

Another
Like Minds Taranaki
Project

TARANAKI MENTAL HEALTH SECTOR

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www.likemindstaranaki.org.nz

Updated February 2016

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 us via email: Stephanie@sftaranaki.org.nz



MIHI

Tihei Mauriora!

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

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

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

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

I pay homage to the breath of life.

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

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

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

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

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

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



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

CONSUMER - SERVICE USER - TANGATA WHAIORA SUPPORT SERVICES

CONSUMER ADVISORY GROUP (TARANAKI) – (TCAG)

☎ 06-753-6139

Nic Magrath – can be contacted through the TDHB
Advisory group for service development

DISTRICT INSPECTOR, Taranaki Mental Health

Billings – Solicitors
7 Young Street, NP 4310

NEW PLYMOUTH

DD 06-757-3958
mcochrane@billings.co.nz

Murray Cochrane

☎ 06-757-3944
Fax 06-757-3959

PATHWAYS – Community Support

Box 51, NP 4340
Regional Office: 220 Devon St West, NP 4310

NEW PLYMOUTH

david.lock@pathways.co.nz
Christina.mpofu@pathways.co.nz
Helen.frank@pathways.co.nz

Denise Aylward

☎ 06-757-2864
Fax 06-757-2870
☎ 06-757-3830
☎ 06-278-4983
☎ 06-757-3830

PROGRESS TO HEALTH

15 Dawson Street, MP 4310
One to one support for recovery and wellness – programmes to meet identified needs

NEW PLYMOUTH

www.progresstohealth.org.nz

☎ 06-757-5549

TARANAKI DISTRICT HEALTH BOARD

Mental Health & Addictions Services

Consumer Advisor

Nic Magrath

☎ 06-753-6139

PEER SUPPORT AND ADVOCACY SERVICES

ON HIGHER GROUND – Judy Kemsley

judy@onhigherground.co.nz

☎ 06-278-0166

Mobile 027 4784 854

TUI ORA LTD - Mental Health and Addiction Service NEW PLYMOUTH

Maru Wehi Complex, 36 Maratahu St, NP 4310
PO Box 5131, NP 4343

☎ 06-759-7306

Fax 06-759-7307

NATIONAL SUPPORT GROUPS

EATING DISORDERS

www.somethingfishy.org

LIFELINE

www.lifeline.co.nz

MIND AND BODY – PEER SUPPORT

www.mindandbody.co.nz/?page_id=8

NO BULLY

www.nobully.org.nz/advicek.htm

PHOBIC TRUST

www.phobic.org.nz

SUICIDE PREVENTION IN NEW ZEALAND

www.spinz.org.nz

WEBHEALTH

www.webhealth.co.nz/taranaki

FAMILY/WHANAU ADVISORY, ADVOCACY AND SUPPORT GROUPS:

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

Level 3, 50 Devon St. West (Brougham House)
PO Box 8291, NP 4342

NEW PLYMOUTH

www.sfnat.org.nz
info@sftaranaki.org.nz
Bernie@sftaranaki.org.nz
gareth@sftaranaki.org.nz

☎ 06-757-9300

Fax 06-757-3670

Field Officer: South: Bernie Kira

Field Officer: North: Gareth Andrews

Family-Whanau focused support, education, advocacy and information

Mobile 027 555 6808

Mobile 027-555-1503

TDHB - FAMILY / WHANAU ADVISOR – AOD Services

Susan.Phippison@tdhb.org.nz

Sue Philipson

☎ 06-753-6139

TDHB - FAMILY / WHANAU ADVISOR – MH & A Services

Jim.Dickinson@tdhb.org.nz

Jim Dickinson

☎ 06-753-6139

DISTRICT INSPECTOR

Billings – 7 Young Street, NP 4310

NEW PLYMOUTH

mcochrane@billings.co.nz
www.billings.co.nz

Murray Cochrane

☎ 06-757-3944

Fax 06-757-3959

DD 06-757-3958

PARENT TO PARENT

www.parent2parent.org.nz

☎ 0508-236-236

MATES SUPPORT GROUP

www.mates-world.com

Kerry Babbage

☎ 06-759-1163

Mobile 027-258-3274

WOMEN'S REFUGE-TARANAKI

PO Box 5, NP 4340
Level 2, Kings Bldg, 36 Devon St West

NEW PLYMOUTH

admin@taranakiwomensrefuge.co.nz
24 hour crisis only lines:

Free ☎

0800-827-973

Fax 06-769-5554

☎ 06-769-5553

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



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

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

06-759-7-9300


info@sftaranaki.org.nz

www.sfnat.org.nz


KAUPAPA MAORI MENTAL HEALTH SERVICES



ACCOMMODATION

PEER SUPPORT AND ADVOCACY SERVICES



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

MAORI INTEGRATED SUPPORT SERVICES


TUI ORA LTD	NEW PLYMOUTH	Hayden Wano
Maru Wehi Hauora, Maratahu St, NP	www.tuiora.co.nz	 06-759-4064
Box 8119, NP 4342	reception@tuiora.co.nz	Fax 06-759-1799
Chief Executive Officer	hwano@tuiora.co.nz	
Provider Arm Manager	pam.ritai@tuiora.co.nz	
<i>Kaupapa Maori Development Organisation (MDO) operating as a 'Lead Contractor' with a 'for Maori by Maori' focus, on the health needs of Maori in Taranaki</i>		

TUI ORA LTD - Mental Health and Addiction Service NEW PLYMOUTH		06-759-7306
Maru Wehi Complex, 36 Maratahu St, NP 4310	reception@tuiora.co.nz	Fax 06-759-7307
PO Box 5131, NP 4343		
220 High St, Hawera 4610	HAWERA	 06-278-6603

GENERAL PRACTITIONER SERVICES

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

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


MIDLANDS HEALTH NETWORK PHO	NEW PLYMOUTH	Pauline Cruickshank
36 Maratahu St, NP 4342	info@midlandshn.health.nz	 06-759-4364
	www.tuiora.co.nz	Fax 06-759-4341

Operates in the partnership with Tui Ora Ltd and their providers

KARANGAORA	NEW PLYMOUTH	 06-759-7316
C/-Auaha, PO Box 286, NP 4340	reception@karangaora.co.nz	Fax 06-769-6489
36 Maratahu St, Westown, NP 4310	www.tuiora.co.nz	
<i>Traditional Maori Healing Services – Mirimiri etc...</i>		

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

TOIORA – HEALTHY LIFESTYLES LTD	NEW PLYMOUTH	 06-769-9188
188a Powderham St, NP 4310,	www.tuiora.co.nz	Fax 06-769-9178
Box 992, NP 4340		
<i>Health Promotion Programmes, Problem Gambling, Healthy Eating & Healthy Action, Smoke Free – Auahi Kore etc</i>		

TU TAMA WAHINE O TARANAKI	NEW PLYMOUTH	Ngaropi Cameron
<i>Tangata Whenua Development and Liberation Service</i>		 06-758-5795
62 Powderham Street, PO Box 4030, NP 4340	reception@tutamawahine.org.nz	Fax 06-758-6881
Director: Ngaropi Cameron	norah@tutamawahine.org.nz	
Taranaki Ora: Norah Puketapu-Collins	michelle@tutamawahine.org.nz	
Contracts coordinator: 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>		

Whakatauki

Ahako te momo mate, whakanuia Tangata

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

RURAL COMMUNITIES:

“FEELING DOWN ON THE FARM – Mental Health in Rural Taranaki” is a locally produced 16 page publication aimed at increasing awareness and understanding of the importance of mental health as well as the need to recognize symptoms of mental illness. Local rural people have courageously shared their experiences of mental unwellness in the hope that their stories will inspire others to seek professional help as soon as possible to ensure the earliest and best recovery. There is a wealth of information on how to keep mentally well. There also is a range of professional and support services available in Taranaki. View the publication on www.likemindstaranaki.org.nz or pick up hard copies from Federated Farmers, 15 Young Street New Plymouth.



DAIRY WOMEN'S NETWORK

www.dwn.co.nz



Shona Glentworth

06-769-9500

LIKE MINDS TARANAKI – HAU RITE O TARANAKI

(Trust shut down 29.5.2015)

likemindstaranak@likemindstaranaki.org.nz

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

MATES

Kerry Babbage

Supporting men in finding direction and purpose to their lives.

Free ☎

0800 462 837

RURAL WOMEN NZ

Shirley Read

shirley.read@ruralwomen.org.nz

www.ruralwomen.org.nz



06-752-3698

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

Level 3, Brougham House, 50 Devon St. West
PO Box 8291, NP 4342

NEW PLYMOUTH

www.sfnat.org.nz

info@sftaranaki.org.nz

Bernie@sftaranaki.org.nz

gareth@sftaranaki.org.nz



06-757-9300



06-757-3670

Field Officer: South: Bernadine Kira

Field Officer: North: Gareth Andrews

Offers free, confidential, mobile service, which supports family/whanau and carers of people experiencing mental illness and/or drug and alcohol issues.

Mobile 027-555-6808

Mobile 027-555-1503

TARANAKI RURAL SUPPORT TRUST

PO Box 442, 15 Young St., NP 4340

Free ☎

0800 757 3423

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

The Trust office is based at the Federated Farmers.

TARANAKI WOMEN IN FARMING

Bronwyn Muir

bronwyn@onfarmsafety.co.nz



06-764-5062

TUI ORA LTD - Mental Health and Addiction Service NEW PLYMOUTH

Maru Wehi Complex, 36 Maratahu St, NP 4310

reception@tuiora.co.nz

164 Princes Street, HAWERA

Provides a comprehensive range of Kaupapa Maori mental health services



06-759-7306



06-759-7307



06-278-6603

TARANAKI FEDERATED FARMERS

taranaki@fedfarm.org.nz



06-757-3423

SUICIDE PREVENTION TARANAKI COORDINATING GROUP

Fi Szpetnar-Perez

tspcg@hotmail.com

Mobile

027-485-8866

TARANAKI DHB Alcohol and Drug Service



06-753-7838

Self referrals welcomed

Useful Websites:

www.depression.org.nz

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

ACCOMMODATION PROVIDERS:

BARRETT HOMES TRUST

NEW PLYMOUTH

Bill Marsh



06-753-5155

BELT ROAD SEASIDE HOLIDAY PARK

NEW PLYMOUTH



06-758-0228

BOND PROCESSING CENTRE

Free ☎

0800-737-666

COMMUNITY HOUSING ACTION TARANAKI

NEW PLYMOUTH

Brian Eriksen

PO Box 5015, NP 4310

chattrust@gmail.com



06-759-0019

EMERGENCY SHELTER TRUST

NEW PLYMOUTH



06-759-5500

HOUSING NEW ZEALAND

NEW PLYMOUTH



06-757-5751

315 Devon St East, NP 4310

www.hnzc.co.nz

Free ☎

0800-801-601

PO Box 546, NP 4340



06-757-5658

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

ALCOHOL AND DRUG SERVICES:

KAUPAPA MAORI SERVICES

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

GENERAL ALCOHOL AND DRUG SERVICES

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

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

ALCOHOLICS ANONYMOUS - TARANAKI		☎ 0800-AA WORKS	0800-229-675
NEW PLYMOUTH	(Mon Meet)	Contact:	Rudy 021-537-953 or Sally 06-759-1331 or 027-325-6120
	(Thur Meet)		Kerri 06-753-5411
INGLEWOOD		Contact:	Sharon 06-756-9001
WAITARA		Contact:	Trevor 06-754-7157 or Shane 06-754-4219
HAWERA		Contact:	Ray 06-272-8180

FUTURE 4U-Alcohol and Drug Addiction Services		Level 3, 44 Liardet St, NP 4310	☎ 06-7575961
yvonne@future4u.co.nz		www.future4u.co.nz	Mobile 027-235-4197

RECOVERY CHURCH	NEW PLYMOUTH	Friday 6.00pm at Salvation Army, Cnr. Powderham/Dawson St	
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LIFE EDUCATION TRUST		NEW PLYMOUTH	☎ 0800-454-333
Steak Goodin		jgoodin@xtra.co.nz	☎/Fax 06-752-8160

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

LIFELINE TARANAKI INC		NEW PLYMOUTH	Free ☎ 0800-543-354
PO Box 513, NP 4340		www.lifeline.co.nz	☎ 06-757-9493
		lifelinetaranaki@lifeline.co.nz	

MANNA HEALING & COUNSELLING CENTRE		NEW PLYMOUTH	Reg & Dianne Wilkinson
134 Upper Wairau Road, RD 4, NP 4374		mannahealing@xtra.co.nz	☎/Fax 06-752-7620
			Mobile 022-094-8960

NEEDLE EXCHANGE – TARANAKI (NETS)		NEW PLYMOUTH	☎/Fax 06-759-0330
19B Robe St, NP 4310		www.need2le.co.nz	
		National Office	☎ 03-3669-403

PRISONERS AID & REHABILITATION TRUST		NEW PLYMOUTH	☎ 06-758-1361
163 Devon St West, NP 4340		taranakipars@xtra.co.nz	Fax 06-758-1347

PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH	Sandi Cummings	
36 Devon Street West, NP 4310		☎	06-769-6020
Free confidential professional counselling for people affected by problem gambling.		Free ☎	0800-664-262
GAMBLING HELPLINE	www.gamblingproblem.co.nz	Free ☎	0800-654-655
SALVATION ARMY COMMUNITY AND FAMILY SERVICES - BRIDGE PROGRAMME	NEW PLYMOUTH	☎/Fax	06-758-9338
128 Powderham St, NP 4310 PO Box 354, 4340	NEW PLYMOUTH	Emergency ☎	06-758-2325
	centraltaranaki_corps@nzf.salvationarmy.org		
	HAWERA	☎	06-278-8516
	STRATFORD & ELTHAM	☎	06-765-7969
<i>Emergency food support, information, life skills, family support etc</i>			
SEXUAL HEALTH CLINIC & FAMILY PLANNING	NEW PLYMOUTH	☎	06-759-8269
56 Gover Street, NP 4310		Fax	06-759-8369
TARANAKI DISTRICT HEALTH BOARD – ALCOHOL AND DRUG SERVICES			
Private Bag 2016, NP 4342	alcohol.drug@tdhb.org.nz	☎	06-753-7838
	www.tdhb.org.nz	Fax	06-753-7875
<i>Outpatient Clinics: Stratford, Hawera, Opunake, Waitara, New Plymouth Clinic at Base hospital and support groups</i>			
Family Alcohol & Drug Support (FADS)	Sue Philipson	☎	06-753-7838 Ext 7949
TDHB – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES		☎	06-753-7790
TDHB, Tukapa St entrance, NP 4310	camhs.cacc@tdhb.org.nz	Fax	06-753-7791
Private Bag 2016, NP 4342			
<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 www.likemindstaranaki.org.nz</i>			
LINKAGE - WEBHEALTH	NEW PLYMOUTH	FREE	☎ 0800-932-432-584
262 Devon St West, NP 4310	taranaki@webhealth.co.nz	☎	06-769-9160
PO Box 767, NP 4340	www.webhealth.co.nz	Fax	06-769-9161
NATIONAL SUPPORT SERVICES:			
ALAC (Alcohol Advisory Council of N.Z.)	www.alcohol.org.nz	Free ☎	0508-258-258
ALAC Directory	www.addictionshelp.org.nz/Services/Home		
ALCOHOL AND DRUG HELPLINE	www.adanz.org.nz	Free ☎	0800-787-797
ALCOHOLICS ANONYMOUS	www.alcoholics-anonymous.org.nz		
ALCOHOL HELPLINE	www.alcohol.org.nz	Free ☎	0800-787-797
CHILD & ADOLESCENT MENTAL HEALTH SUPPORT AGENCIES			
ACCESS ABILITY LTD	NEW PLYMOUTH	Wendy Kopura	☎ 06-758-0700
PO Box 8377, NP 4342	nasc.taranaki@accessability.org.nz	Fax	06-758-5201
Level 1 Kings Building, Devon St NP		Free ☎	0800-758-700
TARANAKI Service Leader	Jo-ann Tohia	Mobile	027-493-4607
<i>Needs Assessment service for younger people with long term disability needs.</i>			
ALCOHOL HELPLINE		Free ☎	0800-787-797
<i>A telephone service that provides information, advice, and short term counselling.</i>			
BUDGET ADVISORY SERVICE	NEW PLYMOUTH	☎	06-758-5996
32 Leach Street, NP 4310	np.budget@xtra.co.nz	Fax	06-758-2780
<i>Free advice, information & support to manage your budget.</i>			
BUDGET ADVISORY SERVICE	HAWERA	Free ☎	0800-333-048
46 Union Street, Hawera 4610	hawerabudget@xtra.co.nz	☎	06-278-8448
<i>Free advice, information & support to manage your budget.</i>			
CAREERS NEW ZEALAND	NEW PLYMOUTH	☎	0800-222 733
U-turn offices level 2 Devon Centre, Liardet St., NP 4310	www.careers.govt.nz		
	Eileen.Kiffin@careers.govt.nz	<i>all information available at no cost</i>	
CHILD AND ADOLESCENT COMMUNITY CENTRE - TDHB		☎	06-753-7790
TDHB, Tukapa St entrance, NP 4310	camhs.cacc@tdhb.org.nz	Fax	06-753-7791
Private Bag 2016, NP 4342			
<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>			
CHILD, YOUTH, AND FAMILY	NEW PLYMOUTH	☎	0508-326-459
Level 2 Duncan Dovico House, Gill St, NP 4310	www.cyf.govt.nz	☎	06-968-3348
Cnr High and Argyle St, Hawera 4610	HAWERA	☎	06-278-3317
<i>Provide care and protection, youth justice and adoption services with the vision of safe children, strong families and stronger communities.</i>			
COMMUNITY COMPUTER ACCESS CENTRE (CCAC)			
Level 1, 36 Devon St West, NP 4310	NEW PLYMOUTH	☎	06-759-2149
Free computer lessons	ccac@xtra.co.nz		
CCS DISABILITY ACTION	NEW PLYMOUTH	☎	06-758-5423
112 Vivian St		Mobile	027-451-0676
PO Box 324 NP 4340	ronny.martin@ccsdisabilityaction.org.nz		
<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>			

FAMILY PLANNING ASSOCIATION 185 Powderham St, NP, 4310	NewPlymouth.Clinic@familyplanning.org.nz ☎ 0508 sexhealth	
	<i>Provide advice, medical services and education in sexual and reproductive health.</i>	
FAMILY WORKS 51 Buller St, NP 4310	NEW PLYMOUTH familyworks-taranaki@psc.org.nz ☎ 06-758-5037	Megan Jackson
	<i>Provide a range of services accepting of all, which enables individuals, families and communities in NZ to help themselves.</i>	
MINISTRY OF YOUTH DEVELOPMENT	www.youthstats.myd.govt.nz	
PATHWAYS Youth Respite 'REAL' – NP – Angela Gates	NEW PLYMOUTH Angela.gates@pathways.co.nz ☎ 06-757-2864	
POLICE YOUTH AID/EDUCATION	anna.duncan@police.govt.nz ☎ 06-759-8862	
	<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>	
PREGNANCY COUNSELLING SERVICES	Free ☎ 0800-773-462	
PROBLEM GAMBLING FOUNDATION 36 Devon Street West, NP 4310	NEW PLYMOUTH www.pgfnz.org.nz ☎ 06-769-6020	Sandi Cummings
	<i>Free confidential professional counselling for people affected by problem gambling</i>	Free ☎ 0800-664-262
PUBLIC HEALTH NURSES Taranaki Healthcare, Tukapa St	NEW PLYMOUTH sandi.french@tdhb.org.nz ☎ 06-753-7794	
	<i>Provide a community nursing service that improves and protects the health of children & young people in Taranaki</i>	
SALVATION ARMY COMMUNITY AND FAMILY SERVICES 128 Powderham St, NP 4310 PO Box 354, 4340	NEW PLYMOUTH Emergency ☎ 06-758-2325 centraltaranaki_corps@nzf.salvationarmy.org HAWERA ☎ 06-278-8516 STRATFORD & ELTHAM ☎ 06-765-7969	☎/Fax 06-758-9338
	<i>Emergency food support, information, life skills, family support etc</i>	
SEASONS	NEW PLYMOUTH ☎ 06-753-5657	
	<i>Offers peer support to children & young people who have suffered a loss in their lives to assist with the grieving process</i>	
SEXUAL HEALTH & FAMILY PLANNING 185 Powderham St, NP 4310	NEW PLYMOUTH ☎ 0508 sexhealth (0508 739 432584) Fax 06-759-8369	
SUMMIT HOUSE TRUST (Formally HRC Family Counselling Service) 276 High St, Hawera 4320	HAWERA ☎ 06-278-6399 admin@summithouse.org.nz	
TARANAKI COMMUNITY LAW TRUST Level 1, Vero Building, 10-12 Devon St West, NP 4310	NEW PLYMOUTH ☎ 06-759-1492 tcls@xtra.co.nz	
	<i>Legal advice, information, assistance to people with unmet legal needs through accessible professional legal service.</i>	
TARANAKI SAFER CENTRE 199 Devon St East, NP 4310	NEW PLYMOUTH ☎ 06-758-4178 safercentre@xtra.co.nz	
	<i>Provide counselling and support for victims of sexual assault. Provision of general counselling and family therapy.</i>	
TDHB – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES TDHB, Tukapa St entrance, NP 4310 Private Bag 2016, NP 4342	camhs.cacc@tdhb.org.nz ☎ 06-753-7790 Fax 06-753-7791	
	<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 www.likemindstaranaki.org.nz</i>	
THE LOWDOWN WEBSITE	www.thelowdown.co.nz	
	<i>Helping youth to understand and deal with depression – trained counsellor available to talk to</i>	
TOIORA – HEALTHY LIFESTYLES LTD 188a Powderham St, PO Box 992, NP 4340	NEW PLYMOUTH ☎ 06-769-9188	
	<i>Health Promotion Programmes, Problem Gambling, Healthy Eating & Healthy Action, Smoke Free – Auahi Kore etc</i>	
	www.tuiora.co.nz	
“TRIPPIN” <i>Designed specially for youth</i>	www.trippin.co.nz	
TUI ORA YOUTH SERVICES 63-65 Devon St West (above Pita Pit), NP 4310	NEW PLYMOUTH ☎ 0508-4 96-884 youthservice@tuiora.co.nz	
TU TAMA WAHINE O TARANAKI <i>Tangata Whenua Development and Liberation Service</i> 62 Powderham St, PO Box 4030, NP 4340 Director: Ngaropi Cameron Taranaki Ora: Norah Puketapu-Collins Contracts Coordinator: 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>	NEW PLYMOUTH ☎ 06-758-5795 www.tuiora.co.nz Fax 06-758-6881 reception@tutamawahine.org.nz npuketapucollins@tutamawahine.org.nz mthompson@tutamawahine.org.nz	Ngaropi Cameron

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

URGE WEBSITE	www.urge.co.nz			
Youth health and information service designed to assist young people to find useful information or resources to help them in a variety of areas.				
VICTIM SUPPORT	NEW PLYMOUTH		☎	06-759-5519
	new_plymouth@victimsupport.org.nz	Free	☎	0800-842-846
Provide a confidential, 24 hour, 7 day a week personalised service to victims of crime, accident and emergency.				
LINKAGE - WEBHEALTH	NEW PLYMOUTH	Free	☎	0800-932-432-584
262 Devon St West, NP 4310	taranaki@webhealth.co.nz		☎	06-769-9160
PO Box 767, NP 4340	www.webhealth.co.nz		Fax	06-769-9161
YOUNG PEOPLE'S TRUST	NEW PLYMOUTH		☎	06-758-7182
98 Liardet St, NP 4310 - PO Box 448, NP 4340	inquiries@youngpeoplestrust.org.nz	Free	☎	0800-00-2288
Offer up to date information, advocacy, referrals, education, counselling and support, for the well being of young people and their families.				
YOUTH DEVELOPMENT – Ministry of	WELLINGTON		☎	04 916 3300
PO Box 1556, Wellington 6140	www.myd.govt.nz			
YOUTH GAMBLING HELPLINE	www.inyaface.co.nz			
Believe in youth supporting youth, so we have young counsellors and we've developed this website with a youth focus				
YOUTHLINE		Free	☎	0800-376-633
www.youthline.co.nz	talk@youthline.co.nz	Free	TXT	234
www.facebook.com/youthline.changing.lives				
Free confidential and non judgemental telephone, txt or email counselling service				

COUNSELLORS

NORTH TARANAKI: Private Practices:

BELLOMO FAMILY HEALTH	Unit 7, 17 Nobbs Line, Strandon NP 4312	☎	06-757-2222
CHANCELLOR Lee		☎	06-758-6888
		Mobile	021-402-200
CLEMENTS Kate	59 Lemon St, PO Box 4201, NP 4310	☎	06-758-5212
	www.kateclements.com		
DOLAN Gerard	127 Vivian St NP 4310	☎	06-759-1050
FOOTPRINTS	73 Whiteley St, NP 4310	☎	06-28111-49
	info@footprints.kiwi.nz		
	http://www.footprints.kiwi.nz		
Dee Costello and Carol Pritchard specialising in person-centred therapy, cognitive behavioural therapy, solution-focussed therapy and child-centred play therapy.			
FUTURE EDGE	693 Carrington St, NP 4371	☎	06-753-5914
	wayne@future-edge.co.nz	Mobile	027-242-1580
	www.future-edge.co.nz		
Counselling, coaching and supervision			
FUTURE 4U-Alcohol and Drug Addiction Services	Level 3, 44 Liardet St, NP 4310	☎	06-7575961
	yvonne@future4u.co.nz	Mobile	027-235-4197
	www.future4u.co.nz		
GLASS John Dr	187 Powderham St, NP 4310	☎	06-757-5897
		Fax	06-758-0555
GOODKIND Dan Dr	187 Powderham St, NP 4310	☎	06-757-5897
Clinical psychologist/neuropsychologist (ACC,CYFProvider)			
GUY Alan	198 Carrington St, NP 4310	☎	06-753-9222
HOLDEM Lynne	3 rd Floor, Brougham House, Devon & Brougham Sts, NP 4310	☎	06-769-6050
	www.psychosynthesis.co.nz	Mobile	021-173-9904
JOHNSTON Denise	Unit 5, Strandon Professional Centre, 17 Nobbs Line NP4312	Mobile	021-185-9999
	denjohnston@maxnet.co.nz	Fax	06-757-3117
MNZCCA Counsellor (ACC registered) ALSO on Wednesdays at 52 Juliet St, STRATFORD			
KOORTS Martin	127 Vivian Street, NP 4310	☎	06-757-4898
	mndkoorts@gmail.com	Mobile	021-444-297
LICHTWARK Sue		Mobile	027-284-7989
	Sue.chas.lichtwark@xtra.co.nz		
LUOND Marnie	Aurora Centre 59 Lemon St NP 4310	☎	06-758-4579
	marnides@clear.net.nz		
MARTIN Dan	199 Devon St East, NP 4310	☎	06-758-4178
		Fax	06-757-4506
MARTIN Victoria	199 Devon St East, NP 4310	☎	06-758-4178
	vicki@safercentre.org.nz	Fax	06-757-4506
MEEGAN CARE HOLISTIC COUNSELLING	32 Egmont St, NP 4310	FREE	☎ 0800-843-727
	info@meegancare.co.nz		
	www.meegancare.co.nz		
MOLLOY Annemarie	C/o Northpoint LifeCare Centre	Mobile	027-785-5262
	amolloy@slingshot.co.nz		
POWELL Jane	187 Powderham St, NP 4310 PO Box 4239, NP 4340	☎	06-757-5897
	jane@psycho.co.nz	Fax	06-758-0555
SACHSENWEGER Mieke	Clinical Psychologist		
Mon & Thur - Talking Point - 127 Vivian Street, NP 4310		☎	06-757-4898
Tue & Wed - Psychology & Counselling - 185 Powderham Street, NP4310		☎	06-757-5897

SHORVON Colin - Clinical Psychologist	Mobile 027-765-8095	☎	06-753-6226
SYLVIA HUITSON – ACTIVE INTENTIONS			
Powderham Business Centre, 117 Powderham St, NP 4310	Mobile		027-600-0302
'TALKINGCURE' COUNSELLING PSYCHOLOGY 3 Argyle Place, NP 4310	☎		06-769-9419
Lesley_olley@hotmail.com	Mobile		027-299-5988
THURLOW Carmen 11 Onaero Beach Road WAITARA 4312	☎		06-752-3333
VAUGHAN Rachel Dr 187 Powderham St, NP 4310	☎		06-757-5897
rachel@psycho.co.nz Clinical Psychologist	Fax		06-758-0555
PO Box 4239, NP 4340			
WHAKARURUHAU PSYCHOLOGY SERVICES LTD PO Box 133, NP 4383	☎		06-769-9085
North Taranaki: Larger Practices			
AURORA CENTRE 59 Lemon St, NP 4310	☎		06-758-4579
LUOND Marnie POTTINGER-HOCKINGS Beth	Fax		06-758-4579
BOND COUNSELLING – JANE McPHERSON	☎		06-759 0285
janemcpherson@orcon.net.nz 49 Powderham St, NP 4310	Mobile		027-220-2662
LIFELINE TARANAKI PO Box 513, NP 4340	☎		06-757-9493
lifelinetaranaki@lifeline.co.nz 0800-LIFELINE	Free ☎		0800-543-354
GAMBLING ADDICTIONS COUNSELLING 36 Devon St West. NP 4310	☎		06-769-6020
	Free ☎		0800-664-262
MANNA HEALING CENTRE 134 Upper Wairau Rd, RD 4 NP 4374	☎		06-752-7620
mannahealing@xtra.co.nz	or		06-752-7649
	Mobile		022-094-8960
NORTHPOINT LIFE CARE NEW PLYMOUTH	☎		06-755-0250
lifecare@northpoint.org.nz PO Box 9003 Bell Block NP 4351	Fax		06-755-0250
PRESBYTERIAN SUPPORT NEW PLYMOUTH	☎		06-758-5037
Family Works - Taranaki familyworks-taranaki@psc.org.nz	Fax		06-759-1431
51 Buller St., NP 4310 www.psc.org.nz			
Taiohi Oranga, 45 Regent St	☎		06-278-6385
Community Centre, 52 Juliet St	☎		06-765-0531
PREGNANCY COUNSELLING SERVICES	Free ☎		0800-773-462
PROBLEM GAMBLING FOUNDATION NEW PLYMOUTH		Sandi Cummings	
36 Devon Street West, NP 4310 www.pgfnz.org.nz	☎		06-769-6020
<i>Free confidential professional counselling for people affected by problem gambling</i>	Free ☎		0800-664-262
PSYCHOLOGY & COUNSELLING ASSOCs 187 Powderham St, NP 4310	☎		06-757-5231
GLASS John, POWELL Jane, BUCKLEY Sheril, VAUGHAN Rachel	Fax		06-757-0555
RESOURCE & REFERRAL DIRECTORY	☎		09-575-4699
RELATIONSHIPS AOTEAROA Unit 13,17 Nobs Line Strandon, NP 4312	☎		06-758-3803
newplymouth@relationships.org.nz www.relationships.org.nz/	Free ☎		0800-735-283
56 Disraeli St, PO Box 73, Hawera 4640 HAWERA	☎		06-278-3659
TARANAKI DISTRICT HEALTH BOARD - MENTAL HEALTH AND ADDICTIONS SERVICES			
Alcohol & Drug Services Tukapa St, NP 4310	☎ 753-7838	Fax 753-7715	
Child & Adolescent Tukapa St, NP 4310	☎ 753-7790	Fax 753-7791	
Adult Mental Health Services Tukapa St, NP 4310	☎ 753-7749	Fax 753-7715	
Mental Health Services - Elderly Tukapa St, NP 4310	☎ 753-7749		
TARANAKI SAFER FAMILY CENTRE 199 Devon St. East, NP 4310	☎		06-758-4178
safercentre@xtra.co.nz	Fax		06-757-4506
TU TAMA WAHINE o TARANAKI 62 Powderham St, NP 4310	☎		06-758-5795
reception@tutamawahine.org.nz www.tuora.co.nz	Fax		06-758-6881
YOUNG PEOPLE'S TRUST	☎		06-758-7182
98 Liardet St, NP 4310 inquiries@youngpeoplestrust.org.nz	Free ☎		0800-00-2288
PO Box 448, NP 4340	Fax		06-758-7056
<i>Information, advocacy, referrals, education, counselling and support, for the well being of young people and their families.</i>			
YOUTHLINE	Free TXT 234	Free ☎	0800-376-633
www.youthline.co.nz talk@youthline.co.nz www.facebook.com/youthline.changing.lives			
<i>Free confidential and non judgemental telephone, txt or email counselling service</i>			
SECONDARY SCHOOLS			
FRANCIS DOUGLAS (Carol Land)	☎		06-753-6149
c.land@fdmc.school.nz	Fax		06-753-6148
INGLEWOOD HIGH SCHOOL (Wendy Payne)	☎		06-756-8148
wendy.payne@inglewoodhs.school.nz	Fax		06-756-8317
NEW PLYMOUTH BOYS' HIGH (Dave Moore)	☎		06-758-5399
dave.moore@npbhs.school.nz	Fax		06-759-8814
NEW PLYMOUTH GIRLS' HIGH (Yvonne van Lent)	☎		06-757-3899
yvanlent@npghs.school.nz	Fax		06-757-3882
SACRED HEART GIRLS' COLLEGE (Vivienne Zsigovits)	☎		06-758-5023
vzs@catholicgirlsnp.school.nz	Fax		06-758-0126
SPOTSWOOD COLLEGE (Nigel Colless)	☎		06-751-2416
nco@spotswoodcollege.school.nz	Fax		06-751-2418
WAITARA HIGH SCHOOL	☎		06-754-7514
admin.office@waitarahs.school.nz	Fax		06-754-7199

CENTRAL, COASTAL AND SOUTH TARANAKI			
COASTAL TARANAKI SCHOOL			06-752-4022
office@coastaltaranaki.school.nz		Fax	06-752-4155
DYER Stephan	Stratford Baptist Church		06-765-0388
stephan.dyer@gmail.com		Mobile	021-130-7810
FAMILY WORKS - TARANAKI	45 Regent St, Hawera 4610		06-278-6385
megan.jackson@psc.org.nz	52 Juliet St, Stratford 4332		06 765 0531
HAWERA HIGH SCHOOL	(Megan Wereta & Chris Hilford)		06-278-4145
hil@hawerahs.school.nz - Chris	wer@hawerahs.school.nz - Megan		
HAWERA FAMILY SUPPORT CENTRE	Box 359, Hawera 4640		06-278-6385
HAWERA RAPE CRISIS	HAWERA		0800-472-496
6 Furlong St, Hawera 4610	24 hour crisis phone, counselling and support		
SUMMIT HOUSE TRUST (Formerly HRC Family Counselling Service)			
276 High St, Hawera 4320	HAWERA		06-278-6399
OPUNAKE HIGH SCHOOL	(Simon Reed)		06-761-8723
sr@opunakeschool.nz		Fax	06-761-7262
REFLECTIONS COUNSELLING SERVICES	89 Regan St, Stratford 4332		06-765-8280
reflectionsounsel@xtra.co.nz	(Faith Smith)	Fax	06-765-8281
SOUTH TARANAKI COUNSELLING	Sylvia Huitson	Mobile	027-600-0302
Tai-ohi Oranga House, 45 Hunter St. Hawera 4610			
STRATFORD HIGH SCHOOL	Swansea Rd, Stratford 4332		06-765-6039 Ext 722
bt@stratfordhigh.school.nz	Toni Butler	Fax	06-765-5356
TERTIARY EDUCATION			
WITT – WESTERN INSTITUTE OF TECHNOLOGY AT TARANAKI			06-757-3100
20 Bell St, NP 4310	Margaret Smith - Counsellor	Fax	06-757-3266
EMPLOYMENT PLACEMENT SERVICES			
EXPERIENCE EXPRESS	NEW PLYMOUTH	Marie Eagle	
Level 1, 36 Devon St West, NP 4310	expexp@xtra.co.nz		06-769-5292
Supporting mature workers into employment	www.expexp.co.nz	Fax	06-769-5293
PATHS - Providing Access to Health Services			
A Work and Income, Taranaki DHB and Webhealth initiative			06-769-5618
Employment support and information		Fax	06-968-6015
STEPPING STONES	NEW PLYMOUTH	Linda Aldridge	
Emp. service for people with disabilities	steppingstonesatawhai_ind@xtra.co.nz		06-758-0397
WORK AND INCOME NEW ZEALAND	www.workandincome.govt.nz	Free	
Duncan Dovico House, Gill Street, NP 4310	NEW PLYMOUTH	Fax	06-968-6018
15 Union St – Hawera 4610	HAWERA	Fax	06-278-0394
208 Broadway – Stratford 4332	STRATFORD	Fax	06-765-0394
Waitara Centre, Queen St., 4320	WAITARA	Fax	06-754-6293
WORKBRIDGE INC	NEW PLYMOUTH	Steve Ander	
23 Ariki St., NP 4310	stevea@workbridge.co.nz		06-759-9260
	www.workbridge.co.nz	Fax	06-759-9265
Jobs and training for people with disabilities including support, information, training etc			
WORKWISE	NEW PLYMOUTH	Wayne Samways	
Puriri House,	Wayne.Samways@workwise.org.nz		06-757-3831
220 Devon St West, NP 4310	www.workwise.org.nz	Fax	06-757 2870
Employment Agency for people with mental health challenges			
EMPLOYMENT & VOCATIONAL SUPPORT SERVICES - TARANAKI			
AUTISM TARANAKI	NEW PLYMOUTH		06-769-5958
Kings Building Level 2	www.autismnz.org.nz		
36 Devon Street West, NP 4310	taranaki@autismnz.org.nz		
ATAWHAI INDUSTRIES	NEW PLYMOUTH	Steve Hales	
38G Maclean St., NP 4312			06-758-0397
	steppingstones@atawhai.co.nz	Mobile	027-445-253
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)			
CAREERS NEW ZEALAND	NEW PLYMOUTH		0800-222 733
U-turn offices level 2 Devon Centre, Liardet St., NP 4310			
www.careers.govt.nz	Eileen.Kiffin@careers.govt.nz	all information available at no cost	
COMMUNITY COMPUTER ACCESS CENTRE (CCAC)			
Level 1, 36 Devon St West, NP 4310	NEW PLYMOUTH		06-759-2149
Free computer lessons	ccac@xtra.co.nz		
DEPARTMENT OF LABOUR	WELLINGTON	Free	
www.dol.govt.nz	www.immigration.co.nz		0800-20-90-20
DRESS FOR SUCCESS	NEW PLYMOUTH	Marie Eagle	
Level 1, 36 Devon St West, NP 4310	expexp@xtra.co.nz		06-769-5292
"Every woman succeeding"	Facebook-Dress For Success New Plymouth	Fax	06-769-5293
Promoting the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.			
ENGLISH LANGUAGE PARTNERS TARANAKI	NEW PLYMOUTH	Yuka Kobayashi	
16 Lemon Street, PO Box 149, NP 4310	taranaki@englishlanguage.org.nz		06-759-1118

EXPERIENCE EXPRESS	NEW PLYMOUTH	Marie Eagle
Level 1, 36 Devon St West, NP 4310	expexp@xtra.co.nz	☎ 06-769-5292
Supporting mature workers into employment	www.expexp.co.nz	Fax 06-769-5293
LIFE SKILLS TARANAKI – ORANGA PUNENGA O TARANAKI		
8-14 Manadon St., NP 4310	NEW PLYMOUTH	☎ 06-751-0188
	life.skills-np@xtra.co.nz	Fax 06-751-0184
	www.mindandbody.co.nz	☎ 09-630-5909
MIND AND BODY		
OPEN POLYTECHNIC OF NEW ZEALAND		☎ 0508-620-200
86 Wyndrum Ave., Lower Hutt 5011	www.openpolytechnic.ac.nz	Fax 04-913-3508
PATHS - Providing Access to Health Services		
A Work and Income, Taranaki DHB and Webhealth initiative		☎ 06-769-5618
Employment support and information		Fax 06-968-6015
PROGRESS TO HEALTH	NEW PLYMOUTH	
15 Dawson St, NP 4310	www.progresstohealth.org.nz	☎ 06-757-5549
		Fax 06-757-5435
Providing one to one support for recovery and wellness, with a wide range of programme and activity options		
STEPPING STONES	NEW PLYMOUTH	Linda Aldridge
Emp. service for people with disabilities	steppingstonesatawhai_ind@xtra.co.nz	☎ 06-758-0397
TARANAKI ADULT LITERACY SERVICES	NEW PLYMOUTH	Sharon Wills
PO Box 672, NP 4340		☎ 06-759-4650
Cnr Lemon & Liardet Sts, NP 4310		Fax 06-759-4650
taranakiadulthoodliteracy@xtra.co.nz	www.taranakiadulthoodliteracy.org.nz	
Assisting adults with reading, writing and numeracy		
U TURN	NEW PLYMOUTH	Ron Burley
Suite 2, Second Floor, Devon Centre,	44 Liardet St, NP 4310	☎ 06-758-6877
	uturns@xtra.co.nz	Fax 06-758-6877
Community training Service - Meaningful activity programmes and vocational employment		
VOLUNTEERING NEW PLYMOUTH	NEW PLYMOUTH	Heather Dodunski
First Floor, Kings Building	www.volunteeringnewplymouth.org.nz	☎ 06-758-8986
36 Devon St West, NP 4310	npvsnz@yahoo.co.nz	
Increasing the efficiency, effectiveness and capacity of volunteers and volunteer groups		
LINKAGE - WEBHEALTH	NEW PLYMOUTH	FREE ☎ 0800-932-432-584
262 Devon St West, NP 4310	taranaki@webhealth.co.nz	☎ 06-769-9160
PO Box 767, NP 4340	www.webhealth.co.nz	Fax 06-769-9161
WITT (Polytechnic)	NEW PLYMOUTH	☎ 06-757-3100
20 Bell St, NP 4310 – Vanessa Henley	info@witt.ac.nz	Free ☎ 0800-WITT-WORKS
Education and information	www.witt.ac.nz	
WORK AND INCOME NEW ZEALAND	www.workandincome.govt.nz	Free ☎ 0800-559-009
Duncan Dovico House, Gill Street, NP 4310	NEW PLYMOUTH	Fax 06-968-6018
15 Union St – Hawera 4610	HAWERA	Fax 06-278-0394
208 Broadway – Stratford 4332	STRATFORD	Fax 06-765-0394
Waitara Centre, Queen St., 4320	WAITARA	Fax 06-754-6293

Every important journey starts by “Taking the First Step”

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

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

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

FORENSIC - REGIONAL SERVICES

HEALTH WAIKATO REGIONAL FORENSIC SERVICES



07-839-8641

GENERAL PRACTITIONERS - NORTH TARANAKI

(Current as at January 2015)

GP NAME EMAIL	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
NEW PLYMOUTH	MHN : Midlands Health Network Te TIHI : Te Tihi Hauora O Taranaki		PO Box 8196, 4342 PO Box 8250, 4342	759-4364 758-4650	759-4341
EMERGENCY MEDICAL CARE			Taranaki Base Hospital	111	
ARIF Ahmed	MHN	Tui Ora Family Health	36 Maratahu Street, NP 4310	759-7310	759-7309
tuiorafamilyhealth@tuiora.co.nz					
BELLOMO John	MHN	Bellomo Family Health	Unit 7-17 Nobs Line NP 4312	757 2222	757 2224
Kathy.Hemsley@bellomohealth.co.nz					
BHAKTA Bharat	MHN	Eastside MC	448 Devon St East NP 4312	753-3111	757-3117
manager@eastsidemedical.co.nz					
BOLAM Zara	MHN	Medicross	8 Egmont Street NP 4310	759-8915	
medicross@xtra.co.nz					
BROWN Amanda	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					
BRUCE Rose	MHN		Unit 16/17 Nobs Line NP 4312	769-9567	769-9569
admin@strandonhealth.co.nz					
CAHILL Diarmuid	MHN	Vogeltown Medical	258 Carrington Street NP 4310	753-7258	753-7126
devon.dcahill@devonmedical.co.nz					
CATT Peter	MHN	Family Health	70 Vivian St NP 4310	758-7508	758-2596
familyhealth@familyhealth.co.nz					
BHAKTA Bharat	MHN	Eastside MC	448 Devon St East NP 4312	753-3111	757-3117
manager@eastsidemedical.co.nz					
CHANG William	MHN	Eastside MC	448 Devon St East NP 4312	753-3111	757-3117
manager@eastsidemedical.co.nz					
CHURCHMAN G	MHN	Moturoa MC	490 St Aubyn St NP 4310	751-0390	751-2833
glenis@moturoaamedical.co.nz					
DALMAN Matt	MHN		283 Devon St West NP 4310	759-1888	759-7413
admin@devonmedical.co.nz					
DAMLAN Neelam	MHN		Unit 16/17 Nobs Line NP 4312	769-9567	769-9569
admin@strandonhealth.co.nz					
DALTON Kathryn	MHN	Bellomo Family Health	7-17 Nobs Line NP 4312	757 2222	757 2224
DANYCH Irina	MHN	Merrilands MC	2 Smith Rd NP 4312	758-8773	
email@merrilandsmedical.co.nz					
EDWARDS Ann	MHN	Avenue Medical	97 Lemon Street NP 4310	757-8646	758-7154
sandra.hawkins@tuiora.co.nz					
EGLI Peter	MHN	Family Health	70 Vivian St NP 4310	758-7508	758-2596
familyhealth@familyhealth.co.nz					
GADD Kathryn	MHN	City West	125 Vivian St NP 4310	758-0863	758-5658
GADSBY Allison	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					
GIBBERD Lucy	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					
GRAAS Anne-Caroline	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					
KELLY Lester	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					
HAGGIE Helena	MHN	Tui Ora Family Health	36 Maratahu Street, NP 4310	759-7310	759-7309
tuiorafamilyhealth@tuiora.co.nz					
HARDIE-BOYS John	MHN	Devon MC	283 Devon St West NP 4310	759-1888	759-7413
admin@devonmedical.co.nz					
HENDERSON Madeleine	MHN	Family HC	70 Vivian St NP 4310	758-7508	758-2596
familyhealth@familyhealth.co.nz					
HILL Claire	MHN	Devon MC	283 Devon St West NP 4310	759-1888	759-7413
admin@devonmedical.co.nz					
HUNTER , Joanne	MHN		283 Devon St West NP 4310	759-1888	759-7413
admin@devonmedical.co.nz					
JAQUEMARD Nicola	MHN	Vogeltown MC	258 Carrington St NP 4310	753-7258	753-7126
vogeltown@xtra.co.nz					
KABIR SELIM	MHN	Medicross	8 Egmont Street NP 4310	759-8915	
medicross@xtra.co.nz					
KELLY Lester	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
email@carefirst.co.nz					

GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
KENNEDY Mike darryl@vmc.co.nz	MHN	Vivian MC	56-58 Vivian St NP 4310	758-5015	758-0847
KLERK de Jan medicross@xtra.co.nz	MHN	Medicross	8 Egmont Street NP 4310	759-8915	
KOEN Rall	MHN	Central MC	72 Vivian St NP 4310	758-0863	758-5658
LAW , Vivienne familyhealth@familyhealth.co.nz	MHN	Family Health Centre	70 Vivian St NP 4310	758-7508	758-2596
LEARY Pat devon.medical@xtra.co.nz	MHN	Devon MC	283 Devon St West NP 4310	759-1888	759-7413
LUPTON Nina email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
MCNEIL Andrew manager@eastsidemedical.co.nz	MHN	Eastside MC	448 Devon St East NP 4312	757-3111	757-3117
MILLS Janet admin@strandonhealth.co.nz	MHN	Strandon Health	Unit 16/17 Nobs Line NP 4312	769-9567	769-9569
NAZZER Carey email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
NICHOLSON Tom email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
OLDFIELD Sue email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
PASCOE Jo email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
PASCOE Rob email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
POOLE Abigail manager@eastsidemedical.co.nz	MHN	Eastside MC	448 Devon St East NP 4312	753-3111	757-3117
PRICE Ian tukapamedicalcentre@yahoo.co.nz	MHN	Tukapa MC	52 Tukapa St NP 4310	753-3070	753-3141
PUTT Geoff email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
RAHMAN Songita tuiorafamilyhealth@tuiora.co.nz	MHN	Tui Ora Family Health	36 Maratahu Street, NP 4310	759-7310	759-7309
RICH Peter prich@clear.net.nz	MHN	Powderham MC	177 Powderham St NP 4310 PO Box 4138 NP 4340	758-2454	757-8601
RILEY Paul email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
SARHATT , Hilary medicross@xtra.co.nz	MHN	Medicross	8 Egmont St NP 4310	759-8915	759-8917
SMILEY Ian glenis@moturoamedical.co.nz	MHN	Motorua MC	490 St Aubyn St NP 4310	751-0390	751-2833
SMITH Stephen darryl@vmc.co.nz	MHN	Vivian MC	56-58 Vivian St NP 4310	758-5015	758-0847
SWARTZ Hardus bellblockdomett@gmail.com	MHN	Parklands MC	Parklands Ave, Bell Block 4312	755-0422	755-3385
TEAGUE Judith nurses@vmc.co.nz	MHN	Vivian MC	56 Vivian St NP 4310	758-5015	758-0847
TERBLANCHE Janita bellblockdomett@gmail.com	MHN	Parklands MC	Parklands Ave, Bell Block 4312	755-0422	755-3385
THANEERU Ganesh npdocs@clear.net.nz		Phoenix Urgent Drs	95 Vivian St NP 4310	759-4295	759-4297
TRANter Liam darryl@vmc.co.nz	MHN	Vivian MC	56-58 Vivian St NP 4310	758-5015	758-0847
TVRDEICH Geoff email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
VAN HYFTE David	MHN	Vogeltown MC	258 Carrington St NP 4310	753-7258	753-7126
WHITE Dawn email@carefirst.co.nz	MHN	CAREfirst	99 Tukapa St NP 4310	753-9505	753-9501
NEW PLYMOUTH MEDICAL CENTRES					
BELL BLOCK FAMILY HEALTH CENTRE		TE TIHI	949 Devon Rd NP 4312	755-2504	755-0933
BELLOMO FAMILY HEALTH			Unit 7-17 Nobs Line NP 4312	757 2222	757 2224
CAREfirst MEDICAL CENTRE email@carefirst.co.nz		MHN	99 Tukapa St NP 4310	753-9505	753-9501
CENTRAL MEDICAL CENTRE		MHN	72 Vivian St NP 4310	758-0863	758-5658
CITY WEST MEDICAL CENTRE		MHN	125 Vivian St NP 4310	758-0863	

GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
DEVON MEDICAL CENTRE	MHN	283 Devon St West	NP 4310	759-1888	759-7413
admin@devonmedical.co.nz					
EASTSIDE MEDICAL CENTRE	MHN	448 Devon St East	NP 4312	757-3111	757-3117
manager@eastsidemedical.co.nz					
FAMILY HEALTH CENTRE	MHN	70 Vivian St	NP 4310	758-7508	758-2596
familyhealth@familyhealth.co.nz					
GENEVA HEALTHCARE		Unit 2, 477a Devon St East	NP 4312	0508 466 322	0903535201
mariaf@genevahealth.com					
MIDLANDS HEALTH NETWORK		Box 8196	NP 4342	759-4364	759-4361
Pauline.Cruikshank@midlandshn.health.nz					
MEDICROSS ACCIDENT & MEDICAL CLINIC	MHN	8 Egmont St	NP 4310	759-8915	759-8917
medicross@xtra.co.nz					
MERRILANDS MEDICAL CENTRE	MHN	2 Smith Rd	NP 4312	758-8773	
email@merrilandsmedical.co.nz					
MOTUROA MEDICAL CENTRE	MHN	490 St Aubyn St	NP 4310	751-0390	751-2833
glenis@moturoamedical.co.nz					
PARKLANDS MEDICAL CENTRE	MHN	Parklands Shopping Centre	NP 4312	755-0422	755-3385
bellblockdomett@gmail.com					
PHOENIX URGENT DOCTORS	MHN	95 Vivian St	NP 4310	759-4295	759-4297
npdocs@clear.net.nz					
POWDERHAM MEDICAL CENTRE	MHN	177 Powderham St	NP 4310	758-2454	757-8601
prich@clear.net.nz					
STRANDON HEALTH	MHN	Unit 16/17 Nobs Line	NP 4312	769-9567	769-9569
admin@strandonhealth.co.nz					
TUI ORA FAMILY HEALTH	MHN	36 Maratahu St	NP 4310	759-7310	759-7309
tuiorafamilyhealth@tuiora.co.nz					
TE TIHI HAUORA O TARANAKI PHO		PO Box 8250	NP 4342	758-4650	
admin@tehihihauroa.co.nz					
TUKAPA MEDICAL CENTRE	MHN	52 Tukapa St	NP 4310	753-3070	
tukapamedicalcentre@yahoo.co.nz					
VIVIAN MEDICAL CENTRE	MHN	56-58 Vivian St	NP 4310	758-5015	758-0847
darryl@vmc.co.nz					
VOGELTOWN MEDICAL CENTRE	MHN	258 Carrington St	NP 4310	753-7258	753-7126
vogeltown@xtra.co.nz					

INGLEWOOD:

FINNIGAN Stephen	MHN	Inglewood MC	12 Brown St	ING 4330	06-756-7227
s.finnigan@paradise.net.nz					Fax 06-756-6437
FONESKA Maria	MHN	Inglewood MC	12 Brown St	ING 4330	06-756-7227
drfonseka@paradise.co.nz					Fax 06-756-6437
JONES Diane	MHN	Inglewood MC	12 Brown St	ING 4330	06-756-7777
practicemanager@xtra.co.nz					Fax 06-756-6385

OAKURA:

OAKURA MEDICAL CENTRE	MHN	1149 South Road	Oakura 4313		06-752-7199
oakura@oakuramc.co.nz					Fax 06-752-7199
ANDERSON Brett	MHN	Oakura MC 1149 South Road	Oakura 4313		06-752-7199
oakura@oakuramc.co.nz					Fax 06-752-7195
FOOKES Lindy	MHN	Oakura MC 1149 South Road	Oakura 4313		06-752-7199
oakura@oakuramc.co.nz					
DALMAN Matthew	MHN	Oakura MC 1149 South Road	Oakura 4313		06-752-7199
oakura@oakuramc.co.nz					

WAITARA:

MORRISON Chris	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320		06-754-8119
practice@waitarahealth.co.nz					Fax 06-754-8461
PETTIGREW N	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320		06-754-8119
practice@waitarahealth.co.nz					Fax 06-754-8461
TAYLOR Colin	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320		06-754-8119
practice@waitarahealth.co.nz					Fax 06-754 8461
WHITWELL M	MHN	Waitara HC	Cnr McLean & Grey Sts, Waitara 4320		06-754-8119
practice@waitarahealth.co.nz					Fax 06-754-8461
DOMETT STREET FAMILY PRACTICE	MHN		14a Domett St Waitara 4320		06-754-7040
waitaradomett@gmail.com					Fax 06-754-8680
WAITARA HEALTH CENTRE	MHN		McLean & Grey Sts, Waitara 4320		06-754-8119
practice@waitarahealth.co.nz					Fax 06-754-8461
URENUI & DISTRICTS HEALTH GROUP			Takiroa St Urenui 4375		06-752-3283

CENTRAL AND SOUTH TARANAKI

GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
ELTHAM:					
WESTRAAD	MHN	Eltham MC	132 High St Eltham 4322	06-764-8702	06-764-5184
eltham.med@xtra.co.nz					
ELTHAM HEALTH CENTRE			132 High St Eltham 4322	06-764-8702	
eltham.med@xtra.co.nz					
HAWERA:					
BLAYNEY KT	IND		PO Box 447 Hawera 4640	06-278-5189	
www.drblayney.com					
BEZUIDENHOUT Melanie	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
BOND Paul	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
ISLAM Azizul	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
MELLISH Robert	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
CAMERON Kirsten	MHN	Mountainview Medical	37 Hunter St Hawera 4610	06-278-9866	
MOUNTAINVIEW MEDICAL CENTRE	MHN		37 Hunter St Hawera 4610	06-278-9866	
NGATI RUANUI HEALTH CARE		TE TIHI	41 Hunter St Hawera 4610	06-278-1310	06-278-0157
ruanui.health@xtra.co.nz					
OPUNAKE:					
OPUNAKE MEDICAL CENTRE			Cnr Dommatt & Havelock St Opunake 4616	06-761-7324	06-761-7254
opunake@oakuramc.co.nz					
ANDERSON Brent	MHN	Opunake MC	Havelock St Opunake 4616	06-761-7324	06-761-7254
opunake@oakuramc.co.nz					
JOHNSON Lane	MHN	Opunake MC	Havelock St Opunake 4616	06-761-7324	06-761-7254
opunake@oakuramc.co.nz					
GP NAME	PHO	MED. CENTRE	ADDRESS	TELEPHONE	FAX
PATEA:					
MEYER Richard	MHN	Patea MC	1 Lincoln St Patea 4520	06-273-8456	06-273-8089
medtrust@xtra.co.nz					
STRATFORD:					
JORDAAN A	MHN	Regan St HC	89 Regan St Stfd 4332	06-765-6676	
bertie.jordaan@gmail.com					
RADICH Gerald	MHN		Page St Stfd 4332	06-765-6681	06-765-7270
margotradich@xtra.co.nz					
SINGH M	MHN	Regan St M	95 Regan St Stfd 4332	06-765-8178	06-765-6642
tasmt@xtra.co.nz					
CARTLEDGE Bill		Avon MC	8 Romeo St Stfd 4332	06-765-5454	06-765-7900
practicemanager@avonmedical.co.nz					
BURNS Duncan	MHN	Avon MC	8 Romeo St Stfd 4332	06-765-5454	06-765-7900
practicemanager@avonmedical.co.nz					
WOOD Brian	MHN	Avon MC	8 Romeo St Stfd 4332	06-765-5454	06-765-7900
practicemanager@avonmedical.co.nz					
AVON MEDICAL CENTRE			8 Romeo St Stfd 4332	06-765-5454	06-765-7900
practicemanager@avonmedical.co.nz					
REGAN ST MEDICAL	MHN		95 Regan St, Stfd 4332	06-765-8178	06-765-6642
tasmt@xtra.co.nz					
WAVERLEY:					
Te Oranganui Medical Centre Te Waipuna			13 Hussey St, Waverly 4510	06 346 5193	






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

LEGAL AND JUSTICE SUPPORT SERVICES

ADVOCACY FOR PEOPLE WITH DISABILITIES		ELTHAM	Alex Ballantyne
15 Castle St Eltham 4322			☎ 06-765-6072
ballantyne@infofen.net.nz	- free benefit advocacy service		or 06-764-7279
CORRECTIONS - Dept of:			☎ 06-769-8500
Probation Service	192 Devon St West 4310	NEW PLYMOUTH	☎ 06-759-0600
			Fax 06-759-0601
	33 Princes St., 4610	HAWERA	☎ 06-278-0650
			Fax 06 278 0651
DISTRICT INSPECTOR		Murray Cochrane	NEW PLYMOUTH
Billings, 7 Young St, NP4310			Fax 06-757-3959
mcochrane@billings.co.nz			DD 06-757-3958
HUMAN RIGHTS COMMISSION		WELLINGTON	☎ 04-473-9981
Box 12-411, Thorndon, Wellington 6140			Fax 04-471-6759
	www.hrc.co.nz	Free	☎ 0800-496-877
LEGAL AID OFFICE OF NEW PLYMOUTH		NEW PLYMOUTH	☎ 06-759-0451
Devon Street West, PO Box 590, NP 4310	www.lsa.govt.nz		Fax 06-759-0476
JUSTICE – Ministry of:		NEW PLYMOUTH	☎ 06-968-6500
Courts	- Robe St., NP 4310	NEW PLYMOUTH	Fax 06-968-6501
	- 64-68 Princes St. 4610	HAWERA	☎ 06-278-2080
Family Court	- Atkinson Building 4310	NEW PLYMOUTH	☎ 06-968-6497
	www.justice.govt.nz/family		
NATIONWIDE HEALTH & DISABILITY ADVOCACY SERVICE		NEW PLYMOUTH	☎ 06-759-2111
2 nd Floor, Kings Building, 36 Devon St West, NP 4310	www.hdc.org.nz/advocacy		Fax 06-759-2112
PO Box 8375 NP 4342	karena@hdc.org.nz	Free	☎ 0800-555-050
OMBUDSMEN - Office of		WELLINGTON	Tele 04-473-9533
PO Box 10-152, The Terrace, Wellington 6140	www.ombudsmen.govt.nz	Free	☎ 0800-802-602
POLICE	Post Code	Emergency Only	☎ 111
Powderham Street	4310	NEW PLYMOUTH	☎ 06-759-5500
Liardet St	4310	www.police.govt.nz	☎ 06-769-9132
Clemow Rd, Fitzroy	4312	FITZROY	☎ 06-757-3073
31 Wynyard St	4312	BELL BLOCK	☎ 06-755-9130
175 High St	4322	ELTHAM	☎ 06-764-8055
128 Princes St	4610	HAWERA	☎ 06-278-0260
Brooks St	4330	INGLEWOOD	☎ 06-756-0900
State Highway 3	4376	MOKAU	☎ 06-750-5000
Cumming St.,	4335	OKATO	☎ 06-752-4111
106 Tasman St	4616	OPUNAKE	☎ 06-761-6050
27 Victoria St	4520	PATEA	☎ 06-273-8318
Miranda St	4332	STRATFORD	☎ 06-765-8860
23 Domett St	4320	WAITARA	☎ 06-754-9200
SEXUAL AND CHILD ABUSE TEAM		NEW PLYMOUTH	☎ 06-751-1058
POLICE INFRINGEMENT BUREAU		Free	☎ 0800-105-777
PRISONERS AID & REHABILITATION TRUST		NEW PLYMOUTH	☎ 06-758-1361
163 Devon St West, NP 4310	taranaki@xtra.co.nz	Fax	06-758-1347
PRIVACY COMMISSIONER		www.privacy.org.nz	Free ☎ 0800-803-909
TARANAKI DISTRICT HEALTH BOARD		☎ 06-753-6139	
CONSUMER ADVISOR		TDHB Mental Health and Addiction Service	
Nic Magrath	nic.magrath@tdhb.org.nz	☎	06-753-6139
FAMILY/WHANAU ADVISOR		TDHB Alcohol & Drug Service	
Sue Philipson	Susan.Phipp@tdhb.org.nz	☎	06-753-6139
FAMILY/WHANAU ADVISOR		TDHB Mental Health Services	
Jim Dickinson	jim.dickinson@tdhb.org.nz	☎	06-753-6139
TARANAKI COMMUNITY LAW TRUST		NEW PLYMOUTH	Free ☎ 0800-529-878
Level 1, Vero Building, 10-12 Devon St West, NP 4310			☎ 06-759-1492
tcls@xtra.co.nz		Fax	06-759-1475
56 Disraeli St. Hawera 4610	HAWERA	☎	0800-528-878
Waitara Public Library, Queen St.	WAITARA	☎	06-759-1492
Old District Concil Bldg, Napier St	OPUNAKE	☎	06-759-1492
Stratford Community House, 52 Juliet St	STRATFORD	Free ☎	0800-529-878
<i>Taranaki Community Law Trust is a non-profit organisation that provides a free and confidential legal service to the community.</i>			
For numerous excellent downloads regarding: ACC Law; Consumer Law; Criminal Law; Debt; Disputes Tribunal; Employment Law; Family Law; Human Rights; Immigration; Neighbourhood Issues; Tenancy Law; Traffic Law; Wills & Estates; and Youth Law...			
www.communitylawtaranaki.org			
VICTIM SUPPORT			☎ 06-759-5519
new_plymouth@victimsupport.org.nz	www.victimsupport.org.nz	Free	☎ 0800-842-846
	HAWERA	☎/Fax	06-278-0274
central_taranaki@victimsupport.org.nz	STRATFORD	☎	06-765-8873

MEMBERS OF PARLIAMENT

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

MENTAL HEALTH PROMOTION

LIKE MINDS TARANAKI – HAU RITE O TARANAKI (Trust closed down: 29.5.2015)

likemindstaranak@likemindstaranaki.org.nz
www.likemindstaranaki.com

Health promotion, demystifying mental illness, countering stigma and discrimination

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

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

NATIONAL PROVIDERS OF INFORMATION

HEALTH PROMOTION FORUM OF NZ		www.hpforum.org.nz			
LIKE MINDS – National Office		likeminds@mentalhealth.org.nz		09-580-9006	
		www.likeminds.govt.nz			
MENTAL HEALTH FOUNDATION AUCKLAND				09-300-7010	
Box 10051		resource@mentalhealth.org.nz	Fax	09-300-7020	
Auckland 1446		www.mentalhealth.org.nz			
MINISTRY OF HEALTH		www.moh.govt.nz		04-496-2000	
NEW ZEALAND HEALTH ON LINE		www.nzhealth.co.nz			
LINKAGE - WEBHEALTH		NEW PLYMOUTH	FREE		0800-932-432-584
262 Devon St West, NP 4310		taranaki@webhealth.co.nz		06-769-9160	
PO Box 767, NP 4340		www.webhealth.co.nz	Fax	06-769-9161	

LIKE MINDS TARANAKI PROJECT:

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

LIKE MINDS TARANAKI:

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

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

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

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

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

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

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

MENTAL HEALTH SERVICES FOR OLDER PEOPLE

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

ANNIE BRYDON RESTHOME & HOSPITAL		Manager: Diane Hayden	☎	06-278-6039
71 Glover Road, Hawera 4610	HAWERA	anniebry@xtra.co.nz	Fax	06-278-1600
BROOKLANDS REST HOME	36 Beds	Manager: Jennifer Todd	☎	06-758-8422
22 List St. NP 4310	NEW PLYMOUTH	brooklandscare@xtra.co.nz	Fax	06-757-5876
BRYDON COURT APARTMENTS & REST HOME		Manager: Denise Kerrisk	☎	06-278-6712
102 Wilson St, Hawera 4610	HAWERA	anniebry@xtra.co.nz		
CARRINGTON HOME FOR THE ELDERLY	30 Beds	Manager: Vicki Le Bas	☎	06-758-7346
50 Carrington St. NP 4310	NEW PLYMOUTH	carringtoncare@xtra.co.nz	Fax	06-757-8209
CHALMERS REST HOME	43 Beds	Manager: Rae O'Grady	☎	06-758-5190
20 Octavius Place, N P 4312	NEW PLYMOUTH	chalmers@psc.org.nz	Fax	06-759-9320
CORONATION LODGE REST HOME	20 Beds	Manager: Robyn Sanders	☎	06-758-5125
125 Coronation Avenue, 4310	NEW PLYMOUTH	corolodge@xtra.co.nz	Fax	06-758-5125
ELIZABETH R		Manager: Delia Shearman	☎	06-765-8089
30 Elizabeth Grove, Stfd 4330	STRATFORD	elizabeth.r@xtra.co.nz		
HAWERA SENIOR LIVING CENTRE			☎	06-278-6483
173 Waihi Road, Hawera 4610	HAWERA			
KOHATU REST HOME	21 Beds	Manager: Sandra Heal	☎	06-754-6621
35B Nelson St., NP 4320	WAITARA	kohaturest@xtra.co.nz	Fax	06-754-6621
MAIDA VALE RETIREMENT VILLAGE		Manager : Roxane White	☎	06-755-0558
20 Pohutukawa Place, NP 4312	BELL BLOCK	maida.vale@xtra.co.nz	Fax	06-755-2233
Resthome 12 Beds	Hospital 79 Beds	www.maida-vale.co.nz		
MARINOTO REST HOME	24 Beds	Manager: Jenny Pratt	☎	06-756-7170
72 Matai St., Inglewood 4330	INGLEWOOD	jennypratt@inspire.net.nz	Fax	06-756-7484
MARIRE REST HOME		Manager: Robyn Hooper	☎	06-765-7173
Page Street, Stratford 4332	STRATFORD	robyn@agecarecentral.co.nz	Fax	06-765-7160
MARYANN REST HOME & HOSPITAL		Manager: Robyn Hooper	☎	06-765-7551
59 Brecon Rd. Stratford 4332	STRATFORD	robyn@agecarecentral.co.nz	Fax	06-765-8106
MERCY JENKINS EVENTIDE HOME		Manager: Sandra Heal	☎	06-764-8330
54 Maata Road, Eltham 4322	ELTHAM	mercyjenkins@xtra.co.nz	Fax	06-764-8739
MISSION REST HOME	33 Beds	Manager: Shelley Markham	☎	06-757-5520
10 Pukaka St. NP 4312	NEW PLYMOUTH	missionrest@xtra.co.nz	Fax	06-758-9456
MOLLY RYAN REST HOME	18 Beds	Manager:	☎	06-757-8773
269 Mangorei Rd. NP 4312	NEW PLYMOUTH	Nurse Manager	Fax	06-759-7378
NGAHURU REST HOME		Manager: Christine McDonald	☎	06-278-6444
50 Gladstone Street, 4610	HAWERA	ngahuru.presbysup@xtra.co.nz	Fax	06-278-9135
NORFOLK LODGE REST HOME	25 Beds	Manager: Pauline Matuku	☎	06-754-7016
30 Princess St. 4320	WAITARA	norfolk.lodge@xtra.co.nz	Fax	06-754-7016
OMAHANUI PRIVATE HOSPITAL		Manager: Lisa Stevenson	☎	06-758-4961
33 Mangorei Rd. NP 4312	NEW PLYMOUTH	omahanui@xtra.co.nz	Fax	06-758-1785
OPUNAKE COTTAGE REST HOME			☎	06-761-8009
1 Layard Street., 4616	OPUNAKE	cottageresthome@xtra.co.nz	Fax	06-761-8009
PORT VIEW RETIREMENT	28 Beds	Manager: Jill Baker	☎	06-751-1608
72-74 Whiteley St. NP 4310	NEW PLYMOUTH	jill.baker@portview.co.nz	Fax	06-751-1408
RADIUS HEATHERLEA CARE CENTRE	54 Beds	Manager: Sue Trafford	☎	06-758-7302
139 Vivian St. NP 4310	NEW PLYMOUTH	heatherlea@radiuscare.net.nz	Fax	06-758-7304
				Mobile 021-534-227
RHAPSODY RESTHOME & HOSPITAL	28 Beds	Manager:	☎	06-759-0080
30 Mill Road, NP 4310	NEW PLYMOUTH	kauri.holdings@xtra.co.nz	Fax	06-759-0081
RADIUS THORNLEIGH PARK	63 Beds	Manager: Barbara Kay	☎	06-758-3642
25 Heta Road, NP 4310	<i>Rest Home And Hospital Beds</i>	radiusthornleigh@rrcl.co.nz	Fax	06-758-3243
RIVERVIEW	65 Beds	Manager: Jennifer Todd	☎	06-758-0666
361 Mangorei Rd. NP 4312	NEW PLYMOUTH	riverview@eldercare.co.nz	Fax	06-758-5141
TAINUI VILLAGE	58 Beds	Manager: Kay Saunders	☎	06-753-6597
95 Clawton St. NP 4310	NEW PLYMOUTH	kay@tainuihome.co.nz	Fax	06-753-7650
TAURIMA REST HOME	27 Beds	Manager: Linnaire Joslin	☎	06-753-5538
85 Clawton St., NP 4310	NEW PLYMOUTH	taurima.resthome@xtra.co.nz	Fax	06-753-5538
TELFORD REST HOME	28 Beds	Manager: Barbara Kay	☎	06-757-8554
15 Telford St. NP 4312	NEW PLYMOUTH	24 Hospital beds	Fax	06-769-9627
		www.bupa.co.nz/		
		telford@guardianhealth.co.nz		
TE MAHANA		Manager:	☎	06-273-8442
41 Chester Street, Patea 4520	PATEA	temahana@inspire.net.nz	Fax	06-273-8550
TRINITY HOME & HOSPITAL		Manager: Daniel J McQuillan	☎	06-278-4189
47-61 Puriri Street, 4610	HAWERA	manager@trinityhawera.co.nz	Fax	06-278-3116
PSYCHOGERIATRIC PRIVATE HOSPITALS				
OMAHANUI PRIVATE HOSPITAL	30 Beds	Manager: Lisa Stevensen	☎	06-758-4961
33 Mangorei Road, New Plymouth 4312		omahanui@xtra.co.nz	Fax	06-758-1785
SUNHAVEN PRIVATE HOSPITAL	27 Beds	Manager: Jill Fearn	☎	06-755-1021
48A Sunnyvale St. New Plymouth 4312		jillian@xtra.co.nz	Fax	06-759-0081






































COMMUNITY SUPPORT SERVICES FOR THE ELDERLY

ACC 22-28 Molesworth St, NP 4310	NEW PLYMOUTH kath.forde@acc.co.nz www.acc.co.nz	Kath Forde ☎ 06-759-0700 DD 06-759-0730
ACCESS HOME HEALTH <i>Personal care and home help</i>	NEW PLYMOUTH 11 Young St., NP 4310	Margaret Bettridge ☎ 06-759-1677
AGE CONCERN 28 Young St, NP 4310	NEW PLYMOUTH age.taranaki@xtra.co.nz	☎ 06-759-9196
ALZHEIMERS TARANAKI 117 Powderham Street , NP 4310 PO Box 8303, NP 4342 Anne Fletcher – (Field Worker - North Taranaki) Shirley McGlinchey - (Field Worker - South Taranaki) <i>Making life better for all people affected by dementia, resources and advice</i>	Manager NEW PLYMOUTH alzheimers.taranaki@xtra.co.nz Mobile 027-675-8368	☎ 06-769-6916 ☎ 06-758-3683 ☎ 06-278-8519
ASSOCIATION OF BLIND CITIZENS	NEW PLYMOUTH	☎ 06-758-8818
AT HOME CARE – Keeping you in Touch <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>	www.athomecare.co.nz/taranaki	Margaret Miller ☎ 07-574-9365 027-693-2773
CANCER SOCIETY OF NZ 71 Lorna St, NP 4310	TARANAKI admin@taranakicancersociety.org.nz	☎ 06-757-3006 Fax 06-757-8795
CLEARVIEW DRIVING SCHOOL	NEW PLYMOUTH Sue Honeyfield	☎ 06-758-1600 Mobile 027-249-5770
<i>If concerns are held about a person's driving, they are able to be referred to the driving instructor for a driving assessment</i>		
DAY PROGRAMME Waimea Bowling Club Tuesday/Friday Hawera Bowling Club Friday	Alzheimers Taranaki NEW PLYMOUTH HAWERA	☎ 06-761-7294
DIABETES NZ Taranaki Area Branch PO Box 896, NP 4340	TARANAKI diabetesnztab@xtra.co.nz	☎ 06-758-7873
DISABLED PERSONS ASSEMBLY 43 Parris St., Waitara 4320	WAITARA kemar@xtra.co.nz	Marion Wellington ☎ 06-754-7417
EMOTIONS ANONYMOUS 32 Leach St., NP 4310 <i>Support, training, friendship group for people with emotional issues</i>	NEW PLYMOUTH www.EmotionsAnonymous.org	☎ 06-755-3375
ELDER ABUSE & NEGLECT 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>	NEW PLYMOUTH elaine.mossop@tuiora.co.nz www.areyouok.org.nz/	Elaine Mossop ☎ 06-759-7303
FOODBANKS Presbyterian Ch. Hall, Hawera 4610 10 Koromiko St, Inglewood 4330 Havelock St, Opunake 4616 52 Juliet Street, Stratford 4332 Hutchins St, Waitara 4320	NEW PLYMOUTH 40 Vivian St, NP 4310 HAWERA PO Box 359 Hawera 4640 INGLEWOOD OPUNAKE STRATFORD WAITARA	☎ 06-758-2757 ☎ 06-272-8243 ☎ 06-756-7242 ☎ 06-761-8777 ☎ 06-765-8054 ☎ 06-754-4405
GREY POWER/SeniorNet 222a Huatoki St. NP 4310 100 Victoria St, Hawera 4520 www.greypowernp.org.nz/	NEW PLYMOUTH allum@clear.net.nz HAWERA STRATFORD	☎ 06-753-2185 ☎ 06-278-7413 ☎ 06-765-7778
<i>Advancing the well being of people 55 years and over</i>		
HEALTHCARE NZ LTD 214 Devon Street East, NP 60 Victoria St, Hawera 4520	NEW PLYMOUTH www.healthcarenz.co.nz HAWERA	Gary Walls-Renwick ☎ 06-759-8046 ☎ 06-278-0096
HOSPICE TARANAKI INC 5 David Street, NP	NEW PLYMOUTH Kevin.nielsen@hospicetaranaki.org.nz www.hospicetaranaki.org.nz	☎ 06-753-7830 Fax 06-753-7806

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

MEALS IN MOTION	NEW PLYMOUTH	☎	06-758-6308
MEALS ON WHEELS	HAWERA HOSPITAL	☎	06-278-9929
MEALS ON WHEELS	INGLEWOOD	☎	06-756-7170
<i>Marinoto Rest Home does meals on wheels for the Inglewood area Monday to Friday only</i>			
MENTAL HEALTH FOUNDATION	AUCKLAND	☎	09-300-7010
BOX 10051 Dominion Rd, Auckland 1446	www.mentalhealth.org.nz		
NEEDS ASSESSMENT SERVICE CO-ORDINATION		☎	06-759-9196
NEW ZEALAND RED CROSS TARANAKI SERVICE		☎	06-759-4697
116 Gill St, NP 4310	newplymouth@redcross.org.nz	Free ☎	0800-733-276
NEW PLYMOUTH POSITIVE AGEING Trust	Chair – Jeff Blyde	☎	06-758-9145
Jill Baker - Secretary	jill.baker@bupa.co.nz	☎	06-753-2911
PATHWAYS Community Support	NEW PLYMOUTH		
North Mobile – Dave Lock	david.lock@pathways.co.nz	☎	06-757-3830
		☎	06-757-3830
South Mobile – Hawera – Christina Mpofu	Christina.mpofu@pathways.co.nz	☎	06-278-4983
PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH	Sandi Cummings	
36 Devon Street West, NP 4310	www.pgfnz.org.nz	☎	06-769-6020
Free confidential professional counselling for people affected by problem gambling		Free ☎	0800-664-262
SENIOR CARE	NEW PLYMOUTH	☎	06-753-6210
28 Young St, NP 4310	info@taranakidic.org.nz		
STROKE FOUNDATION	taranaki@stroke.org.nz	☎	06-758-6880
PO Box 532 NP 4340	HAWERA	☎	06-278-5190
	STRATFORD	☎	06-765-6531
	OPUNAKE	☎	06-761-8561
SUPPORTING FAMILIES IN MENTAL ILLNESS (S.F. Taranaki)			
Level 3, Brougham House, 50 Devon St. West	NEW PLYMOUTH	☎	06-757-9300
PO Box 8291, NP 4342	www.sfnat.org.nz	Fax	06-757-3670
	info@sftaranaki.org.nz		
Field Officer: South: Bernadine Kira	Bernie@sftaranaki.org.nz	Mobile	027-555-6808
Field Officer: North: Gareth Andrews	gareth@sftaranaki.org.nz	Mobile	027-555-1503
<i>Family-Whanau focused support, education, advocacy and information</i>			
TARANAKI COMMUNITY HEALTH TRUST	NEW PLYMOUTH	☎	06-753-2911
PO Box 8119, NP 4342	TaranakiCHT@inspire.net.nz		
	taranakihealthtrust.co.nz		
TARANAKI COMMUNITY LAW TRUST	NEW PLYMOUTH	Free ☎	0800-529-878
Level 1, Vero Building, 10-12 Devon St West, NP 4310		☎	06-759-1492
	tcls@xtra.co.nz	Fax	06-759-1475
56 Disraeli St. Hawera 4610	HAWERA	☎	0800-528-878
Waitara Public Library, Queen St.	WAITARA	☎	06-759-1492
Stratford Community House, 52 Juliet St	STRATFORD	Free ☎	0800-529-878
<i>Taranaki Community Law Trust is a non-profit organisation that provides a free and confidential legal service to the community. For numerous excellent downloads regarding: ACC Law; Consumer Law; Criminal Law; Youth Law; Disputes Tribunal; Employment Law; Family Law; Human Rights; Immigration; Neighbourhood Issues; Tenancy Law; Traffic Law; Wills & Estates; and Debt...</i>			
	www.communitylawtaranaki.org		
TARANAKI DISABILITY INFO. CENTRE	NEW PLYMOUTH		Brian Eriksen
28 Young Street, NP 4310	info@taranakidic.org.nz	☎	06-759-0019
	www.weka.net.nz	Fax	06-759-0029
		Mobile	021-245-8018
<i>Advocacy, promotion, information, health, training, support etc</i>		Free ☎	0800-693-342
TARANAKI DISTRICT HEALTH BOARD – Mental Health Services For Older People		☎	06-753-6139
<i>Providers of full mental health services for people aged 65 years and over with serious mental illness in Taranaki</i>			
TSB ASCOT HOUSE	NEW PLYMOUTH	☎	06-753-6597
106 Clawton Street, NP 4310	kay@tainuihome.co.nz	Fax	06-753-7650
<i>Educational and recreational activities</i>			
TARANAKI MULTIPLE SCLEROSIS SOCIETY INC		☎	06-751-2330
P O Box 791, NP 4340	info@mstaranaki.co.nz		
VICTIM SUPPORT		Free ☎	0800-842-846
	NEW PLYMOUTH	☎	06-759-5519
	HAWERA	☎	06-278-0274
	STRATFORD	☎	06-765-8873
www.victimsupport.org.nz			
LINKAGE - WEBHEALTH	NEW PLYMOUTH	Free ☎	0800-932-432-584
262 Devon St West, NP 4310	taranaki@webhealth.co.nz	☎	06-769-9160
PO Box 767, NP 4340	www.webhealth.co.nz	Fax	06-769-9161
WORK AND INCOME NEW ZEALAND	www.workandincome.govt.nz	Free ☎	0800-559-009
Duncan Dovico House, Gill St., NP 4310	NEW PLYMOUTH	Fax	06-968-6018
15 Union St – Hawera 4610	HAWERA	Fax	06-278-0394
208 Broadway – Stratford 4332	STRATFORD	Fax	06-765-0394
Waitara Centre, Queen St., 4320	WAITARA	Fax	06-754-6293

OTHER LOCAL AND CENTRAL PROVIDERS

AUTISM TARANAKI	NEW PLYMOUTH		06-769-5958
Kings Building Level 2 36 Devon Street West, NP 4310	www.autismnz.org.nz taranaki@autismnz.org.nz		
AMBULANCE SERVICE		Free 	0800-735-466
BUDGET ADVISORY SERVICES	NEW PLYMOUTH		06-758-5996
32 Leach Street, NP 4310	np.budget@xtra.co.nz	Fax	06-758-2780
22 Union Street, Hawera 4610	hawerabudget@xtra.co.nz		06-278-8448
CITIZENS ADVICE BUREAU	NEW PLYMOUTH		06-758-9542
32 Leach Street, NP 4310	newplymouth@cab.org.nz	Free 	0800-367-222
	www.cab.org.nz		
22 Union St, Hawera 4610	HAWERA cab.hawera@xtra.co.nz		06-278-3156
270 Broadway, Stratford 4352	STRATFORD cab.stratford@xtra.co.nz		06-765-5250
COOK FOR LESS	NEW PLYMOUTH		
Sharon Willis	taranakiadultliteracy@xtra.co.nz		
CRISIS RESPITE CARE -	Access through THL Crisis Service		06-753-6139
CRISIS SERVICE -	Taranaki Health		06-753-6139
DEAF AOTEAROA NZ	NEW PLYMOUTH	Tania Stuart	
28 Young St., NP 4310	tania.stuart@deaf.co.nz	 /Fax	06-758-0579
<i>Assessments, referrals, information, interpreting, support services – office hours Tue & Wed – 9am-3pm</i>			
DIABETES NZ Taranaki Area Branch	TARANAKI		06-758-7873
PO Box 896, NP 4340	diabetesnztab@xtra.co.nz		
DISABLED PERSONS ASSEMBLY	WAITARA	Marion Wellington	
23 Queens St, Waitara 4320	kemar@xtra.co.nz		06-754-7417
	www.dpa.org.nz		
EMOTIONS ANONYMOUS	NEW PLYMOUTH		06-755-3375
32 Leach St., NP 4310	www.EmotionsAnonymous.org	infodf3498fjsd@emotionsanonymous.org	
<i>Support, training, friendship group for people with emotional issues</i>			
FAMILY PLANNING ASSOCIATION	NEW PLYMOUTH		0508 sexhealth
188 Powderham St, NP 4310	NewPlymouth.Clinic@familyplanning.org.nz	Fax	06 759 8363
C/o Hospital -	HAWERA		06-278-7109
FEDERATED FARMERS (TARANAKI RURAL SUPPORT TRUST)		Free 	0800-757-3423
PO Box 422, NP 4340			06-757-3423
Facilitators: Bronwyn Muir: 06-764-5062	Graeme Hight: 06-754-4404	Peter Adamski: 06-751-4217	
FIRE SERVICE	All emergencies		111
Liardet St., NP 4310	NEW PLYMOUTH		06-757-3873
South Road, Hawera 4610	HAWERA		06-278-0205
FOODBANKS 36 Vivian St, NP 4310	NEW PLYMOUTH		06-758-2757
Presbyterian Ch. Hall, Hawera 4610	HAWERA PO Box 359 Hawera 4610		06-272-8243
10 Koromiko St, Inglewood 4330	INGLEWOOD		06-756-7242
Havelock St, Opunake 4616	OPUNAKE		06-761-8777
52 Juliet Street, Stratford 4332	STRATFORD		06-765-8054
Hutchins St, Waitara 4320	WAITARA		06-754-7150
GUIDELINES GROUP	www.skylight.org.nz		
HEALTH CENTRE	WAITARA Christine Nevin		06-754-7150
HEALTHCARE NZ	NEW PLYMOUTH	Gary Walls-Renwick	
214 Devon St East, Box 4129, NP 4340	www.healthcarenz.co.nz		06-759-8046
Home Based Support Services	Taranaki.office@healthcarenz.co.nz	Fax	06-759-4337
IDEA SERVICES	NEW PLYMOUTH		06-759-8970
28 Vivian St, NP 4310		Fax	06-759-8980
19 Nelson St, Hawera 4610	HAWERA		06-278-0321
Sunflowers on Broadway, Stratford 4332	STRATFORD		06-765-7211
INFORMATION CENTRES	NEW PLYMOUTH		06-759-6060
Puke Ariki, 65 St Aubyn St, NP 4310		Fax	06-759-6073
55 High Street, Hawera 4610	HAWERA PO Box 5, 4640		06-278-8599
Miranda St., Stratford 4332	STRATFORD		06-765-6708
LANGUAGE LINE	www.languageline.govt.nz		
MATES	NEW PLYMOUTH		06-759-1163
Men's support group	kerry@mates-world.com	Fax	06-759-1164
MENTAL HEALTH FOUNDATION	AUCKLAND		09-300-7010
PO Box 10051, Auckland 1446	resource@mentalhealth.org.nz	Fax	09-300-7020
	www.mentalhealth.org.nz		
MENTAL HEALTH MATTERS IN TARANAKI		Gordon Hudson	
28 Young Street, PO Box 5015, NP 4343	gordon@mhintaranaki.org.nz		06-281-1591
<i>An independent entity promoting mental health, demystifying mental illness, provision of information/education/training and advocacy and support for people experiencing mental illness. Hours – 8:30am – 12:30pm Monday to Friday</i>			

MINISTER OF HEALTH	WELLINGTON	The Honorable Tony Ryall
	http://www.beehive.govt.nz/	
MINISTRY OF HEALTH	WELLINGTON	☎ 04-496-2000
PO Box 5013, Wellington 6145	www.moh.govt.nz	Fax 04-496-2340
NATIONAL POISONS CENTRE	Urgent	☎ 800-764-766
	Non Urgent	☎ 03-479-7248
NEW PLYMOUTH DISTRICT COUNCIL		☎ 06-759-6060
Social Services Advisor	inquiries@npdc.govt.nz	Fax 06-759-6072
NEW PLYMOUTH INJURY SAFE		☎ 06-753-7777 Ext 8522
	npis@tdhb.org.nz	www.safetaranaki.org.nz
NGATI RUANUI IWI SOCIAL SERVICES	HAWERA	☎ 06-278-3169
63 Union Street, Hawera 4610		Fax 06-278-8705
NO BULLY	www.nobully.org.nz/advicek.htm	
OMAHANUI HOME CARE	NEW PLYMOUTH	Alistair Stevenson & Nicky Bone
PO Box 248, NP 4340	ali.omahanui.hc@xtra.co.nz	☎ 06-759-7031
		Fax 06-758-3875
<i>Home Based Support</i>	www.omahanui.co.nz	Mobile 027-436-8668
OPEN HOME FOUNDATION	NEW PLYMOUTH	Laura Brits
212 Coronation Ave. NP 4310		☎ 06-758-9971
PO Box 208, NP 4340	ohftaranaki@ohf.org.nz	Fax 06-758-1969
<i>Education, counselling, family support, supervision and foster care etc</i>		Fax 06-278-0168
OVER EATERS ANONYMOUS	Sheryl	☎ 06-756-8242
<i>A 12 step programme of recovery for people with eating problems</i>		Mobile 027-2431-718
	www.oaregion10.org	
PLATFORM – National umbrella organisation for NGO providers		www.platform.org.nz
PREGNANCY HELP	STRATFORD	☎ 06-765-5042
4 Romeo St, Stratford 4332	www.pregnancyhelp.org.nz	Fax 06-765-5062
PO Box 81, Stratford 4352	taranaki@pregnancyhelp.org.nz	Mobile 027-212-5304
Fieldworker:		Mobile 027 692 5486
PRESBYTERIAN SUPPORT CENTRE - Family Works - Taranaki		☎ 06-758-5037
51 Buller St. NP 4310	www.psc.org.nz	Fax 06-759-1431
Taiohi House, 45 Regent Street	HAWERA	☎ 06-278-6385
	familyworks-taranaki@psc.org.nz	Fax 06-759-1431
Community House 52 Juliet St,	STRATFORD	☎ 06-765-0531
<i>Personal, couple, family counselling, education, supervision services etc</i>		
PROBLEM GAMBLING FOUNDATION	NEW PLYMOUTH	Sandi Cummings
36 Devon Street West, NP 4310	www.pgfnz.org.nz	☎ 06-769-6020
Free confidential professional counselling for people affected by problem gambling		Free ☎ 0800-664-262
RAPE CRISIS AND SEXUAL ABUSE CENTRE		☎ 06-757-9570
199 Devon St East, NP 4310	NEW PLYMOUTH	Fax 06-757-4506
6 Furlong St, Hawera, 4610	HAWERA	
	hrc@infogen.net.nz	☎ 06-278-6399
<i>Personal, couple and family counselling, lifeskills, training, support</i>		Fax 06-278-6399
RURAL SUPPORT TRUST TARANAKI (FEDERATED FARMERS)		Free ☎ 0800-757-3423
PO Box 422, NP <i>Facilitators:</i> Bronwyn Muir: 06-764-5062 Graeme Hight : 06-754-4404		☎ 06-757-3423
RURAL WOMEN NZ		Joyce Lawrence
217 Rawhitiroa Rd, RD18, Eltham 4398	niarua@inspire.net.nz	☎ 06-764-8770
SEXUAL HEALTH & FAMILY PLANNING	NEW PLYMOUTH	☎ 0508 sexhealth
185 Powderham St, NP 4310	(0508 739 432584)	Fax 06-759-8369
SALVATION ARMY COMMUNITY AND FAMILY SERVICES		☎/Fax 06-758-9338
128 Powderham St.,	NEW PLYMOUTH	☎ 06-758-2325
PO Box 354, NP 4340	centraltaranaki_corps@nzf.salvationarmy.org	
	HAWERA	☎ 06-278-8516
	STRATFORD & ELTHAM	☎ 06-765-7969
<i>Emergency food support, information, life skills, family support etc</i>		
SAMHSA – SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION WEBSITE		
	www.samhsa.gov	
SOCIAL DEVELOPMENT – Ministry of	NEW PLYMOUTH	Free ☎ 0800-559-009
Duncan Dovico House, Gill St, NP 4310		
STARFISH		☎
SOUTH TARANAKI DISTRICT COUNCIL	HAWERA	Free ☎ 0800-111-323
Albion St, PO Box 902, Hawera 4640		Fax 06-278-8757
STRATFORD DISTRICT COUNCIL	STRATFORD	☎ 06-765-6099
61-63 Miranda Street, Stratford, 4332	stratforddc@stratford.govt.nz	www.stratford.govt.nz
TARANAKI DISABILITY INFORMATION CENTRE	Brian Eriksen	Free ☎ 0800-693-342
28 Young Street, NP 4310	NEW PLYMOUTH	☎ 06-759-0019
www.weka.net.nz	info@taranakidic.org.nz	Fax 06-759-0029
<i>Advocacy, promotion, information, health, training, support etc</i>		

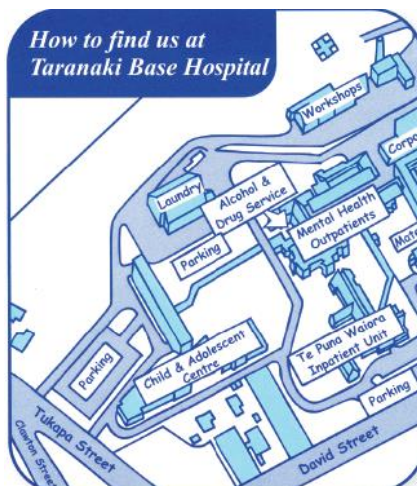
TARANAKI HEALTH – MENTAL HEALTH SERVICES			☎	06-753-6139
TE POU - o TE WHAKAARO NUI	AUCKLAND		☎	09-373-2125
65 New North Rd, Eden Terrace 1021	enquiries@tepou.co.nz	www.tepou.co.nz	Fax	09-373-2127
<i>National centre of disability health research and workforce development</i>				
TE PUNI KOKIRI – MINISTRY – MAORI DEVELOPMENT			Sam Bishara	
465B Devon St East, NP 4312	bishs@tpk.govt.nz	www.tpk.govt.nz	☎	06-759-5450
TOUCHED BY SUICIDE SUPPORT GROUP:			☎	06-757-9300
C/o SF Taranaki	NEW PLYMOUTH		Mobile 021 027 36935	
LINKAGE - WEBHEALTH	NEW PLYMOUTH		Free ☎	0800-932-432-584
262 Devon St West, NP 4310	taranaki@webhealth.co.nz		☎	06-769-9160
PO Box 767, NP 4340	www.webhealth.co.nz		Fax	06-769-9161
WITT – WESTERN INSTITUTE OF TECHNOLOGY at Taranaki			Free ☎	0800-948-896
20 Bell St, NP 4310	www.witt.ac.nz		Fax	06-757-3235
WOMEN'S CENTRE NP	NEW PLYMOUTH		Mary Allen	
Community House, 32 Leach St, NP 4310	npwomen@xtra.co.nz		☎	06-758-4957
56 Disraeli Street, Hawera 4610	HAWERA		Nicky Wallace	
	stwc@xtra.co.nz		☎	06-278-3260
WOMEN'S REFUGE-TARANAKI	NEW PLYMOUTH		Free ☎	0800-827-973
PO Box 5, NP 4340	admin@taranakiwomensrefuge.co.nz		Fax	06-769-5554
Level 2, Kings Bldg, 36 Devon St West	24 hour crisis only lines:		☎	06-769-5553
<i>Provide 24hour crisis intervention for women & children who are victims of domestic violence, social work services</i>				

MULTICULTURAL SERVICES

CITY WEST ASSEMBLY OF GOD CHURCH			☎	06-751-3659
<i>Hold a service with a Fijian congregation and the contact is Chris</i>				
ENGLISH LANGUAGE PARTNERS TARANAKI	NEW PLYMOUTH		Yuka Kobayashi	
16 Lemon Street, PO Box 149, NP 4310	taranaki@englishlanguage.org.nz		☎	06-759-1118
MINISTRY OF PACIFIC ISLAND AFFAIRS			☎	04-471-8245
METHODIST CHURCH	58 Liardet St	NEW PLYMOUTH	☎	06-759-9036
<i>A Fijian Language Service is held every Sunday at 3pm – also contact Anare or Miriama</i>			☎	06-759-1173
NZ CHINESE ASSOCIATION			☎	06-758-8258
PACIFIC ISLAND CONTACT – Salevi Tiatia			Mobile	027-453-2363
SAMOAN METHODIST CHURCH	NEW PLYMOUTH		☎	06-753-2356
<i>Samoan church run by the Samoan community</i>				
TARANAKI ETHNIC COUNCIL – Geetha, Settlement Support			☎	06-759-1088
<i>Geetha has Taranaki contacts for over 40 nationalities</i>				
TONGAN COMMUNITY	Una and Sisifa		☎	06-753-2609

OTHER CONTACT NUMBERS

TDHB
Mental Health & Addiction Services



TARANAKI DISTRICT HEALTH BOARD – GENERAL CONTACTS

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

HEALTH CENTRES

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

CUSTOMER RELATIONS	DD	06-753-7832
CRISIS SERVICE	DD	0508-277-478
EMERGENCY DEPARTMENT	DD	06-753-7783
FUNDING AND PLANNING	DD	06-753-7865
HEALTH PROMOTION	DD	06-753-7799
PUBLIC HEALTH	Ext	8506
OUT-PATIENTS	☎	06-753-7743
PHARMACY	☎	06-753-7814
STRATFORD OUTPATIENTS	Stratford Hospital	☎ 06-765-7189

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ACUTE INPATIENT WARD – TE PUNA WAIORA ☎ **0508-292-467** **06-7557-7831**

Reception and Nurses Station – Ext **7696/7697**

HAWERA MENTAL HEALTH Reception ☎ **06-278-9917** Fax 06-278-9908

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So what causes such Stigma...?

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

Discrimination is based on ignorance, prejudice and arrogance.

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

Prejudice based on fear and avoidance

Arrogance from being part of the mainstream 'culture'

Ignorance:

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

Prejudice:

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

Arrogance:

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

Discrimination:

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

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

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

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
3rd Floor, 50 Devon Street West, NP
PO Box 5015, NP 4343

06-759-0966
mental.health@xtra.co.nz
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 a 3 member Board of Trustees.

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

Like Minds Taranaki – Kaupapa:

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

Regular Publications:

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

Other publications:

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

Specific Programmes and Projects:

Rural Communities:

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

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

Mental Health Awareness Week:

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

Support Groups:

- Post Natal Depression
- Real Arts weekly support group

WITT:

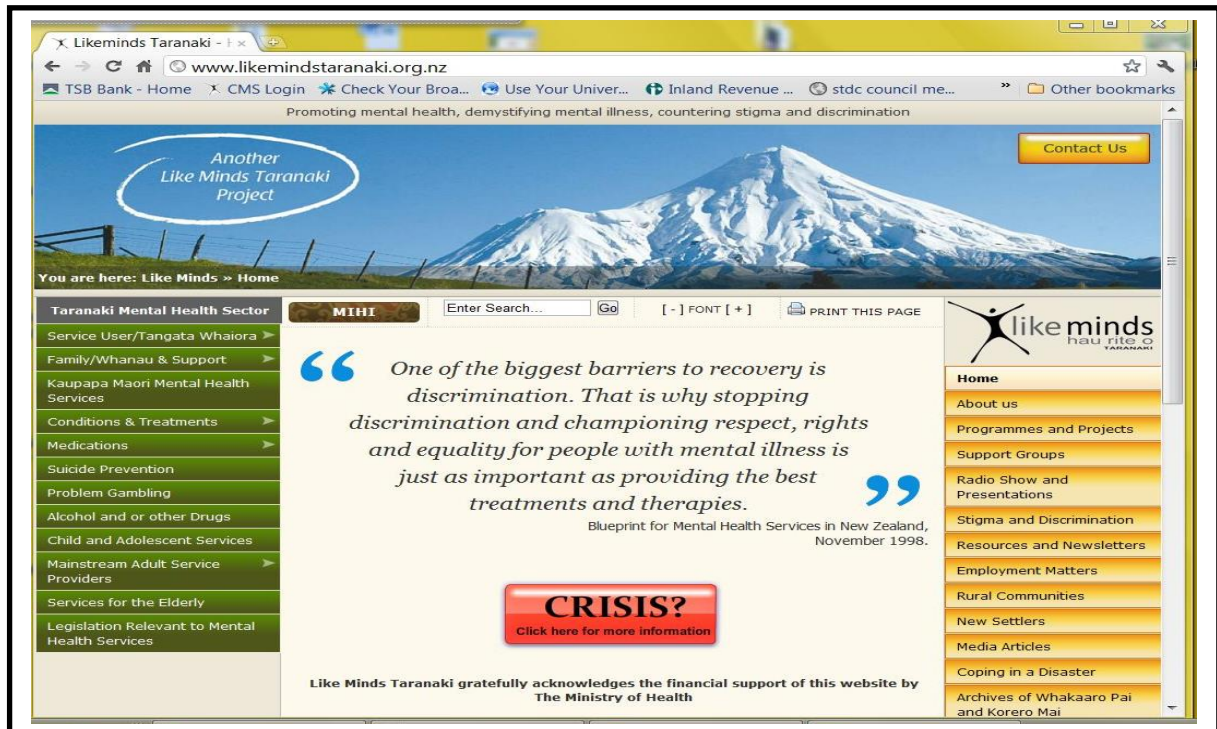
Regular presentations to staff and students of mental health support workers, nursing, social sciences and journalism students

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

Referral service:

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

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



Check out mental health services:

Service Users/Tangata Whaiora:

huge range of relevant information

Family/Whanau Supporters:

huge range of relevant information

Conditions and Treatments:

information sheets for over 20 conditions

Child & Adolescent Services:

Information sheets for over 35 concerns

Legislation:

Over 35 direct links to relevant legislation affecting mental health provision

National and International links:

Over 60 national & 25 international links

Check out mental health promotion:

Like Minds Taranaki programmes & projects:

a wide range of activities

Copies of radio shows and presentations:

Stigma & Discrimination incl. Internalised Stigma.

Information sheets, brochures, articles etc

Current and archives copies of monthly newsletters:

"Korero Mai", "Whakaaro Pai" and "What's On"

Employment Matters – including Workplace bullying:

articles and presentation notes

Rural Sector:

articles and presentations

Brochures and other resources:

a wide range of relevant resource material

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

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



LIKE MINDS TARANAKI

Mental health promotion

Demystifying mental illness

Countering stigma and discrimination

likemindstaranak@likemindstaranaki.org.nz

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

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

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

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.WITTWORKS.ac.nz

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

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