



We Got You

For free activities for kids in  
Auckland check out

<https://www.aucklandforkids.co.nz>

# Supports and Services West Auckland

December 2025- January 2026

**Kindness Collective**Email: [hello@kindness.org.nz](mailto:hello@kindness.org.nz)**The Christmas Joy Store**

For Christmas gifts, visit the website below to nominate your children or other community members for a visit to The Christmas Joy Store

[www.kindness.org.nz/joystore](http://www.kindness.org.nz/joystore)

**Govt Agencies****MSD Ministry of Social Development**

09 916 3300

**Income Support, Employment and Benefits**

The MSD service centres and contact centres will be closed on the following dates:

Thursday, 25 December – Christmas Day

Friday, 26 December – Boxing Day

Thursday, 1 January – New Year's Day

Friday, 2 January – Day after New Year's Day

For updates on payment dates over the holiday period, visit [www.workandincome.govt.nz](http://www.workandincome.govt.nz) in December.

**Oranga Tamariki- Ministry for Children**

0508 326459

**Te Whānau o Waipareira Trust**

0800 924 942

Supports positive life changes for Whānau.

Contact center is still available over Christmas/New Year Period. Foodbank still open but dates to be confirmed. Please call 0800 number



## **Community**



### **Te Atatu Community Centre & Library**      09 379 2030

Open normal hours including Christmas and New Year's Day. Offering Free Wi-Fi and Computer use. Playground nearby, indoor activities and library for children during the holidays.

---

### **New Lynn Memorial Library**      09 377 0209

They will only be closed on statutory holidays. For Christmas, they have some events planned, along with a summer holiday program.



## HELPING TO SUPPORT WEST AUCKLAND





## **Family harm**

**Are you ok?** 0800 456 450

A site for support and services for family violence.  
[www.areyouok.org.nz](http://www.areyouok.org.nz)

---

**Family Action** 0800 326 327

---

**Victim Support** 0800 842846

---

**Kindred Family Services** 0800 437 033

Helensville

Support for Family Violence/  
Refuge/ Family Harm

---

## **Te Whare O Ngā Tūmanako Māori Women's Refuge**

Information, advice and support about domestic violence as well as (24/7) help in a crisis. Te Whare O Ngā Tumanako tautoko from a Te Ao Māori perspective

**Crisis Line call:** (09) 834 5708  
0800REFUGE (0800 733 843)

---

**Shakti Womens Refuge Trust** 0800 SHAKTI  
(0800742584)

If your life is in immediate danger please call 111.

Call us on our 24/7 multi lingual crisis-line

Email: [crisisline@shakti.org.nz](mailto:crisisline@shakti.org.nz)

Use the website [www.zero.govt.nz](http://www.zero.govt.nz) to access government websites with no data.



## **Mental Health**

**Health West- Te Puna Manawa** 09 839 7480

Open 22-24 December 2025  
Closed 25 -28 December 2026  
Open 29-31 December 2025  
Closed 1-4 January 2026

---

**Youth Health Hub** 0800 562 023

---

**Lifeline** 0800 543 354 OR  
TEXT HELP (4357)  
For free, 24/7, confidential support,  
24 hours a day, 7 days a week

---

**Suicide Crisis Helpline** 0508 828 865 (0508  
TAUTOKO)

---

**Youthline** 0800 376 633 OR FREE  
TEXT 234

---

**What's Up** 0800 942 8787  
For 5 years to 18 year olds

---

**Depression Helpline** 0800 111 757 OR FREE  
TEXT 4202

---

**Anxiety helpline** 0800 ANXIETY

---

**Outline NZ** 0800 688 5463

For the LGBTIQ+ & for anyone questioning their gender identity and/or sexual orientation.

If you need urgent help, dial 111



## **Mental Health**



## **Family Harm**

**Healthline** 0800 611 116  
Call this number to speak to a registered nurse.

---

**Asian Helpline** 0800 862 342

---

**Samaritans Helpline** 0800 726 666

---

**Alcohol Drug Helpline** 0800 787 797  
OR TEXT 8681

---

### **Just a Thought**

For mental health support online in the comfort of your own home. 3 Minute breathing, mindfulness and relaxation videos for anxiety. You'll get to talk to (or text with) a trained counsellor

**Free call or text 1737 any time, 24 hours a day.**

[www.justathought.co.nz](http://www.justathought.co.nz)

---

**Antara Free Natural Health Clinic** 09 834 7987

Counselling and Natural Health Therapies and Remedies  
Closing 19 December 2025 and reopening February 2026

---

**Te Ha** 0800 MTTEHA  
Te Ha Oranga mental health and addiction service. OR 09 420 8523  
Closing 19 December 2025- 12<sup>th</sup> January 2026

**Womens Refuge** 0800 733 843

Our vision is for all women and children in New Zealand to live free from domestic and family violence.

---

**Shine** 0508 744633

Safer Homes in New Zealand  
Everyday. Their aim is to address family violence.

---





**Foodbanks**  
www.foodbank.co.nz



**Foodbanks**  
www.foodbank.co.nz



**Church Unlimited** 09 836 1294 (PRESS OPTION 1)

Closed 19 Dec 2025- 9<sup>th</sup> Jan 2026.  
Open from 9<sup>th</sup> Jan 2026 Tuesday only 12pm-2pm

**Vision West** 09 818 0700/ 0800 664 026

Pataka Closed from 4<sup>th</sup> Dec 2025- 11<sup>th</sup> Jan 2026  
Manaaki Kai Closed 4<sup>th</sup> Dec 2025- 11<sup>th</sup> Jan 2026  
All other services closed 20 Dec 2025- 5<sup>th</sup> Jan 2026

**Te Atatu Foodbank**  
( For Te Atatu Peninsula Residents only )

448 Old Te Atatu Road.  
Pickups are Thursday 12pm-1.30pm  
Book pick up time online:  
<http://calendly.com/teatatufoodbank/30min>

For Christmas hours email:  
[teatatufoodbank@gmail.com](mailto:teatatufoodbank@gmail.com)

Use the website [www.zero.govt.nz](http://www.zero.govt.nz) to access government websites with no data.

**Hope Foodbank** 0800 467375

---

**Support Waitakere** 09 282 0252

---

**The Village Trust** 09 826 5427

---

**Ranui Baptist Church** 09 833 7815

---

**Salvation Army** 09 837 4471

Closed 24<sup>th</sup> Dec 2025- 5<sup>th</sup> Jan 2026



If you need urgent help, dial 111