



where to get support

Hamilton City Contacts

African Community's Sexual Health/Advocacy	07 834 1433
Alcohol and Drug Helpline	0800 787 797
AVP (Alternative to Violence Project)	07 839 9906
Barnardos Helpline	07 847 1088
Birthright Waikato	07 838 0572
CARE NZ	07 839 0389
Catholic Family Support Services	07 856 3760
Child and Adolescent Mental Health Services	07 839 7828
Chinese Lifeline	0800 888 880
Citizens Advice Bureau	07 839 0395 or 0800 367 222
Community Alcohol and Drug Service	07 839 4352
Family Planning Association	07 834 1433
Family Worx	07 858 4413
H.A.I.P (Hamilton Abuse Intervention Project)	07 834 3148
Hamilton District Community Law Centre	07 839 0770
Health Line	0800 611 116
K'aute Pasifika Services	07 846 1895
Kidsline	0800 KIDSLINE
Lifeline	0800 LIFELINE
Pacific Peoples Addiction Services	0800 370 355
Pai Ake Solutions	07 847 2355
ParentsInc	07 855 1240
Parenting Worx	07 853 2274
Relationship services	0800 RELATE
Rostrevor House Inc	07 834 1939
SASH (School Attendance Services Hamilton)	07 847 0046
Taiohi Toa, Big Brothers Big Sisters of Hamilton	07 856 1353
Te Ahurei A Rangatahi	07 838 3013
Te Runanga O Kirikiriroa, Alcohol and Drug services	07 846 1042
The Hub	07 847 8555
The Nest Community and Family Services	07 843 4509
The Psychology Centre	07 834 1520
The Rape and Sexual Abuse Healing Centre	07 839 4433
Toughlove	07 856 5999
Victim Support Hamilton	07 834 9490 or 027 459 9245
Waikato DHB Community Mental Health Service	07 838 3752 or 07 834 6902
Waikato Family Centre	07 834 2036
Whai Marama Youth Connex/Youth Transition Services	07 838 2558
What's Up Helpline	0800 WHATS UP
Women's Refuge	07 855 1569

POLICE

Hamilton Central Police Station	07 858 6200
Hamilton Police Youth Aid	07 858 6200
East Hamilton Community Policing Centre	07 856 0291
Glenview/Melville Community Constable	07 843 8833
Nawton Community Constable	07 846 3064
North Hamilton Community Policing Centre	07 854 6000
Te Rapa Community Constable	07 849 2347
West Hamilton Community Policing Centre	07 846 6477

WEBSITES

www.bluelight.co.nz www.police.govt.nz www.hcc.govt.nz www.adanz.org.nz
www.everybody.co.nz www.parentsinc.org.nz www.sadd.org.nz www.youthline.co.nz
www.alac.org.nz www.fade.org.nz www.strengtheningfamilies.govt.nz
www.lifeeducation.org.nz/teens-only www.webhealth.co.nz

Waipa District Contacts

Police –Youth Aid Officer

- Te Awamutu 07 872 0100
- Cambridge 07 827 5531

Public Health Nurse

- Te Awamutu 07 870 1019
- Cambridge 07 827 8312

Counselling Services Te Awamutu

- Rosetown Counselling Centre 07 871 3977
- Te Ara Ki Mana – Addiction Services 07 871 2124 or 021 226 1780
- Te Awamutu Counselling Services 07 870 4321

Counselling Services Cambridge

- Cambridge Family Therapy Centre 07 827 6060
- Mile Trust 07 827 9922
- Cambridge Community House – free service 07 827 5402
- Cambridge High School Counsellor- Marty Gleave 07 827 5415

Citizens Advice Bureau

- Te Awamutu 07 871 4111
- Cambridge 07 827 4855

Bullying Support Line

0800 662 855

Community Mental Health, Te Awamutu

07 871 3671

Kihikihi Whānau Support Group

07 871 3354

Waipa Youth and Whānau Community Service

07 871 6627 or 027 452 7318

Salvation Army, Cambridge

07 827 4723

Cambridge Community Youth Work – Maria

07 827 5794

Victim Support Cambridge

07 823 0672

Cambridge Community House

07 827 5402

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