

FOOD SUPPORT

Make sure you call first :)

- + Tauranga Food Bank - G/4 Brook Street, Merivale - 07 578 9888
- + Te Manu Toroa - 11 Tebbs Lane, Gate Pa - 07 571 2017
- + Salvation Army - 51 5th Avenue - 07 578 4264
- + Welcome Bay community centre - only on Wednesdays 9-4pm - 07 544 9774
- + Merivale community centre - 0800 386 657
- + Good Neighbour - 39B Burrows Street, Tauranga 07 394 4249/ 0220431040
- + Kai Aroha will provide meals on Fridays only) one takeaway meal per person - Greerton Hall driveway 6:30 - 7pm

MENTAL WELLNESS FOR KIDS/ADULTS

Online resources

- + allright.org.nz
- + wellbeingsessions.nz
- + melonhealth.com/mental-well-being/
- + justathought.co.nz/covid19
- + the lowdown.co.nz
- + Free call or text 1737 - free trained counsellor service

Especially for our tamariki

- + Sparx app - university of Auckland
- + youthline.co.nz/web-chat-counseling.html
- + melonhealth.com/manual/

Call

- + the lowdown 0800 111 757 or text 5626
- + for kids - what's up helpline and phone counseling - 0800 942 8787
- + parent help (for parenting support, advice and strategies) - 0800 568 856
- + lifeline - 0800 543 354 or text help to 4357
- + suicide crisis helpline - 0508 828 865
- + anxiety NZ - 0800 269 4389
- + family violence helpline - are you ok 0800 456 450, or shine - 0508 744 633

COVID TESTING

Contact Healthline or your doctor to advise whether you need a covid test. Healthline = 0800 358 5453

- + Te Manu Toroa - 11 Tebbs Lane, Gate Pa - 07 571 2017
- + Gate Pa medical centre (enrolled patients) - 1005 Cameron Roas, Gate Pa - 07 578 4309
- + Chadwick Healthcare Greerton (enrolled patients) - 120 Chadwick Road, Greerton - 07 579 0144
- + Healthcare on 15th Avenue - 51 fifteenth ave, Tauranga - 07 578 8089

COVID VACCINATIONS

Contact healthline or gp to find out if/when you are eligible.

- + Te Manu Toroa - 11 Tebbs Lane, Gate Pa
- + Mount Maunganui Trustpower Baypark, Truman Lane
- + Tauranga Central - 87 first Avenue

FAMILY VIOLENCE SERVICES

+Tauranga Women's Refuge

- Office is closed.
- The safe house remains open.
- 24/7 helpline is available on 0800 86 733 843.
- Facebook TaurangaWomensRefuge.

+Te Rūnanga o Ngāti Ranginui Iwi

- Staff will continue to coordinate and liaise virtually, via phone and email.
- Phone 07 777 0410.
- Facebook Ngati Ranginui.

Shakti

- All offices and op shops closed.
- Crisis line remains open on 0800 742 583 (0800 SHAKTI).
- Facebook Shakti.

Tautoko Mai Sexual Harm Support

- Office and clinic are closed. Staff are available for clients and key stakeholders by phone and internet.
- Crisis and support line 0800 227 233 or 07 577 0512.
- Facebook Tautoko Mai.

Tauranga Living without Violence

- Offices are closed, staff available by phone or internet.
- Phone 0800 577 003 or 07 577 9297.
- Facebook Tauranga Living without Violence.