

Finding Alcohol & Drug Support

You might like to consider:

1. What is my goal?

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2. What support would I need?

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3. Who do I need to contact?

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4. Where to from here?

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Information & Advice

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

Alcohol Drug Helpline

☎ 0800 787 797 or txt 8681
📍 www.alcoholdrughelp.org.nz

Community Alcohol and Drug Services (CADS)

☎ 09 845 1818
📍 CADS South Drop-in clinic Mon-Fri 10am-1pm
17 Lambie Drive (Building 4), Manukau

Both these services can also provide information about the **Substance Addiction (Compulsory Assessment and Treatment) Act 2017**.

For online information:

Alcohol.org.nz
📍 www.alcohol.org.nz

NZ Drug Foundation
📍 www.drugfoundation.org.nz

Healthpoint

📍 www.healthpoint.co.nz

Information about health services, including addiction and mental health services.

Self Help Groups & Other Help

DRIVE Consumer Direction Counties Manukau

☎ (09) 263 6508 ✉ hello@drivedirection.org
📍 www.drivedirection.org.nz

Check out Facebook, Twitter and Pinterest.

Network for those who have experience of AOD and mental health issues. Peer-driven activities, workshops and trainings available.

Alcoholics Anonymous

📍 www.aa.org.nz

Narcotics Anonymous

📍 www.nzna.org

Living Sober

📍 www.livingsober.org.nz

A community website for self-education, empowerment and support for people who want to explore the role of alcohol in their lives.

Drug Help

📍 www.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 (Salvation Army)

☎ (09) 630 1491
📍 16B Bakerfield Place, Manukau
🕒 Tuesday 7:00pm

Support for Families & Whānau

Kina Trust

📍 www.kina.org.nz

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

Community Alcohol & Drug Services (CADS)

☎ (09) 845 1818 📍 Manukau (and around Auckland)

Reclaiming Our Lives (a family support group) and individual counselling for family members.

CareNZ Ltd

☎ 09 276 7193 or 0800 682 468 📍 Manukau

Individual and group counselling for family members.

Odyssey

☎ (09) 638 4957 📍 New Lynn

Be SMART support groups for friends and family. Also **Te Puawai Aroha**, a programme for children (aged 8-17 years) in Counties Manukau with a parent who is involved with addiction or mental health services.

Supporting Families - in Mental Illness

☎ 0800 732 825 📍 www.supportingfamilies.org.nz

Al-Anon and Alateen

📍 www.al-anon.org.nz

12-Step support for family members.

Brave Hearts NZ

📍 www.bravehearts.nz

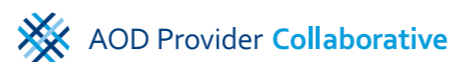
Support for family members provided by people who have a family member with an addiction.

Alcohol & Other Drug Service Map

COUNTIES MANUKAU



This resource has been developed by:



Supported by Odyssey and funded by Counties Manukau Health

Updated April 2018

For the latest version, or more information, visit:

aodcollaborative.org.nz

Background Information

What is this resource about?

This resource is about providing a map to support people to find the alcohol and other drug service that best fits their needs. It provides the name, contact details and main points about a variety of alcohol and other drug services located in Auckland with a specific focus on Counties Manukau.

Who are we?

This resource was developed by the Counties Manukau Alcohol and other Drug Provider Collaborative which was formed in 2009, to ensure providers were working together to maximise positive outcomes for AOD clients within the Counties Manukau Health catchment area. As a group they have sponsored several projects focusing on improving service outcomes for Counties Manukau consumers.

Why have we made this resource?

Getting support for alcohol and other drug issues can be a challenging step to take and this map has been designed to remove some of the confusion when accessing services. It can be very difficult to make the decision to get help and we congratulate you on taking the first step to support yourself or someone you love.

Definitions

Abstinence based drug treatment programmes focus on the treatment of drug and alcohol addiction through counselling and support programmes that help individuals stop using drugs and alcohol completely.

Self Help Groups, often a nonprofessional organisation formed by people with a common problem or situation, for the purpose of pooling resources, gathering information, and offering mutual support, services, or care.

Community Based Programmes provide counselling or peer support services in an individual or group setting. This is suitable for anyone wishing to reduce harm from alcohol and other drug use, achieve recovery, reduce stigma and boost confidence.

Harm Reduction Programmes aim to address alcohol and other drug issues by reducing their harmful effects on individuals and whānau.

Residential Programmes provide 24 hour services suitable for people requiring ongoing high-support needs related to day to day living activities.

Peer Support in the alcohol and other drug sector is provided by people with lived experience of alcohol and or other drug use and may have co-existing mental health challenges who have progressed in their own recovery to a point where they are trained and able to share their recovery experience with others to help them achieve wellness.

Treatment Programme is a model or set of ideas that is used by services to outline the treatment a person would receive while engaging in the programme. These could be for example, outlined by a 12 step approach, specific therapies or services offered.

Respite Care in the alcohol and other drug sector is a temporary or short-term stay at a facility that provides support for alcohol and drug use.

This map will help you identify the Alcohol & other Drug services available and most suitable for your situation.

Community Programmes

Community programmes support people to change their alcohol and drug use. People may be able to continue their family and work commitments while getting treatment. These services are a good place to start if you're not sure what changes you'd like to make, or which service is best for you.

Youth Services*

CADS Altered High Youth Service

☎ (09) 845 1893

A mobile service providing counselling, family work, group and detox support.

Youthline

☎ 0800 37 6633, free TXT 234

A 24/7 phone counselling service.

Youth Odyssey


☎ (09) 638 4957

Mobile, community and school-based services for individuals, families and groups.

Stand Up!

Contact either Youthline or Youth Odyssey.

A school based service which includes assessment, individual and group support.

* The community services below, with a , support both youth and adults.

Community Services

Auckland Drug Information Outreach (ADIO)

☎ ADIO South: 09 263 0344

📍 605D Great South Road, Manukau

Education and needle exchange to reduce harm associated with drug use.

Auckland Bridge, The Salvation Army

☎ (09) 638 0803 (Referral or self-referral enquiries)

📍 Manukau

An AOD treatment day programme for 8-12 weeks, as well as a pre-entry and aftercare services. Model is based on 12 Step Community Reinforcement, and is located in Manukau, Waitakere and Auckland Central.

Community Alcohol and Drug Services (CADS)

☎ (09) 845 1818

📍 CADS South Drop-in clinic Mon-Fri 10am-1pm

17 Lambie Drive (Building 4), Manukau

📍 www.cads.org.nz

CADS Counselling Services offer free information, individual counselling or group sessions for people across Auckland. Also includes services for Asian and LGBT communities, as well as Opioid Substitution Treatment.

CADS Te Ātea Marino

☎ (09) 845 1818 📍 Manukau

📍 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, counselling, support and consultation.

CADS Tūpu

☎ (09) 845 1810 📍 Otahuhu

📍 www.cads.org.nz

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.

Support to Stop Using

Detoxification Services offer a range of supports to people who experience withdrawals when they stop using substances. Services can support people to withdraw more comfortably and safely from certain substances, such as alcohol.

Social Detoxification Centre, Auckland City Mission

☎ (09) 303 3008

Residential detoxification services for adults.

CADS Community and Home Detox Service

☎ (09) 815 5830 ext.5028 (Detox Referral Coordinator)

📍 Walk-in assessment clinic: Mon-Fri, 10am-1pm, Pitman House, 50 Carrington Rd., Pt Chevalier.

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

CADS Medical Detoxification Services (Pitman House)

☎ (09) 845 1818

Medically supervised in-patient detoxification for people with severe dependence on alcohol and/or other substances.

Care NZ Ltd

☎ (09) 276 7193 or 0800 682 468 📍 Manukau

AOD Clinician & Peer Support, language translators available. Group therapy or individual counselling, WRAP classes. Variable programme length, mobile and office based services.

Mahi Marumarū – Connect Supporting Recovery

☎ (09) 263 5923 📍 28D Lambie Drive, Manukau

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

Odyssey

☎ (09) 638 4957 📍 New Lynn

📍 www.odyssey.org.nz

A community hub offering a range of services and options including weekly SMART Recovery groups.

Penina Health Trust

☎ (09) 269 7989 📍 Manurewa

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

☎ (09) 296 0983 📍 Papakura

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

☎ (09) 267 2899 📍 Manukau

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

Residential Programmes

Residential programmes provide 24 hour, live-in treatment services for people who want to stop using alcohol and drugs completely, and would find this difficult to do while living at home.

Auckland Bridge, The Salvation Army

☎ (09) 630 1491 (reception) or

☎ (09) 638 0803 (Referral or self-referral enquiries)

An AOD treatment residential service for 8-12 weeks, as well as a pre-entry and aftercare services. Model is based on 12 Step Community Reinforcement, and is located in Manukau, Waitakere and Auckland Central.

Higher Ground

☎ (09) 834 0017

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

Odyssey

☎ (09) 638 4957

📍 www.odyssey.org.nz

Separate programmes for youth and adults (13-65 years) using the Therapeutic Community model. Includes programmes for people with co-existing mental health issues, and for parents and their children.

Puna Whakataa (Connect Supporting Recovery & The Salvation Army)

☎ (09) 266 2702

Alcohol and drug (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 treatment providers, and past guests can self-refer.

Raukura Hauora O Tainui – Te Ara Hou

☎ (09) 267 2899

Kaupapa Maori 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

12 Step approach. Private treatment.

Need help NOW?

IN AN EMERGENCY CALL 111

For example, when someone is in danger of harming themselves, or other people.

OR

When they have 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

Helplines

National helplines 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 and mental health help.

Alcohol Drug Helpline

☎ 0800 787 797 or txt 8681

Healthline

☎ 0800 611 116 for nursing support.

Lifeline

☎ 0800 543 354 or txt 4351

Counties Manukau helplines are available for urgent mental health and addiction support.

Mental Health Crisis-Line

☎ (09) 261 3700 (8am-5pm, Mon-Fri)

Urgent after-hours mental health and addictions support

☎ 0800 775 222 (5pm-8am and weekends).

Peer TALK

☎ 0800 234 432 (5pm-12pm, 7 days per week).

A Counties Manukau after hours peer support service for people with mental health and addiction issues.