.nz</a>		
<b>SAMOAN METHODIST CHURCH</b>		<b>NEW PLYMOUTH</b>	
<i>Samoan church run by the Samoan community</i>			
<b>TARANAKI ETHNIC COUNCIL – Geetha, Settlement Support</b>		☎	<b>06-759-1088</b>
<i>Geetha has Taranaki contacts for over 40 nationalities</i>			
<b>TONGAN COMMUNITY</b>		☎	<b>06-753-2609</b>
Una and Sisifa			

## OTHER CONTACT NUMBERS

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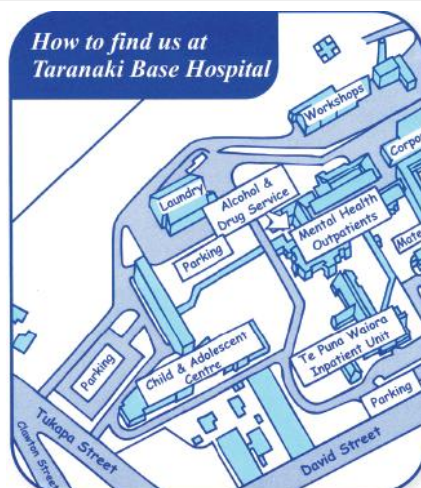
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**TDHB**  
**Mental Health & Addiction Services**



# TARANAKI DISTRICT HEALTH BOARD – GENERAL CONTACTS

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

## HEALTH CENTRES

<b>INGLEWOOD</b>	Medical Centre, Brown St.	☎	<b>06-756-7227</b>
<b>MOKAU</b>	37 Aria Terrace	☎	<b>06-752-9723</b>
<b>OPUNAKE</b>	Havelock St.	☎	<b>06-761-8777</b>
<b>PATEA</b>	1 Lincoln St.	☎	<b>06-273-8088</b>
<b>WAITARA</b>	Cnr McLean & Grey St.	☎	<b>06-754-7150</b>

<b>CUSTOMER RELATIONS</b>		DD	<b>06-753-7832</b>
<b>CRISIS SERVICE</b>		DD	<b>0508-277-478</b>
<b>EMERGENCY DEPARTMENT</b>		DD	<b>06-753-7783</b>
<b>FUNDING AND PLANNING</b>		DD	<b>06-753-7865</b>
<b>HEALTH PROMOTION</b>		DD	<b>06-753-7799</b>
<b>PUBLIC HEALTH</b>	Brenda Archer (Co-ordinator)	Ext	<b>8506</b>
<b>OUT-PATIENTS</b>		☎	<b>06-753-7743</b>
<b>PHARMACY</b>		☎	<b>06-753-7814</b>
<b>STRATFORD OUTPATIENTS</b>	Stratford Hospital	☎	<b>06-765-7189</b>

## 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 - Team Leader: Pene Te Puni.

### **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.

**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**  
3<sup>rd</sup> Floor, 50 Devon Street West, NP  
PO Box 5015, NP 4343

06-759-0966 or 0800-454-536  
[mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz)  
[www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)

**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 an 8 member Board of Trustees. The Trust also has a Patron and a Clinical Advisor.

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

### **Annual publications:**

- Employment Guidebook – for People with Health Concerns* – 2500 copies (64 pages)
- Taranaki Directory* – for the Taranaki Mental Health Sector – 600 copies (32 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

#### **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:**

- |                     |                                |
|---------------------|--------------------------------|
| Reference Groups    | Post Natal Depression          |
| Bereaved by Suicide | Real Arts weekly support group |

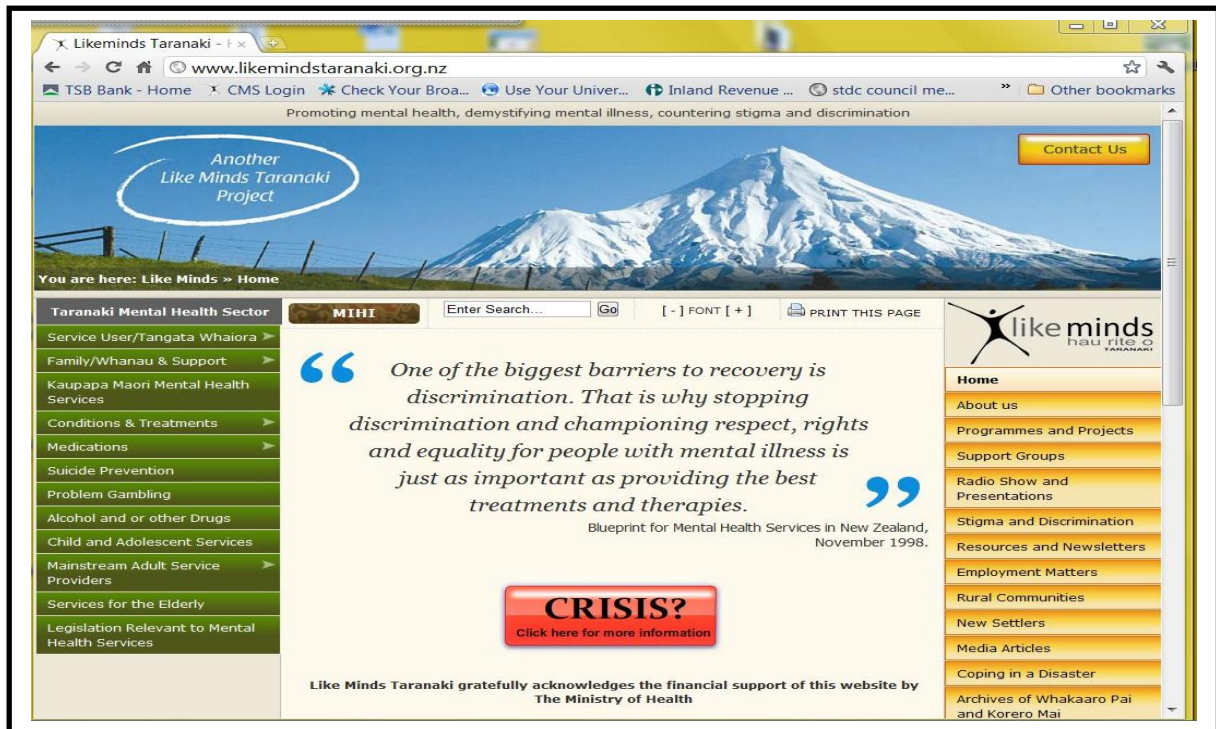
### **WITT:**

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

Visit [www.likemindstaranaki.org.nz](http://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 2011 Taranaki Mental Health Sector Directory**

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



**LIKE MINDS TARANAKI**  
**Providing:** Mental health promotion  
Demystifying mental illness  
Countering stigma and discrimination  
Range of support groups  
3<sup>rd</sup> floor, 50-54 Devon St West, NP  
Tele: 06-759-0966 – Call free – 0800 4 like minds  
[mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz)  
[www.likemindstaranaki.com](http://www.likemindstaranaki.com)

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



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](mailto:kathy.hose004@msd.govt.nz)  
[www.workandincome.govt.nz/individuals/disabled-or-ill/index.html](http://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**  
*Part of your community*

35 Rata Street  
Inglewood  
Ph: (06) 756 7563  
Fax: (06) 756 7057  
[taret@xtra.co.nz](mailto:taret@xtra.co.nz)  
[www.taranakelectricitytrust.co.nz](http://www.taranakelectricitytrust.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](http://www.tuiora.co.nz)  
[reception@tuiora.co.nz](mailto:reception@tuiora.co.nz)



Te Kura Matatini o Taranaki

**WITT**  
WESTERN INSTITUTE  
OF TECHNOLOGY  
AT TARANAKI

**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.WITWORKS.ac.nz](http://www.WITWORKS.ac.nz)  
**You -> WITT -> Work. It's that simple.**

Printed by Razz Print, 116 Molesworth Street, New Plymouth



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'