

The background of the entire page is a solid blue color. Overlaid on this are several thick, parallel diagonal stripes that run from the top-left towards the bottom-right. The stripes are colored in a rainbow sequence: yellow, orange, red, purple, green, and light green. The stripes are slightly offset from each other, creating a layered effect.

# Finding Alcohol & other Drug Support

COUNTIES MANUKAU

# Kia ora!

Congratulations on taking the first step to getting support for yourself, or someone you love with alcohol and drug issues. It can be a courageous step to start this process. This information will help you find the alcohol and drug services that best suit your needs.



*It's cool to be with other people who have had the same problems as myself, and be able to talk freely about it.*

**- Participant**

# Choosing a service

Think about these questions to choose the right support option for you.

## What do you want to do?

- Talk through options, before making a decision
- Avoid problems caused by alcohol and drugs
- Cut down the amount of alcohol and drugs used
- Stop using alcohol and drugs.

**Community services** help people explore all of these goals.

**Residential services** focus on supporting people to stop using substances.

## Where?

- Visit a service
- Choose a service that travels to you
- Live in a treatment programme.

Discuss your preferred option when you contact a service.

## What type of support?

- Support specifically for your age, ethnicity, or sexual identity
- Support that uses an approach you like  
(e.g. 12-Step, therapeutic community, peer support)
- Individual support, with your family, or in a group

The descriptions of each service let you know what type of support they offer.

**Note:** *All these services are free unless their description says otherwise.*

# Self help

**Self-help groups** and resources allow people who have an issue in common to provide each other with information, mutual support, care and services.

## **DRIVE Consumer Direction** Manukau

☎ (09) 263 6508

✉ [hello@drivedirection.org](mailto:hello@drivedirection.org)

🌐 [drivedirection.org.nz](http://drivedirection.org.nz)

Peer-driven activities, workshops and training for people who have experience of AOD and mental health issues.

## **Alcoholics and Narcotics Anonymous**

🌐 [aa.org.nz](http://aa.org.nz)

🌐 [nzna.org](http://nzna.org)

## **Living Sober**

🌐 [livingsober.org.nz](http://livingsober.org.nz)

Self-education and support for people exploring the role of alcohol in their lives.

## **Drug Help**

🌐 [drughelp.org.nz](http://drughelp.org.nz)

Online information and resources about substance use, including MethHelp and PotHelp.

## **Manurewa AOD Peer Support Group**

☎ Text 020 4085 8026

## **Recovery Church - The Salvation Army**

☎ (09) 630 1491

📍 16B Bakerfield Place, Manukau

🕒 Tuesday 7:00pm

# Starting out

These free services provide information, support, and can help you explore your options.

## Alcohol Drug Helpline

☎ 0800 787 797 or txt 8681

🔗 [alcoholdrughelp.org.nz](https://alcoholdrughelp.org.nz)

## Community Alcohol and Drug Services (CADS)

☎ Walk-in clinic open Mon-Fri 10am-1pm

📍 4/17 Lambie Drive, Manukau

☎ (09) 845 1818 - Mon-Fri 9am-4.30pm

## Primary Health Care Services

You can start by talking with your GP or practice nurse.  
Usual fees will apply.

## For more information, visit:

### Alcohol.org.nz

🔗 [alcohol.org.nz](https://alcohol.org.nz)

### NZ Drug Foundation


🔗 [drugfoundation.org.nz](https://drugfoundation.org.nz)

### Healthpoint

🔗 [healthpoint.co.nz](https://healthpoint.co.nz)

# Help for whaanau

**Support for families and whaanau** is important in this process. These organisations provide information, support, and advice for whaanau dealing with a loved one's substance use.



*I feel grateful to be part of the group, and be encouraged to take control of my life.*

**- Participant**

## Kina Trust

► [kina.org.nz](http://kina.org.nz)

Information, support and advice for coping with someone else's substance use issues.

## Community Alcohol & Drug Services Manukau

☎ (09) 845 1818

Family support group and individual counselling for family members.

## CareNZ Ltd. Manukau

☎ (09) 276 7193 or 0800 682 468

Individual and group counselling for family members.

## Odyssey New Lynn

☎ (09) 638 4957

- Be SMART support groups for families.
- Te Puawai Aroha, a holiday programme for children (8-17 years) with a caregiver attending addiction or mental health services.

## Supporting Families in Mental Illness

☎ 0800 732 825

► [supportingfamilies.org.nz](http://supportingfamilies.org.nz)

## Al-Anon and Alateen

► [al-anon.org.nz](http://al-anon.org.nz)

12-Step support for family members

## Brave Hearts NZ

► [bravehearts.nz](http://bravehearts.nz)

Support for family members provided by people who have a family member with an addiction.

MAKING CHANGES

# Community Services

**Community based programmes** are the most commonly used alcohol and drug services. Attending these services enables people to change their substance use while continuing with their family or work commitments.

The services with a **Y** support both youth and adults.



*Each week I come to group I have time to check in and share my thoughts, feelings, and how I'm doing.*

**- Participant**



## **Auckland Drug Information Outreach (ADIO)** Manukau

📍 605D Great South Road, Manukau

☎ (09) 263 0344

Education and needle exchange to reduce harm associated with injecting drugs.

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

📍 Referral or self-referral enquiries

☎ (09) 638 0803

A day programme for 8-12 weeks, as well as pre-entry and aftercare services. Uses a 12-Step Community Reinforcement approach.

## **Community Alcohol and Drug Services** Manukau

📍 Walk-in clinic, Mon-Fri 10am-1pm

📍 4/17 Lambie Drive, Manukau

☎ (09) 845 1818

🌐 [cads.org.nz](http://cads.org.nz)

CADS Counselling Services offer free information, individual counselling or group sessions for people across Auckland. Includes services for Asian and LGBT communities, as well as Opioid Substitution Treatment. CADS Altered High is a mobile youth service.

## **CADS Te Ātea Marino** Manukau

☎ (09) 845 1818

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, counselling, support and consultation.

## **CADS Tupu** Otahuhu

☎ (09) 845 1810

A team of Pacific Island workers 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: consultation, assessment, individual counselling and group support.

## CareNZ Ltd. Manukau

☎ (09) 276 7193 or 0800 682 468

AOD Clinician & Peer Support, language translators available.

Group therapy or individual counselling, WRAP classes, variable programme length, mobile and office based services.

## Mahi Marumaru: Ember Manukau

📍 28D Lambie Drive, Manukau

☎ (09) 263 5923

A mobile Peer Support service, individual and group support, self-referral preferred.

## Odyssey New Lynn

☎ (09) 638 4957

🔗 [odyssey.org.nz](http://odyssey.org.nz)

A community hub offers a range of services and options including weekly SMART Recovery groups. Community youth services are available, including Stand Up! a school-based programme.

## Penina Health Trust Manurewa

☎ (09) 269 7989

Support for Pacific families, the aiga and fanau who are affected by alcohol and drug (AOD) problems, to access AOD treatment services and other support services.

## Phoenix Centre Papakura

☎ (09) 296 0983

Peer Support and AOD Clinician partnership. Mobile and office based service. Variable programme length. For people with high risk AOD use, 18-65 yrs and live in South Auckland.

## Raukura Hauora O Tainui Manukau

☎ (09) 267 2899

Te Oho Ake Youth Programme, Ka Awatea Adult Programme, Kaupapa Maaori Services, Whaanau Advocate (Adult AOD Addictions)

# Extra support to stop

**Detoxification Services** provide extra support to people who experience withdrawal symptoms, so they can stop using substances more comfortably and safely.

## Auckland City Mission Social Detoxification Centre

☎ (09) 303 3008

Residential detox services for adults.

## CADS Community and Home Detox Service

📍 Pitman House, 50 Carrington Road, Pt Chevalier

🕒 Walk-in assessment clinic, Mon-Fri between 10am-1pm

☎ (09) 815 5830

Community-based assessments & medically-supported detox from alcohol, benzodiazepines and other substances.

## CADS Medical Detoxification Services

☎ (09) 845 1818

Medically supervised in-patient detox for people who have significant dependence on alcohol or other substances.

For information about the Substance Addiction  
(Compulsory Assessment and Treatment) Act 2017, contact  
CADS 09 845 1818 or the Alcohol Drug Helpline 0800 787 797.

# MAKING CHANGES

## Residential Services

**Residential Treatment** is a 24-hour, live-in option for people who want to stop using alcohol and drugs, while living in a community focused on recovery.

The services with a  support both youth and adults.



*Coming here has  
opened my eyes  
to my problems.  
It's woken me up.*

**- Participant**

## Auckland Bridge - The Salvation Army

### Referral or self-referral enquiries

☎ (09) 638 0803

A residential programme for 8-12 weeks, as well as pre-entry and aftercare services. Uses a 12-Step Community Reinforcement approach.

## Higher Ground

☎ (09) 834 0017

Based on 12-Step approach. Family support available. Programme length from 18 weeks residential, with ongoing continuing care.

## Odyssey

☎ (09) 638 4957

Separate programmes for youth and adults using the Therapeutic Community model. Includes services for people with co-existing mental health issues, and a Family Centre.

## Puna Whakataa - Ember & The Salvation Army

☎ (09) 266 2702

AOD respite and Treatment service. Peer Support and AOD clinicians available. Up to 14 days per visit, 18-65 years, must have current Counties Manukau address. Initial referral through AOD providers, and past guests can self-refer.

## Raukura Hauora O Tainui - Te Ara Hou

☎ (09) 267 2899

Kaupapa Maaori adult residential service for men.

## Wings Trust

☎ (09) 815 1631

Residential therapeutic support pre- and post-treatment for clients detoxed from alcohol and other drugs. Based on the 12-Step approach.

## The Retreat

☎ (09) 270 0471

A 12-Step residential programme.  
This is privately funded, so participants pay full fees.

# Helplines

## National Helplines

National helplines below provide free, professional support and are available 24 hours a day, 7 days a week.

### 1737 Need to talk?

📞 Call or text 1737 for  
addiction & mental health help

### Healthline

📞 Call 0800 611 116  
for nursing support

### Alcohol Drug Helpline

📞 0800 787 797 or 📠 TXT 8681

### Lifeline

📞 0800 543 354 or 📠 TXT 4351

### Youthline

📞 0800 376 633 or 📠 TXT 234

## Counties Manukau Helplines

For urgent mental health and addiction support.

### Mental Health Crisis-Line

📞 (09) 261 3700  
🕒 8am-5pm, Mon-Fri

### After-Hours mental health and addictions support

📞 0800 775 222  
🕒 5pm-8am and weekends

### Peer TALK

📞 0800 234 432  
🕒 5-12pm, 7 days per week

A Counties Manukau after-hours Peer Support service  
for people with mental health and addiction issues.

# Need Help NOW?

EMERGENCY CALL 111 IF SOMEONE

**is in danger of harming  
themselves or other people;**

OR

**has severe symptoms from alcohol  
/drug overdose or withdrawal.**

**These symptoms may include (but are not limited to):**

- Vomiting
- Shaking
- Racing heart beat
- Heavy sweating
- Depression
- Hallucinations
- Unresponsive
- Diarrhoea
- Seizures
- High blood pressure
- Confusion
- Suicidal thoughts
- Delusions
- Unconscious



## AOD Provider Collaborative

Supported by Odyssey and Counties Manukau Health

All quotes are from  
CADS' client surveys

Updated April 2019  
For latest version, visit:

**[aodcollaborative.org.nz](http://aodcollaborative.org.nz)**