



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

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



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 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

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

Use the website 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

Antara Free Natural Health Clinic 09 834 7987

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

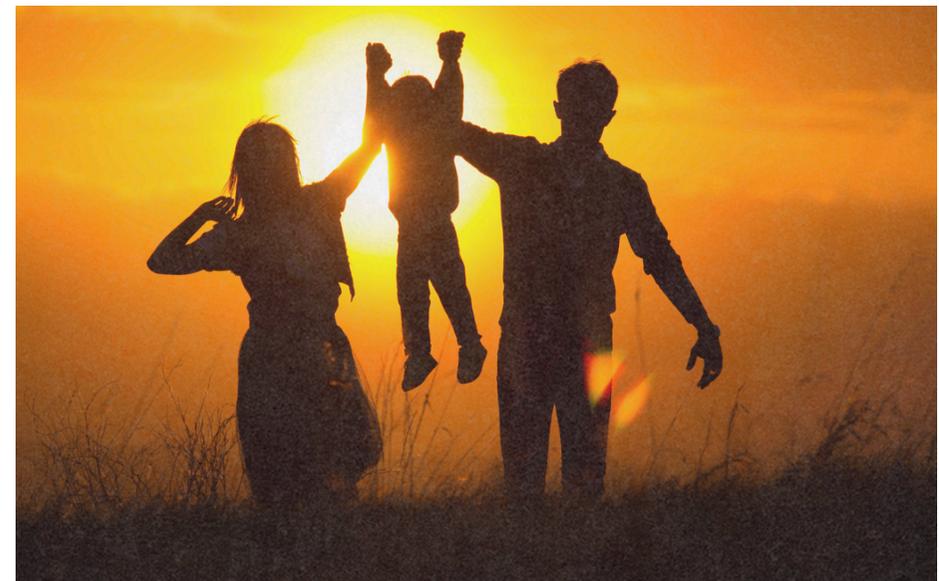
Te Ha 0800 MTTEHA
Te Ha Oranga mental health and addiction service. OR 09 420 8523
Closing 19 December 2025- 12th January 2026

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- 9th Jan 2026.
Open from 9th Jan 2026 Tuesday only 12pm-2pm

Vision West 09 818 0700/ 0800 664 026

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

Use the website 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 24th Dec 2025- 5th Jan 2026



If you need urgent help, dial 111