

What is this resource about ?

The Youth Service Map is designed to help young people access alcohol and other drug (AOD) services, and/or mental health services that best fit their needs. It provides names and contact details, as well as key service offerings of a variety of specialist youth services available in Counties Manukau.

Who is it for?

Anyone working with young people in Counties Manukau who may need help finding AOD or mental health services e.g. school counsellors, nurses, youth workers.

Who are we?

The Counties Manukau AOD Provider Collaborative was formed in 2009 to ensure providers are working together to maximise positive outcomes for AOD clients in Counties Manukau. As a group, we have sponsored several projects focused on improving access and service outcomes for people in Counties Manukau.

Why have we made this resource?

Getting support for substance use and/or mental health issues can be challenging, and confusing. We hope this resource will make the journey less challenging and less confusing for young people seeking help, and for the people they turn to for help.

This resource has been developed by the Counties Manukau AOD Provider Collaborative. For more information, please visit: aodcollaborative.org.nz

Does a young person you know need IMMEDIATE help?

Are they in danger of hurting themselves or other people?

OR

Are they experiencing severe alcohol or drug withdrawal symptoms, which may include (but are not limited to):

- > Abdominal cramping
- > Agitation
- > Cold sweat
- > Suicidal thoughts
- > Delusions
- > Depression
- > Diarrhoea
- > Hallucinations
- > Nausea and vomiting
- > Restlessness
- > Seizures
- > Shaking

IN AN EMERGENCY, PLEASE CONTACT ONE OF THE SERVICES BELOW:

	☎
EMERGENCY	111
Counties Manukau Mental Health Services For urgent, after hours support (5pm-8am and weekends)	0800 775 222 or 09 265 4000
Crisis Line Mental Health	09 261 3700
Healthline	0800 611 116

www.aodcollaborative.org.nz

Youth AOD & Mental Health Services

Counties Manukau



 **AOD Provider Collaborative**
WORKING TOGETHER TO MAXIMISE POSITIVE OUTCOMES

Supported by Odyssey and funded by Counties Manukau Health

Is a young person you know having a rough time?

This service map will help you identify the alcohol, other drug and mental health services available and most suitable for the situation.

Is it around alcohol and/or drugs?

There are a number of **FREE** education and support services in Counties Manukau that can help young people explore their alcohol or drug use, and either make changes, or stop using alcohol or drugs completely:

CADS (Community Alcohol and Drug Service)

Altered High Youth Service

👤 13 to 20 years

☎ (09) 845 1893

🌐 www.alteredhigh.com

We're mobile and support young people/rangatahi affected by substance use in a range of community settings. We involve families/whānau and assertively engage hard to reach young people. Our services include:

- Counselling, family work, groups, detox support
- Treatment for co-existing mental health problems
- Queer and trans-friendly with a specialist LGBTQI clinician
- Mobility – we travel to young people.

CADS Te Ātea Marinō

👤 13 to 18 years

☎ (09) 845 1818

🌐 www.cads.org.nz

A team of Māori workers who are available to support Tangata Whaiora and their whānau whose lives are affected by the use of alcohol and/or drugs. Services include:

- Assessment
- Support and Counselling
- Consultation.

CADS Tupu

👤 13 years +

☎ (09) 845 1810

🌐 www.cads.org.nz

A mobile team of Pacific Island youth clinicians who support Pacific people and their aiga/fanau/magafaoa who have alcohol and/or other drugs and/or gambling issues, problems or questions. Services include:

- Individual counselling and group programmes in English, Samoan, Tongan
- Mobility to travel to youth where it is convenient for them.

Raukura Hauora ō Tainui – Te Oho Ake

👤 12 to 17 years

☎ (09) 263 8040

✉ rangatahireferrals@raukura.com

Guided by Tikanga Māori values, our multi skilled team aim to support and empower rangatahi (youth) to make positive changes through education on alcohol and drugs. Services include:

- Home visits (Manaaki whānau)
- One-to-one mentoring
- Family group conference or court plan support
- Education advocacy
- Community programmes
- Teaching coping skills and life skills.

Stand Up!

🌐 www.stand-up.co.nz

A school or alternative education based service delivered by Youth Odyssey and Youthline working in partnership with school support staff to empower young people to develop positive connections and reduce their substance use. Services include:

- Assessment
- Individual and group support
- Tailored support for the school's needs
- Support for youth leaders.

Youth Odyssey

👤 13 years +

☎ (09) 638 4957

🌐 www.odyssey.org.nz

We work actively with young people, using a blend of positive youth development approaches and proven therapeutic tools, to help build on their strengths to reach their potential. Services include:

- Residential programme (with accredited education provision)
- Mobile community and school-based services
- Individual, group, and family support.

Is it around feeling stressed, angry, or down and out?

There are several services in Counties Manukau that can help young people explore their mental health and wellbeing. In addition to the services below, family doctors and school health services can also help.

Raukura Hauora ō Tainui – Awhi Mai Awhi Atu

👤 A primary mental health service, 12 to 25 years

☎ (09) 263 8040

🌐 www.raukura.org.nz

A Māori cultural, clinical and community service for rangatahi who may have mild to moderate mental health issues, or are at risk of developing a mental health disorder. Services include:

- Kaupapa Māori cultural and clinical assessments and interventions
- Whānau ora approach
- Counselling, mentoring (life skills, fitness, coping skills)
- Education programme tailored to schools, alternative education and private training establishments.

Whirinaki Child, Family and Youth Mental Health

👤 0 to 18 years

☎ (09) 265 4000

🌐 www.healthpoint.co.nz/whirinaki

Whirinaki (meaning to support) is a community based specialist mental health service for children and young people, living within the Counties Manukau region, who are experiencing significant behavioural concerns, psychological concerns and emotional distress.

Youthline

👤 All ages

☎ (09) 361 4168, free helpline 0800 37 6633, free txt 234

🌐 www.youthline.co.nz

Youthline offers a 24/7 phone counselling service. Services include:

- Counselling
- Mentoring
- Seminars, workshops, and training
- Youth development programmes.

Is it both? Are you not sure?

All the services listed can help you in both areas or point you in the right direction to a more appropriate service.

Do they need IMMEDIATE help?

CALL 111 or see the reverse for alternative contacts.