

## Maaori service?\*

### Te Ātea Marino

- ▶ Manukau
- 📞 09 263 2023 or 09 845 1818

### Raukura Hauora O Tainui

- ▶ Manukau
- 📞 09 263 8040



\*Use Te reo and Maaori kaupapa.  
NB: Waikato-Tainui spelling used

## Pasifika service?\*

### Tupu Pacific Alcohol Drug & Gambling Services

- ▶ Otahuhu, Manukau
- 📞 09 845 1810



\*Uses Pasifika languages and approaches

## Other Alcohol & Drug Counselling services?

### Community Alcohol and Drug Services (CADS)

- ▶ Manukau
- 📞 09 263 2000 or 09 845 1818
- 🌐 [cads.org.nz/services/counselling/](https://cads.org.nz/services/counselling/)

### Auckland Bridge-The Salvation Army -Bridge Manukau

- ▶ Manukau
- 📞 09 638 0803 or 09 638 0824 for referrals

## Plan your next steps:

Which service will you contact?

Who could support you to do this?

Thinking about alcohol & drug counselling?

Get in touch today.

## Alcohol & Drug Counselling Services

**Counselling** helps you to:

- Understand challenges.
- Change what you want in life.

These services are **free** and **confidential** (private).

**You can:**

- Ask to see someone who understands your culture and language.
- Bring your family.
- Ask for a letter to show court.

## Which service do you prefer?



**Mobile:** can meet wherever suits you.



**Walk-in:** you can visit without an appointment.



**After-hours:** some meetings in the evenings or on weekends.



## Support with drink-driving charges?

**CareNZ Ltd**



- ▶ Manukau
- 📞 09 276 7193 or
- 📞 0800 682 468

**Harmony Trust - 'One for the Road'**



- ▶ Manurewa
- 📞 09 636 3449 or
- 📞 0800 183975



## Peer Support\*?

Counselling services which also offer Peer Support:

**CareNZ Ltd**



- ▶ Manukau
- 📞 09 276 7193 or
- 📞 0800 682 468

**Phoenix Centre**



- ▶ Papakura
- 📞 09 296 0983

For a service focused on Peer Support:

**Mahi Marumarū**



- ▶ Manukau
- 📞 09 263 5923

\*Support from people who have had alcohol and drug challenges and have made life changes.

## For more information:

- Ask a lawyer
- *Finding Alcohol & other Drug Support brochure*  
[bit.ly/aodsupport](http://bit.ly/aodsupport)
- Healthpoint  
[healthpoint.co.nz](http://healthpoint.co.nz)

## Interpreting and Translation Service (ITS)

- 📞 09 276 0014
- 📧 [its@cmdhb.org.nz](mailto:its@cmdhb.org.nz)

Free for people using Counties Manukau health services.

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