

National and Hawkes Bay Emergency Numbers

General Support

- Choices 0508 942 628
- Depression Helpline 0800 111 757 or FREE text 4202 – to talk to a trained counsellor
- Depression www.depression.org.nz
- Directions Youth Health Centre 0800 967 742
- Emergency Mental Health 0800 112 334
- He Waka Tapu 0800 439 276 (for men)
- Healthline 0800 611 116 – for advice from trained registered nurses
- Kids Line 0800 543 754
- Life Line 0800 543 354 or FREE Text 4357
- Need to Talk 1737
- Samaritans 0800 726 666 for confidential support for anyone who is lonely or in emotional distress
- Tautoko Suicide Crisis Helpline 0508 828 865
- What's Up 0800 942 8787
- Women's Refuge Crisis Line 0800 733 843
- Youthline 0800 376 633 FREE text 234, E-mail talk@youthline.co.nz

Food Banks

- Nourished for Nil 0508 3663 73723
- Camberley, 703 Kiwi St Monday 3-4pm
- Flaxmere 06 879 5828, 30 Swansea Rd Friday 5-6pm
- Napier 06 844 4941, 30 Cranby Cres Tues/Thurs 4-5pm
- Hastings – Mon/Wed/Fri 4:30 – 5:30pm and Thurs from 10am – 11am (Seniors) Phone interviews only before 10:30am – pick up 11:30-12:30 from Budget First (Note: the office opens 10am on Tuesday). Unable to provide face to face services to unvaccinated clients under the red traffic light though will offer phone appointments
- Salvation Army Hastings 06 8765771 opens Tuesday 12:30 – 2pm. Clients must phone to arrange food parcel)

Covid Support - Self-Isolation

- Age Concern HB 022 459 7612 or manager@ageconcern.co.nz
- Age Concern Napier 06 8421 346 or cw@ageconcernhb.org.nz
- Hikoi Koutou Trust 021 249 0991 or hokianga@xtra.co.nz
- Kainga Pasifika 022 622 9552 or siliop@kaingapasifika.org.nz
- Kingsforce 021 056 4295 or covid19@kingsforce.org.nz
- Multi-Cultural Association HB 022 569 7065 or communityconnector@mcahb.org.nz
- Rongomaiwahine Iwi Charitable Trust (Mahia) 0800 100 967 or koreromai@rongomaiwahine.iwi.nz
- Te Iwi o Rakaipaaka Inc (Nuhaka) 027 213 7784 or info@ngatirakaipaaka.iwi.nz
- Te Taiwhenua o Heretaunga 0800 942 5265 or wakamana@TTOH.iwi.nz

- Te Taiwhenua o Te Whanganui a Orotu 0800 512 337
- Te Taiwhenua o Tamatea 027 347 4233 or referrals@tamatea.org
- Te Whare Marie o Tapuwae (Wairoa) 027 245 072 or Reremoana.houkamau@twmot.co.nz
- Work and Income 0800 512337 8am-8pm 7days a week

