

Directory of Webhealth Youth Services

01 April 2010



About Webhealth

Webhealth (www.webhealth.co.nz) is your free link to your community through 24 hour anonymous access to quality, local, up-to-date information and resources related to a broad health and well-being focus. If you have issues or concerns in your life, you can assist yourself through Webhealth.

We are a DHB funded, not for profit, community service.

Call us on **0800 WEBHEALTH** or email us on **canterbury@webhealth.co.nz**

Disclaimer: It is the responsibility of Service Providers to maintain their details. Webhealth is only as current as the information supplied.



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Quitline
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Right Service Right Time
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Smokechange
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START Incorporated
Stepping Stone Trust
Stopping Violence Services
SWAP Single Women as Parents



Te Korowai Hinengaro Oranga ki Waitaha
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The Lowdown
The Sexual Abuse Centre
Tino Rangatiratanga Taitamariki
Tranquilliser Recovery & New Existence
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Warmline Canterbury
Witnesses to Family Violence Project
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Women's Refuge Otautahi
Workwise Employment Agency
YMCA Education Centre
Youth and Cultural Development (YCD)
Youth Horizons Trust
Youthline



A Career in Maori - Its No Drama

Physical address 21B Forbes Road Tai Tapu
Postal address PO Box 179 Tai Tapu
Postcode 7645
Region Canterbury
Phone (03) 329 6975
Fax (03) 329 6976
Website www.mokowhiti.co.nz/maorihealth
Email admin@mokowhiti.co.nz

Active Canterbury

Physical address 163 - 173 Tuam St
Postal address PO Box 237, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 941 8145 or 0800 ACTIVE (0800 228 483)
Fax (03) 941 8267
Website www.activecanterbury.org.nz
Email maria.moran@activecanterbury.org.nz

Adventure Development Ltd

Physical address 387A Colombo St
Postal address PO Box 7301
District/town Christchurch (and surrounds)
Region Canterbury
Phone (03) 379 7779
Fax (03) 379 7774
Email sue@adventuredevelopment.co.nz

Postal address PO Box 7301, Christchurch
District/town Rangiora (and surrounds)
Region Canterbury
Phone (03) 379 7779
Fax (03) 379 7774
Email sue@adventuredevelopment.co.nz

Adventure Specialties Trust

Physical address 297 Centarus Road
Postal address PO Box 30130, St Martins
Region Canterbury
Phone (03) 3373880
Fax (03) 3373882
Website www.adventurespecialties.co.nz
Email chch@adventurespecialties.co.nz



Al-Anon / Alateen Family Groups

Physical address Community House, 141 Hereford Street
Postcode 8011
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 2219
Email ais_chch@yahoo.com.au

Physical address 2nd Floor, 78 Pitt St, Auckland
Postal address Al Anon General Service Office, PO Box 68 124, Auckland
Region Nationwide
Phone (0508) 425 266
Fax (09) 309 4790
Website www.al-anon.org.nz
Email nz-al-anon-gso@xtra.co.nz

Alcohol & Drug Counselling Centre

Physical address 91 Seaview Mall
Postal address PO Box 18 734
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 388 6438
Fax (03) 388 6488
Email adcc@xtra.co.nz

Alcohol Drug Association New Zealand (ADANZ)

Region Nationwide
Phone Helpline: (0800) 787 797
Website www.adanz.org.nz
Email ada@adanz.org.nz

Postal address PO Box 13 496
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 8626
Fax (03) 377 5600
Website www.adanz.org.nz
Email ada@adanz.org.nz

Alcohol Drug Helpline

Postal address PO Box 13 496, Christchurch
Region Nationwide
Phone (0800) 787 797
Website www.alcoholdrughelp.org.nz
Email ada@adanz.org.nz



Alcoholics Anonymous

Postal address P O Box 5373, Wellesley St, Auckland
Region Nationwide
Phone (09) 366 6688 or (0800) 229 6757 / (0800) AA WORKS
Website www.alcoholics-anonymous.org.nz

Anxiety Support Canterbury

Physical address Level 2, Securities House, 221 Gloucester St
Postal address PO Box 13 167, Christchurch
Postcode 8141
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 9665
Website www.anxietysupport.org.nz
Email info@anxietysupport.org.nz

Arts Access Aotearoa

Physical address Level 3, Toi Poneke Wellington Arts Centre, 61 - 63 Abel Smith St, Wellington
Postal address PO Box 9828, Wellington
Postcode 6141
Region Nationwide
Phone (04) 802 4349
Fax (04) 802 4357
Website www.artsaccess.org.nz
Email artsadmin@artsaccess.org.nz

Ashburton Community Alcohol & Drug Service Inc

Physical address Elizabeth Street
Postal address PO Box 596
Postcode 7740
District/town Ashburton (and surrounds), Ashburton
Region Canterbury
Phone (03) 308 1270
Fax (03) 308 1245
Website www.acads.co.nz
Email acads@xtra.co.nz

Ashburton Safer Community Council

Physical address 57 Cass Street
Postal address 57 Cass Street
District/town Ashburton (and surrounds), Ashburton
Region Canterbury
Phone (03) 308 1395
Fax (03) 308 0419
Website www.saferashburton.org.nz
Email lyn@saferashburton.org.nz



Aukati Kaipapa

Physical address 242 Manchester Street
Postal address PO Box 1475
Postcode 8011
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (0800) 425 700
Fax (03) 374 0499
Website www.aukati.org.nz
Email christine.solomon@cdhb.govt.nz

Big Buddy

Physical address 40 Strid Rd, Te Atatu South
Postal address PO Box 83 031, Edmonton, Waitakere City 0652
Region Nationwide
Phone (09) 838 4448
Website www.bigbuddy.org.nz
Email richard@bigbuddy.org.nz

Bipolar Support Canterbury Inc

Physical address Floor 2, Securities House, 221 Gloucester St
Postal address PO Box 25 068
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 5815
Fax (03) 365 5345
Email bipolarsupport@xtra.co.nz

CAB Chch

Physical address 141 Hereford St
Postal address PO Box 16 271
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (0800) 367 222 or (03) 349 5236
Fax (03) 349 4987
Website www.cab.org.nz
Email cab.christchurcharea.city@xtra.co.nz



CanTeen

Physical address 111 Grafton Rd, Grafton, Auckland
Postal address PO Box 56 072, Dominion Rd, Auckland
Region Nationwide
Phone (09) 303 4444
Fax (09) 303 4433
Website www.canteen.org.nz
Email info@canteen.org.nz

Physical address 20 Cashel St, Christchurch
Postal address PO Box 4613, Christchurch
Region Canterbury
Phone (03) 377 3028
Website www.canteen.org.nz
Email canterbury@canteen.org.nz

Canterbury Community PHO Oral Health Promotion

Physical address 41 Essex St
Postal address PO Box 32 077, Linwood, Christchurch
Postcode 8147
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 9810
Fax (03) 379 9817
Website www.ccpho.org.nz
Email nicola@ccpho.org.nz

Canterbury DHB Adult Community Mental Health Services

Physical address Level 4, Heathcote Building, The Princess Margaret Hospital, Cashmere Road
Postal address PO Box 800, Christchurch
Region Canterbury
Phone (03) 337 7969
Fax (03) 337 7608
Website www.cdhb.govt.nz

Canterbury DHB Child, Adolescent and Family Community Mental Health Services

Region Canterbury
Website www.cdhb.govt.nz

Canterbury DHB Child, Adolescent and Family Inpatient Mental Health Services

Physical address C Block, The Princess Margaret Hospital, Cashmere Road.
Postal address PO Box 800, Christchurch
Region Canterbury



Canterbury DHB Public Health Nursing Service

More information Main Office Burwood Hospital with rural offices in Kaikoura, Rangiora, Lincoln, Akaroa and Ashburton.
Physical address Cnr Mairehau Rd and Burwood Rd
Postal address Canterbury DHB Public Health Nursing Service, Private Bag 4708
Postcode 8104
District/town Christchurch (and surrounds)
Region Canterbury
Phone (03) 383 6877
Fax (03) 383 6878
Email alison.clarke@cdhb.govt.nz

Canterbury DHB Specialist Mental Health Services

Physical address Level 4, Heathcote Building, The Princess Margaret Hospital, Cashmere Rd
Postal address PO Box 800, Christchurch
Region Canterbury
Phone (03) 337 7969
Fax (03) 337 7608
Website www.cdhb.govt.nz

Canterbury Dyslexia

Postal address 86 Hoonhay Valley Rd
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 322 4173
Fax (03) 322 5173
Email btmccgarth@xtra.co.nz

Canterbury Fiji Social Services Trust

Physical address 40 Hillary Crescent, Upper Riccarton
Postcode 8041
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 942 9498
Fax (03) 942 9490
Website www.cfsst.org.nz
Email fiji.social.services@paradise.net.nz

Canterbury Institute of Sport and Health

Physical address 545 Manchester Street
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 2640
Fax (03) 379 2639
Email brianmckphysio@snap.net.nz

Canterbury Men's Centre

More information Behind the Cathedral
Physical address Christchurch Community House, 141 Hereford St
Postcode 8014
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 982 2440
Website www.canmen.org.nz
Email info@canmen.org.nz

Canterbury Parents of Deaf Children

Postal address PO Box 2718
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 383 7799
Website www.deafchildren.org.nz
Email cpodc@yahoo.com

Cashmere Counselling Centre

Physical address 5 Colombo St
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 332 6618
Fax (03) 337 6618
Email cashmerecounselling@xtra.co.nz

Child Hope Childrens Charitable Trust

Postal address PO Box 8239
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 6018
Fax (03) 374 4303
Website www.childhope.org.nz

Christchurch City Mission

Physical address 275 Hereford St
Postal address PO Box 1032
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 0635
Fax (03) 366 7103
Email gray@citymission.org.nz



Christchurch Methodist Mission

More information Central City location. Cnr Chester St West and Durham St
Physical address 309 Durham St
Postal address PO Box 1449
Postcode 8140
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 8839
Fax (03) 366 650
Website www.mmsi.org.nz
Email donna@mmsi.org.nz

Christchurch Community House

Physical address 141 Hereford Street
Postcode 8011
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 3139
Fax (03) 366 8535
Website www.cch.org.nz
Email reception@cch.org.nz

Christchurch Psychology

More information All clinicians operate from their own consulting rooms
Physical address Durham Street, Sydenham
Postal address PO Box 7544, Sydenham, Christchurch
Postcode 8240
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 5262
Website www.christchurchpsychology.co.nz
Email info@christchurchpsychology.co.nz

Christchurch Resettlement Services

Physical address Level 1, 283 Lincoln Rd, Addington
Postal address PO Box 9062, Tower Junction, Christchurch
Postcode 8149
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 335 0311
Fax (03) 335 0312



Christchurch Supergrans

Physical address 65-69 Hampshire St, Aranui 8061
Postal address PO Box 15079, Aranui
Postcode 8643
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 388 6415
Fax (03) 388 6439
Website www.supergrans.org.nz
Email chchsupergran@paradise.net.nz

Christchurch Women's Refuge

More information Offices in Christchurch and Rangiora.
Service all Canterbury from Kaikoura to Ashburton.
Physical address Chaucer Suites, Cashel Mall,
Postal address PO Box 32034
Postcode 8147
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 364 7306
Fax (03) 377 2847
Website www.womensrefuge.co.nz
Email enquiries@womensrefuge.co.nz

Community Development Network Trust

Physical address 44 Elizabeth st, Riccarton
Postcode 8041
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 942 3434
Fax (03) 348 9337
Email cdn@rcc.co.nz

David Garb Counselling

Physical address 236 Springfield Rd, Merivale
Postcode 8005
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 355 6166
Fax (03) 355 6276
Website www.davidgarb.com
Email david.garb@paradise.net.nz

Depression Support Network

Physical address 4th Floor, Latimer View House, 215 Gloucester St
Postal address PO Box 13 167
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 8083
Website depressionsupportnetwork.org.nz
Email admin@dsn.org.nz

Diabetes Christchurch Inc

Physical address Ground Floor, 550 Hagley Ave
Postal address PO Box 2527
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 378 6266
Fax (03) 378 6196
Website www.barnabybee.com
Email janice.high@cdhb.govt.nz

Disability Information Service

Physical address 314 Worcester Street
Postal address PO Box 32 074
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 6189
Fax (03) 379 5939
Website www.disinfo.co.nz
Email dis@disinfo.co.nz

eatfit

Physical address Physiosouth Clinics, Pro-Fitness Gyms
District/town Christchurch (and surrounds)
Region Canterbury
Phone (03) 332 6487
Website www.eatfit.co.nz
Email info@eatfit.co.nz

Eating Awareness Team

Physical address 325 Montreal St
Postal address PO Box 4520
Postcode 8140
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 7725
Fax (03) 366 7720
Email eat@chch.planet.org.nz

Eleazar Family Support Trust

Physical address 43 Browns Road, RD3
Postcode 7473
District/town Rangiora (and surrounds), Rangiora
Region Canterbury
Phone (03) 312 8749
Fax (03) 312 8769
Website www.eleazar.org.nz
Email eleazar@eleazar.org.nz

Enable Works

Physical address 267 Madras Street
Postal address PO Box 22 167
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 3451
Fax (03) 377 3452
Website www.enableworks.co.nz
Email helen@enableworks.co.nz

Endometriosis New Zealand

Physical address Blackheath, 75 Durham St, Sydenham, Christchurch
Postal address PO Box 1673, Christchurch
Postcode 8140
Region Nationwide
Phone (03) 379 7959
Fax (03) 379 7969
Website www.endometriosisnz.org.nz
Email nzendo@xtra.co.nz

Familial Trust

Physical address 6 Wilsons Road
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 981 1093 or (03) 942 1693
Fax (03) 942 1093
Website www.familialtrust.org
Email info@familialtrust.org



Family Planning

Physical address Christchurch Family Planning Clinic, 9 Washington Way, Christchurch 8011
Postal address PO Box 40 113, Christchurch 8142
Region Canterbury
Phone (03) 379 0514
Fax (03) 379 7860
Website www.familyplanning.org.nz
Email national@familyplanning.org.nz

Physical address Rangiora Family Planning Clinic, 205A King St, Rangiora 7400
Region Canterbury
Phone (03) 313 6697
Website www.familyplanning.org.nz
Email national@familyplanning.org.nz

Physical address Aranui Heartlands, 37 - 45 Hampshire St
Postal address PO Box 40 113
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 0514
Website www.familyplanning.org.nz
Email lisa.elliott@familyplanning.org.nz

Physical address Ashburton Family Planning Clinic, Cnr Oak Grove and Elizabeth St, Ashburton 7700
Postal address C/- NZ Post
Region Canterbury
Phone (03) 308 1221
Website www.familyplanning.org.nz
Email national@familyplanning.org.nz

Family Support Agency

Physical address Cnr Albert & High Sts
Postal address PO Box 110
District/town Rangiora (and surrounds), Rangiora
Region Canterbury
Phone (03) 313 3377
Fax (03) 313 3317
Email famsupp@ihug.co.nz

Family Works Southern

More information Ngawi Thompson Centre
Physical address 258 High Street
Postal address PO Box 665
Postcode 7400
District/town Rangiora (and surrounds), Rangiora
Region Canterbury
Phone (03) 313 8588
Fax (03) 313 7424
Website www.familyworks.org.nz
Email NorthCant@psusi.org.nz

More information Linwood Service Centre
Physical address 601 Gloucester Street, Linwood
Postal address PO Box 13171
Postcode 8141
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 373 8280
Fax (03) 381 5226
Website www.familyworks.org.nz
Email hilaryc@psusi.org.nz

More information Trevor Wilson Centre
Physical address 215 Tranced Street
Postal address PO Box 581
Postcode 7740
District/town Ashburton (and surrounds), Ashburton
Region Canterbury
Phone (03) 308 5868
Fax (03) 308 0312
Website www.familyworks.org.nz
Email MidCant@psusi.org.nz

More information Campbell Centre
Physical address 44 Bealey Avenue
Postal address PO Box 13171
Postcode 8141
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 5472
Fax (03) 379 6235
Website www.familyworks.org.nz
Email ps@psusi.org.nz

Father & Child Trust

Physical address 1/369 Hereford Street
Postcode 8011
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 982 2440
Website www.fatherandchild.org.nz
Email enquiries@fatherandchild.org.nz

FPANZ Family Planning Association New Zealand

Physical address 9 Washington Way
Postal address PO Box 40 113, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 0514
Fax (03) 365 5757
Website www.theword.org.nz
Email christchurch@fpanz.org.nz

Gambling Counselling Service

Physical address Level 1 Spicer Building 329 Durham Street
Postal address PO Box 13 094
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 2824 or (0800) 664 262 - available 24 Hours
Website www.pgfnz.org.nz
Email pgf@pgfnz.org.nz

Gambling Helpline

Postal address PO Box 74 592, Market Rd, Auckland 1543
Region Nationwide
Phone (0800) 654 655
Fax (09) 524 3659
Website www.gamblingproblem.co.nz
Email info@gamblingproblem.co.nz

Grandparents Raising Grandchildren Trust NZ

Postal address PO Box 34 892, Birkenhead, Auckland 0742
Region Nationwide
Phone (09) 480 6530
Website www.grg.org.nz
Email office@grg.org.nz

Healthline

Region Nationwide
Phone (0800) 611 116

He Oranga Pounamu

Postal address PO Box 13713
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 353 4370
Website www.hop.org.nz



He Waka Tapu Limited

Physical address 161 Pages Rd
Postal address PO Box 15 037, Aranui
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 373 8150
Fax (03) 381 3207
Website www.hewakatapu.org.nz
Email admin@hewakatapu.org.nz

Home and Family Christchurch

Physical address 221 Manchester St
Postal address PO Box 287, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 5645
Fax (03) 366 7371
Website www.homeandfamily.net.nz
Email info@homeandfamily.net.nz

Hospital Play Specialists

Physical address 153 Mountain Rd, Epsom, Auckland
Postal address PO Box 26 637, Epsom, Auckland 1344
Postcode 1344
Region Nationwide
Phone (09) 630 4158
Website www.hospitalplay.org.nz
Email info@hospitalplay.org.nz



Jobconnect

Physical address 210 Cashel St
Postal address PO Box 22004, Christchurch 8142
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 2903
Fax (03) 961 0798
Email jobconnect@comcare.org.nz

Physical address 210 Cashel Street
Postal address PO Box 22-004
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 2903
Fax (03) 961 0798
Email jobconnect@comcare.org.nz

Physical address 210 Cashel Street
Postal address PO Box 22-004 Christchurch 8142
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 2903
Fax (03) 961 0798
Email jobconnect@comcare.org.nz

K2 Youth Development Trust

More information Located on Level 1 at Community House
Physical address 141 Hereford St
Postal address PO Box 40064
Postcode 8011
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 940 9420
Website www.fyd.org.nz
Email projectk2trust@clear.net.nz

kevinmayall.com Ltd

Physical address 35 Taplin Rd, RD 3, Hamilton
Postal address PO Box 24011, Hillcrest, Hamilton
Region Nationwide
Phone (07) 829 5104
Website www.kevinmayall.com
Email office@kevinmayall.com



Kimihia Learning Centre

Physical address 521 Ferry Rd, Woolston
Postal address PO Box 24034, East Linwood, Christchurch
Postcode 8642
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 389 1800
Fax (03) 389 1807
Email kay.sullivan@klc.school.nz

Kingdom Resources

Physical address Addington Mall, 300 Lincoln Rd, Addington
Postal address PO Box 33-285, Barrington, 8244
Postcode 8024
District/town Christchurch (and surrounds)
Region Canterbury
Phone (03) 332 1700
Fax (03) 332 1600
Website www.kingdomresources.org.nz
Email kr@kingdomresources.org.nz

Kiwi Family Trust

More information We are located upstairs on the first floor at 140a Lichfield St, Christchurch between Manchester
Physical address Level 1, 140a Lichfield St, Christchurch 8011
Postal address PO Box 22332, High St, Christchurch 8142
Postcode 8011
Region Nationwide
Phone (0508) 543 375 or (03) 963 8030
Fax (03) 963 8050
Website www.kiwifamilytrust.org
Email barb@kiwifamilytrust.org

Kiwi Families

Postal address PO Box 17319, Karori, Wellington
Region Nationwide
Phone (04) 476 6302
Website www.kiwifamilies.co.nz
Email admin@kiwifamilies.co.nz

Launchpad

More information Level 5, Community House
Physical address 141 Hereford Street
Postal address PO Box 1816, Christchurch
Postcode 8100
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 4551
Fax (03) 366 8535
Website www.launchpad.org.nz
Email administrator@launchpad.org.nz

Life Church

Physical address 34 A Hansons Lane
Postal address PO Box 6473, Christchurch, 8442
Postcode 8041
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 343 4935
Fax (03) 343 4933
Website www.lifechch.org.nz
Email admin@lifechch.org.nz

Mental Health Education & Resource Centre

Physical address 2nd Floor, Securities House, 221 Gloucester St
Postal address PO Box 13 167
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 5344
Fax (03) 365 5345
Website www.mherc.org.nz
Email mherc@xtra.co.nz



Ministry of Youth Development

Physical address Level 1, Charles Fergusson Building West Block, Bowen St, Wellington
Postal address PO Box 10 300, Wellington
Region Nationwide
Phone (04) 916 3645
Fax (04) 918 0091
Website mydinfo@myd.govt.nz
Email mydinfo@myd.govt.nz

Physical address 141 Hereford Street
Postal address 141 Hereford Street
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 354 0072
Fax (03) 354 0072
Website www.naturalfertility.co.nz
Email cassandraw@naturalfertility.co.nz

Miscarriage Support Auckland Inc.

Postal address PO Box 147 011, Ponsonby
Postcode 1144
Region Nationwide
Phone (09) 378 4060 (Support Line) or (09) 360 4034 (Office phone and fax)
Fax (09) 360 4034
Website www.miscarriage.org.nz
Email support@miscarriagesupport.org.nz

Mokowhiti Consultancy

Physical address 21B Forbes Road Tai Tapu
Postal address PO Box 179 Tai Tapu
Postcode 7645
Region Canterbury
Phone (03) 329 6975
Fax (03) 329 6976
Website www.mokowhiti.co.nz
Email admin@mokowhiti.co.nz

Mothers and Babies Service

Physical address Piness Margaret Hospital, Cashmere Road
Postal address Private Bag 731
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 337 7708
Fax (03) 337 7846
Website www.cdhb.govt.nz

Narcotics Anonymous

Region Nationwide
Phone 0800 NA TODAY (0800 628 632) or (09) 303 1449
Website www.nzna.org/drugproblem/meetingslists
Email nasc@nzna.org

Needle Exchange Programme

Physical address 181A Hereford St
Postal address PO Box 22 478
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 2293
Fax (03) 365 2508
Website www.rwc.org.nz
Email outreach@rwc.org.nz

Nickei Falconer

More information Cnr Montreal and Gloucester Sts,
diagonally opposite the Christchurch Art Gallery.
Physical address The Caretakers Cottage, 325 Montreal St
Postal address PO Box 26-103
Postcode 8148
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 0483
Website www.lifeworkscounselling.co.nz

Nicobrevin Stop Smoking

Postal address PO Box 28 545
Region Nationwide
Phone (0800) 800 177
Website www.nicobrevin.com
Email info@nicobrevin.com

Noeline Ellis

Physical address 165 Bealey Avenue
Postcode 8014
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 4132
Fax (03) 366 4135
Website www.goalscentre.co.nz
Email info@goalscentre.co.nz

NZAAHD - New Zealand Aotearoa Adolescent Health & Development

Physical address Level 5, Education House, 178 Willis St, Wellington
Postal address PO Box 27326, Wellington, 6141
Region Nationwide
Phone (04) 382 9944
Fax (04) 384 4003
Website www.nzaahd.org.nz
Email admin@nzaahd.org.nz

Oasis Centre for Problem Gambling

Physical address Community Services, 196B Williams St
Postcode 8013
District/town Christchurch (and surrounds), Kaiapoi
Region Canterbury
Phone (03) 365 9659
Fax (03) 365 7585
Website www.salvationarmy.org.nz/here-to-help/addictions/oasis-centres
Email oasis_christchurch@nzf.salvationarmy.org

More information Rangiora
Physical address 126 Bealey Ave
Postcode 8013
District/town Rangiora (and surrounds), Rangiora
Region Canterbury
Phone (03) 365 9659
Fax (03) 365 7585
Website www.salvationarmy.org.nz/here-to-help/addictions/oasis-centres
Email oasis_christchurch@nzf.salvationarmy.org

More information c/- ACADS, Ashburton Hospital
Physical address Elizabeth St
Postcode 8013
District/town Ashburton (and surrounds), Ashburton
Region Canterbury
Phone (03) 308 1270
Fax (03) 365 7585
Website www.salvationarmy.org.nz/here-to-help/addictions/oasis-centres
Email oasis_christchurch@nzf.salvationarmy.org

Odyssey Youth Service

Physical address 98 Greers Rd
Postal address PO Box 34009
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 357 1881
Email odyssey.youth.serv@xtra.co.nz



Office of the Children's Commissioner: Manaakitia a Tatou Tamariki

Physical address 86 - 90 Lambton Quay, Wellington
Postal address PO Box 5610, Wellington
Region Nationwide
Phone (0800) 224 453
Fax (04) 471 1418
Website www.occ.org.nz
Email children@occ.org.nz

Optimax Marketing - FREE Pregnancy Survival Kits

Postal address PO Box 1030, Cambridge
Region Nationwide
Phone (0800) SURVIVAL KITS (0800 787 848)
Email freekits@quicksilver.net.nz

Outward Bound Trust of New Zealand

Physical address 40 Panama St, Wellington
Postal address PO Box 25274, Panama St, Wellington
Region Nationwide
Phone (0800) OUTWARD or (0800) 688 927
Fax (04) 472 8059
Website www.outwardbound.co.nz
Email info@outwardbound.co.nz

Oxford Community Trust

Physical address 37 Main St, Oxford
Postcode 7430
District/town Rangiora (and surrounds), Oxford
Region Canterbury
Phone (03) 312 3006
Fax (03) 312 3007
Email jo@oxfordtrust.co.nz

Pacific Island Evaluation

Physical address 369 Wilsons Road
Postal address PO Box 10185
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 1458
Fax (03) 365 4197
Website www.pievaluation.org
Email info@pievaluation.org



Pacific Trust Canterbury

Physical address 163 Worcester St
Postal address PO Box 13 285
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 3900
Fax (03) 366 3901
Email info@pacifictrust.co.nz

Pacific Young Parents and Youth Support Service

Physical address 349 Woodham Rd
Postal address PO Box 24127 Eastgate
Postcode 8642
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 386 2159 ext 717
Fax (03) 386 2158
Website www.sjog.org.nz
Email rubi.lagatule@sjog.org.nz

Papanui Youth Development Trust

Physical address 1A Harewood Road, Papanui
Postcode 8053
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 354 9381
Website www.pyd.org.nz & www.tekoru.org.nz
Email office@pyd.org.nz

Parents Inc

Region Nationwide
Website www.parentsinc.org.nz

P.A.T.H.S - Post Abortion Trauma Healing Services

More information Based in the Christchurch area. We have counsellors in other regions.
Postal address PO Box 1557, Christchurch
Postcode 8040
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 7710
Website www.postabortionpaths.org.nz
Email admin@postabortionpaths.org.nz

PEGS

More information Partnership Health Canterbury General Practice teams
Physical address Throughout Canterbury
District/town Christchurch (and surrounds)
Region Canterbury



Petersgate Counselling Centre

Physical address 29 Yaldhurst Rd, Upper Ricarton
Postal address PO Box 6088
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 343 3391
Website www.petersgate.org.nz
Email petersgated@ihug.co.nz

Pillars Inc.

Physical address 2/48 Lismore Street, Waltham
Postal address PO Box 10-290
Postcode 8145
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 3990
Fax (03) 377 3991
Website www.pillars.org.nz
Email enquiries@pillars.org.nz

Pregnancy Counselling Services

Postal address PO Box 4278 Christchurch
Postcode 8140
Region Canterbury
Phone (03) 338 3057 & (0800) 773 462
Fax (03) 365 8835
Website www.pregnancy-cs.org.nz
Email pcscounsellor@maxnet.co.nz



Presbyterian Support

Physical address Linwood Service Centre, 601 Gloucester St
Postal address PO Box 13171, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 373 8280
Fax (03) 381 5226
Website
www.ps.org.nz/site/Upper_South_Island/Services/Elderly_Care/Default.aspx
Email hilaryc@psusi.org.nz

Physical address Trevor Wilson Centre, 215 Tancred St
Postal address PO Box 581, Ashburton
District/town Ashburton (and surrounds), Ashburton
Region Canterbury
Phone (03) 308 5868
Fax (03) 308 0312
Website www.ps.org.nz/uppersouthisland/
Email MidCant@psusi.org.nz

Physical address 44 Bealey Ave
Postal address PO Box 13171, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 5472
Fax (03) 379 6235
Website www.ps.org.nz/uppersouthisland
Email ps@psusi.org.nz

Physical address Ngawi Thompson Centre, 258 High St
Postal address PO Box 665, Rangiora
District/town Rangiora (and surrounds), Rangiora
Region Canterbury
Phone (03) 313 8588
Fax (03) 313 7424
Website
www.ps.org.nz/site/Upper_South_Island/Services/Elderly_Care/Default.aspx
Email NorthCant@psusi.org.nz



Problem Gambling Foundation of New Zealand

Physical address 128 Kyber Pass Rd, Grafton, Auckland
Postal address PO Box 8021, Symonds Street, Auckland 1150
Region Nationwide
Phone (0800) 664 262
Fax (09) 368 1540
Website www.pgfnz.org.nz
Email pgf@pgfnz.org.nz

Physical address 1st Floor, Spicer Building 329 Durham St, Christchurch
Postal address PO Box 13 094, Armagh, Christchurch 8141
Region Canterbury
Phone (03) 379 2824
Fax (03) 379 4334
Website www.pgfnz.org.nz
Email david.coom@pgfnz.org.nz

Quitline

Postal address PO Box 12 605, Wellington
Region Nationwide
Phone (0800) 778 778
Website www.quit.org.nz
Email quit@quit.org.nz

REAL STEPS Trust

More information Safe and confidential meeting rooms
Physical address 801b Main North Road, Belfast
Postal address PO Box 60, Belfast
Postcode 8051
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 323 7837
Fax (03) 323 7214
Website www.realstepstrust.org.nz
Email nyrene@realstepstrust.org.nz



Relationship Services

More information Christchurch and Rangiora
Physical address Level 5/ 249 Madras St
Postal address PO Box 1018, Christchurch
Postcode 8013
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 8804
Fax (03) 365 1449
Website www.relationships.org.nz
Email christchurch@relationships.org.nz

More information Ashburton
Physical address 143 Tancred St
Postcode 7700
District/town Ashburton (and surrounds)
Region Canterbury
Phone (03) 308 9328
Fax (03) 308 9386
Website www.relationships.org.nz
Email ashburton@relationships.org.nz

Right Service Right Time

Physical address Christchurch Methodist Mission, 309 Durham Street
Postal address Right Service Right Time, PO Box 1449
Postcode 8140
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (027) 654 7788
Fax (03) 963 6384
Website www.rightservice.org.nz
Email info@rightservice.org.nz

Safecare

Physical address 391 Durham St North
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 5401
Fax (03) 377 5401
Website www.sast.org.nz
Email sast@sast.org.nz

St John of God Waipuna

Physical address 349 Woodham Rd
Postal address PO Box 24 127
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 386 2159
Fax (03) 386 2158
Website www.sjog.org.nz
Email waipuna@sjog.org.nz

Smokechange

Physical address Level 3, 161 Kilmore Street
Postal address P O Box 13-864, Armagh
Postcode 8141
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 9947
Fax (03) 379 9946
Website www.smokechange.co.nz
Email info@smokechange.co.nz

SPELD NZ (Inc.)

Region Nationwide
Phone (0800) FORSPELD (0800 36777353)
Website www.speld.org.nz

Skylight

Physical address 2nd Floor, National Bank Building, Cnr Green and Riddiford St, 142 - 143 Riddiford St, Newtown, Wellington South
Postal address PO Box 7309, Wellington South
Region Nationwide
Phone (0800) 299 100 or (04) 939 6767
Fax (04) 939 4759
Website www.skylight.org.nz
Email info@skylight-trust.org.nz

Sport Canterbury

Physical address Sportsouse, QEII Park, Travis Road, New Brighton
Postal address PO Box 2606, Christchurch 8140
Postcode 8083
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 373 5060
Fax (03) 387 0284
Website www.sportcanterbury.org.nz
Email sport@sportcanterbury.org.nz

Spreydon Baptist Church

Physical address 244 Lyttelton Street, Spreydon
Postal address PO Box 33048, Barrington
Postcode 8244
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 338 4163
Fax (03) 338 4325
Website www.spreydon.org.nz
Email info@spreydon.org.nz

START Incorporated

Physical address 144 Westminster St, St Albans
Postal address PO Box 21-022
Postcode 8143
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 355 4414
Fax (03) 355 5804
Website www.starthealing.org
Email starthealing@xtra.co.nz

Stepping Stone Trust

More information Administration office
Physical address 125 Colombo St
Postal address PO Box 12 219, Christchurch
Postcode 8242
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 337 6644
Fax (03) 337 6648
Website www.stepstone.org.nz
Email stepstone@xtra.co.nz

Stopping Violence Services

Physical address 3rd Floor, 160 Manchester St
Postal address PO Box 774, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 365 6266
Fax (03) 365 6180
Website www.angermanagement.org.nz
Email svs-chch@xtra.co.nz

SWAP Single Women as Parents

Physical address 70 Springfield Road, St Albans
Postal address PO Box 21366, Edgware
Postcode 8143
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 8540
Fax (03) 365 4009
Website www.swap-inc.co.nz
Email swapinc@xtra.co.nz

Te Korowai Hinengaro Oranga ki Waitaha

Physical address 21B Forbes Road Tai Tapu
Postal address PO Box 179 Tai Tapu
Postcode 7645
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 329 6975
Fax (03) 329 6976
Website www.tkhow.org.nz
Email admin@mokowhiti.co.nz

The GOALS Centre

Physical address 165 Bealey Avenue
Postcode 8014
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 4132
Fax (03) 366 4135
Website www.goalscentre.co.nz
Email info@goalscentre.co.nz

The Lowdown

Region Nationwide
Website www.thelowdown.co.nz
Email team@thelowdown.co.nz

The Sexual Abuse Centre

Physical address 159A Gloucester St
Postal address PO Box 4593
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 364 7324
Fax (03) 365 3626
Website www.sexualabuse.co.nz
Email thesexualabusecentre@xtra.co.nz

Tino Rangatiratanga Taitamariki

Physical address Level 1, 219 Federal St, Auckland CBD
Postal address PO Box 7657, Wellesley St, Auckland
Region Nationwide
Phone (09) 309 6967
Fax (09) 307 5243
Website www.youthlaw.co.nz
Email info@youthlaw.co.nz



Tranquiliser Recovery & New Existence

Physical address 213 The Cranmer Centre, Cnr Montrael and Armagh Sts
Postal address PO Box 13 599
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 0598
Fax (03) 365 6620
Email tranx@actrix.co.nz

Waimakariri Community Development Trust

Physical address 7 Albert St
Postal address PO Box 409
District/town Rangiora (and surrounds), Rangiora
Region Canterbury
Phone (03) 310 6375
Fax (03) 310 6375
Email wcdt.lesley@xtra.co.nz

Warmline Canterbury

Physical address Comcare Trust 261 Lichfield St Christchurch
Postal address PO Box 22 004 Christchurch
Postcode 8142
Region Canterbury
Phone (03) 379 8415 or 0800 89 9276
Website www.warmline.org.nz
Email warmline@comcare.org.nz

Witnesses to Family Violence Project

Physical address 349 Woodham Rd
Postal address PO Box 24127 Eastgate
Postcode 8642
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 386 2159 ext 717
Fax (03) 386 2158
Website www.sjog.org.nz
Email rubi.lagatule@sjog.org.nz

Women's Health Information Centre

Physical address 2nd Floor, 115 Cashel Mall, entrance next to Whitcoulls
Postal address PO Box 326, Christchurch
Postcode 8140
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 379 6970 or (0800) 379 6970 or text (027) 379 6971
Website www.womenshealthinfo.co.nz
Email whic@womenshealthinfo.co.nz

Women's Refuge Otautahi

Postal address PO Box 13 299
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 352 6817
Fax (03) 379 6918
Email owr@xtra.org.nz

Workwise Employment Agency

Physical address 279 Cashel St, Christchurch
Postal address PO Box 22 508, High St, Christchurch 8142
Region Canterbury
Phone (03) 365 9989
Fax (03) 365 7781
Website www.workwisetrust.co.nz
Email deborah.browne@workwise.org.nz

YMCA Education Centre

Physical address 48 Lichfield St
Postal address PO Box 2004, Christchurch
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 377 2174
Fax (03) 377 2175
Website www.ymcachch.org.nz
Email training@ymcachch.org.nz

Youth and Cultural Development (YCD)

Physical address 212 Cashel Street Through to 23 Bedford Road
Postal address PO Box 13393
Postcode 8141
District/town Christchurch (and surrounds), Christchurch
Region Canterbury
Phone (03) 366 0866
Fax (03) 366 8466
Website www.ycd.co.nz
Email ycd@ycd.co.nz

Youth Horizons Trust

Physical address 42 Vestey Drive, Mt Wellington
Postal address PO Box 22 365, Otahuhu, 1640
Postcode 1060
Region Nationwide
Phone (09) 573 0954 or (0800) 375 210
Fax (09) 573 0959
Website www.youthorizons.org.nz
Email office@youthorizons.org.nz

Youthline

More information

Physical address

Postal address

Postcode

Region

Phone

Fax

Website

Youthline Nationwide

13 Maidstone Street, Auckland

PO Box 8670, Symonds Street, Auckland

1021

Nationwide

Helpline 0800 376 633 or (09) 376 6645

(09) 376 6650

www.youthline.co.nz

More information

Postal address

District/town

Region

Phone

Fax

Website

Email

Youthline Central South Island

PO Box 1454, Christchurch

Christchurch (and surrounds)

Canterbury

(03) 379 4795 (Counselling Line: (03) 379 4794 or 0800 37 66 33)

(03) 379 4791

www.youthline.co.nz

tina.youthline@xtra.co.nz

