

Need Support or Info?

Resources & Services for Parents & Caregivers of Young People

PLEASE NOTE: this list is still in development stages and is not a complete list of resources available for parents and young people.

This information is mainly for parents of 12-25 year olds

Your GP/Dr could be the first service to contact for any issues to do with:

- Stress/mental health
- Alcohol/drugs
- Relationships

For legal issues, you can get FREE legal support and advice from:

- Nelson Bays Community Law Service Inc, Ph: (03) 548 1288 or 0800 246 146

Otherwise contact the following:

- Citizens Advice Bureau, Ph: (03) 548 2117 or 0800 FOR CAB (0800 367 222)
- NMDHB Alcohol & Other Drug Service, Ph: (03) 546 1994
- Relationship Services, Ph: 0800 735 283

More links to service providers can be found:

- in the FOUND Directory: www.found.org.nz
- Nelson Bays Primary Health Organisation's Youth Health Directory: www.bewell.org.nz/youthhealth



We have a **Parents Information** mailing list to inform parents of news items such as:

- Opportunities for parents, eg forums, trainings, support groups etc
- Opportunities for young people, eg courses, holiday programmes etc

Please contact us with "**Parent Info**" in the subject line if you would like to join our email list, or receive updated versions of the list when it is added to.

Contacts:

Rosey Duncan, Health Promoter: CAYAD Project Ph: (03) 548 2798 x 3
roseyd@healthaction.org.nz

Edwina Takao, Administrator: Health Action Trust Ph: (03) 548 2798 x 0
weenie@healthaction.org.nz

MENTAL / EMOTIONAL HEALTH

If a parent has serious concerns that a child/youth has serious suicidal intent, or their life may be at risk, contact the Police on 111.

If they have serious concerns, then they can call CAMHS, or for those 18 years and over they can call the Mobile Community Team (MCT) – both these services are accessed via Nelson Hospital switchboard on (03) 546 1800.

If there are concerns but the risk doesn't seem to be high then they are best to contact their GP or after hours doctor. Any threat of suicide should be taken seriously and referred to a professional.

- **Early Intervention in Psychosis**

Offers family support group to family members of clients accessing their service AND welcome enquiries from concerned parents

The Early Intervention Service
39 Bridge Street, Nelson

Ph: (03) 539 3709 – Monday to Friday, 8.00am to 4.00pm

Website: <http://www.nmdhb.govt.nz/EIS.aspx>

- **Headspace**

Website: www.headspace.org.nz

Website helping young people and their families deal with stress

- **Lifeline**

Website: www.lifeline.co.nz

Lifeline are now able to offer up to 10 free face-to-face counselling sessions

Ph: (03) 546 8899 or 0800 543 354

- **Motueka Women's Support Link**

Ph: (03) 528 8161 – 24 hr phone line

- **National Depression Initiative**

Website: www.depression.org.nz

This is the website John Kirwan fronts, and it aims to help NZ'ers recognise and understand depression, encourages people to seek appropriate help, and offers resources for health professionals.

Ph: 0800 111 757

- **No Bully**

Website: www.nobully.org.nz

An older website with resources and information re bullying mostly while still at school with information for both young people and parents – a combined Telecom/Police initiative

Ph: 0800 66 28 55 (0800 NOBULLY)

- **Racial Incidents**

Website: www.speakout.org.nz

A reporting system for racist incidents in Nelson/Tasman (in an emergency dial 111, ask for Police, and tell them where you are)

Ph: 0508 773 256

- **Relationship Services**

Website: www.relate.org.nz

Ph: 0800 735 283

- **SASH – Sexual Abuse Support & Healing**

Ph: (03) 548 2407

Email: sash-nelson@ts.co.nz

- Skylight** Website: www.skylight.org.nz
Skylight offers a range of services to support those facing tough times of change, loss, trauma and grief – whatever the cause, whatever the age
 Ph: 0800 299 100 or (04) 939 6767
- Stopping Violence Services**
10-week programme called Under8teen – working with 13-17 year olds who are using violence in their relationships : 10 x 1:1 free sessions
 PO Box 896, Nelson
 Ph: (03) 548 3850 Email: manager@svsnn.org.nz
- Suicide Prevention Information NZ (SPINZ)** Website: www.spinz.org.nz
Helpful information for parents/caregivers. SPINZ is a national informational service run by the Mental Health Foundation
- The Lowdown** Website: www.thelowdown.co.nz
Designed to help young NZ'ers understand and deal with depression
 Free Text: 5626 (for help)
- The Male Room** Ph: (03) 548 0403
 St Vincent Street, Nelson
- What's Up** Website: www.whatsup.co.nz
National free phone counselling service for 5-18 year olds
 Ph: 0800 WHATSUP (0800 942 8787)
 Midday to Midnight – 7 days a week
- Women's Refuge** Ph: (03) 548 3353
 Email: staff.whakatu.refuge@xtra.co.nz
- Youthline** Ph: 0800 376 633 Website: www.youthline.co.nz

LEGAL ISSUES

- BUWT**
Beneficiaries and Unwaged Workers Trust – advisory and educational service.
Open Monday to Thursday, 9.30am to 3.30pm
 83 Buxton Square, PO Box 926, Nelson
 Ph: (03) 548 8171 Email: buwtcs@xtra.co.nz
- Nelson Bays Community Law Service Inc**
Free legal service
 241 Hardy Street, PO Box 1110, Nelson
 Ph: (03) 548 1288 or 0800 246 146
 Text: 027 298 2796 Email: peter@nelsoncommunitylaw.org.nz
- NZ Police** Ph: (03) 545 9817
Youth and Families Worker, Nelson (Rob Griffiths)

- **Parent Legal Information Line (PLINFO)**
A service offered by the Wellington Community Law Centre and funded through the Office of the Commissioner for Children
Ph: 0800 499 488
Website: www.communitylaw.org.nz/The-Parents-Lega.68.0.html
- **YouthLaw** Website: www.youthlaw.co.nz
Free legal advice for under 25's
Ph: 0800 884 529 (0800 UTHLAW)

PHYSICAL / LEARNING BARRIERS

- **Autism NZ Inc.** Website: www.autismnz.org.nz
Provides support, training, advocacy, resources and information of Autism Spectrum disorders
Ph: 0800 288 476 (0800 AUTISM)
- **CCS Disability Action** Website: www.ccsdisabilityaction.org.nz
Child, youth and family support for range of people with disabilities
65 Trafalgar Street, PO Box 586, Nelson
Ph: (03) 548 4479
- **Parent to Parent** Website: www.parent2parent.org.nz
Support and information network for parents/whanau/caregivers of children and family members who have disabilities, health impairments or special needs.
Support is provided voluntarily by trained support parents who have a child with the same or similar needs
Ph: (03) 546 8973
- **SPELD** Website: www.speld.org.nz
Information website for those dealing with dyslexia, dyspraxia, ADHD and other learning disabilities
- **Support Works**
Supporting young people from age 15 who have disabilities with their transition from College
1 Harley Street, Nelson
Ph: (03) 546 3980 or 0800 244 300
Website: www.nmdhb.govt.nz/SupportWorks.aspx
Email: support.works@nmdhb.govt.nz
- **Workbridge** Website: www.workbridge.co.nz
A free, professional employment agency for people with all types of disabilities, injury or illness, where the effects are likely to last more than 6 months
Ph: 0508 858 858
- **Workstar** Website: www.workstar.co.nz
A free, specialist supported employment agency offering a complete professional employment service with unlimited ongoing support
70 Waimea Road, Nelson
Ph: (03) 546 9206

ALCOHOL & OTHER DRUGS

Some helpful hints if someone you know has a problem with drugs/alcohol:

1. Be prepared to admit that alcohol and tobacco are harmful drugs. Children know this and if you deny it, your child isn't likely to accept any advice you give.
2. It is important to try to maintain an open mind. Your child should feel confident talking about drug use without the fear of rejection.
3. Make it clear that you cannot approve of drug using behaviour but that you still love your child.
4. Don't try to cover up a drug problem. It may need outside advice and help and the sooner this occurs the better. It is easier to change new behaviour than a chronic problem.
5. Be alert to the signs of drug use. Find out the facts about drugs so you don't confuse facts with rumours.

Remember – many young people are involved only briefly. However, wanting to use drugs all the time means something is wrong and you should not ignore it.

- **ALAC – Alcohol Advisory Council NZ**

Alcohol Drug Helpline and support - Open 10.00am to 10.00pm, 24/7

Ph: 0800 787 797

Website: www.alcoholdrughelp.org.nz

or www.alcohol.org.nz

or www.likeadrink.org.nz

- **Drug Help**

Ph: 0800 787 797

Website: www.drughelp.org.nz

- **Meth Help**

Ph: 0800 787 797

Website: www.methhelp.org.nz

- **Nelson Marlborough Alcohol & Other Drug Service – Youth Counsellor**

Providing education, counselling and advice for those with alcohol/drug problems, and family members concerned about another's use

Nelson Marlborough District Health Board

31 Pascoe Street, Tahunanui, Private Bag 18, Nelson

Ph: (03) 546 1994

Email: alice.evatt@nmdhb.govt.nz

- **Te Awhina Marae o Motueka – Alcohol & Other Drug Service – Youth Counsellor**

133 Pah Street, Motueka

Ph: (03) 528 6061

Email: Jason.duff@tam.org.nz

- **Te Kahui o Ngati Koata Trust – Social Services**

30 Vanguard Street, PO Box 63, Nelson

Ph: (03) 546 8018

Email: tekahui@aod@koata.iwi.nz

HEALTH / SEXUAL HEALTH / TEENS AS PARENTS

- **Baby Web NZ** Website: www.babywebnz.org
Directory for pregnancy, childbirth and parenting web sites – by Helen Pulford (midwife and childbirth educator)
- **Barnardos** Website: www.barnardos.org.nz
Provide home-based support to children and their families (Childcare, Social Skills, Counselling). Support services for children and families (Childcare, Parent Education, Social Skills Training, Counselling, “Footsteps to Feeling Safe courses)
Ph: (03) 539 0019 or 0800 BARNARDOS
- **Birth Resources NZ** Website: www.birthresources.org
A website for people interested in pregnancy, birth, babies and parenting
- **Family Start Nelson** Ph: (03) 545 8931
The wellbeing of children, positive parenting and improved circumstances for parents
- **Health Line**
24hr telephone health advice service staffed by registered nurses, contracted to Ministry of Health
Ph: 0800 611 116 Website: www.healthline.govt.nz
- **Independent Nursing Practice** Website: www.inp.co.nz
Specialised female doctors and nurses are here to help women and men, from adolescence to mature age, in those areas of your life which are often the most difficult to talk about.
18 Nile Street, PO Box 985, Nelson
Ph: (03) 546 8155
- **Plunket** Website: www.plunket.org.nz
Royal NZ Plunket Society (Inc.) is a not-for-profit organisation that works in partnership with the community and government to support the development of healthy children in NZ. It offers a nationwide support network for families/whanau. Also, Parents As First Teachers – home-based education programme for families, focusing on development of child and leaning
Ph: (03) 539 5200 (Area Office) or 0800 933 922
Toll free telephone advice service available 24 hours a day, 7 days a week
- **SASH – Sexual Abuse Support & Healing**
Ph: (03) 548 2407 Email: sash-nelson@ts.co.nz
- **Social Work Service, Nelson Marlborough District Health Board**
Pregnant? Worried? Confused? Pregnancy options free counselling. The Social Work service offers a professional, confidential, free service.
Private Bag 18, Nelson
Ph: (03) 546 1272
- **Treasures** Website: www.treasures.co.nz
A NZ website where you can share experiences/stories and gain advice with/from other parents in the Treasures community – also parenting articles, recipes and special offers

- **Open Home Foundation**
The Open Home Foundation provides social services – their mission is to provide quality child-centred, family-focused Christian social services
 Ph: (03) 545 9172 Website: www.ohf.org.nz
- **Parent Help**
This is a 24-hr 7-day a week confidential telephone support service for parents and caregivers
 Ph: 0800 56 88 56 Website: www.parenthelp.org.nz
- **Parents Centre** Website: www.parentscentre.org.nz
We work with parents to equip them with the knowledge and skills and support they require in order to be the best parents they can possibly be
 Ph: 0800 14 BABY (0800 14 2229)
 Email: nelson.d@parentscentre.org.nz
- **Parents Inc.** Website: www.parentsinc.org.nz
Ian & Mary Grant set this information website up, dedicated to making life better for parents and their kids. Offering wide range of programmes to encourage and support parents.
- **Presbyterian Support** Ph: (03) 547 9350
Family Works is an initiative of Presbyterian Support – a social service agency with Christian values working for a just society
- **Strengthening Families** Ph: (03) 539 1170
Interagency case-management for those with kids under 17 years. Cross-sectoral, whole-of-government initiative which uses a structured process for government agencies and community organisations to work together
- **Teen Tools** Website: www.teentools.co.nz
Tools for teenage years – gives parents tools, guidelines and local contacts to assist your children have a safe and happy journey through their teen years
- **Te Kahui o Ngati Koata** Ph: (03) 546 8018
6-week day programme: Parenting courses in Stoke and Nelson, practical tips 1-1 with parents – teaching and empowering parents
- **Youth Transition Services**
A free service assisting school leavers' transition from school into further study, training or employment. One-to-one youth worker assistance
 - Abel Tasman Education Trust
 - Ph: (03) 528 8535
 - Website: www.atet.org.nz
 - Golden Bay Work Centre Trust
 - Ph: (03) 525 8099
 - Website: www.gbworkcentre.org.nz
 - Job Track
 - Ph: (03) 544 2499 (or 0800 JTRACK)
 - Website: www.waimea.school.nz
 - Nelson Tasman Connections
 - Ph: (03) 548 0012
 - Website: www.connections.gen.nz
 - The New Hub
 - Ph: (03) 545 9147
 - Website: www.nelsonhub.org