



Welcome to the Bay of Plenty, Maternity Support Directory, 2019. This directory has been developed by the Bay of Plenty District Health Board Maternity Quality and Safety Programme (MQSP) as a resource for Maternity Service providers to refer families/whānau to.

If you are aware of any updates or other services available that could be added to future directories please contact the MQSP Coordinator at [MQSP@bopdhb.govt.nz](mailto:MQSP@bopdhb.govt.nz)

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# ABUSE

Name	Service	Contact Details	Referral Criteria
<b>WESTERN BOP - Abuse</b>			
<b>Amped4Life</b>	Helps communities fight drug and alcohol problems. They work with schools, community groups and work places to help teenagers make better life choices.	Ph: (021) 461 325  Web: <a href="http://www.amped4life.net.nz/">http://www.amped4life.net.nz/</a>	
<b>Bay of Plenty Sexual Assault Support Services</b>	A free 24-hour a day service in the Bay of Plenty for adults, teenagers and children who have been sexually assaulted.	7 Kauri Street, Gate Pa, Tauranga 3112  Ph: (07) 577 0512 or (0800) 227 233  Web: <a href="http://www.bopsass.org">www.bopsass.org</a>	Open Entry (No Appointment Required)
<b>Bay of Plenty Therapy Foundation Inc.</b>	Provides free counselling for people that are unable to afford counselling and are not eligible for funding from any other source.	22A Gordon Road, Mt Maunganui, Tauranga 3116  Ph: (07) 575 5506 Ph: (07) 544 8384  Web: <a href="http://www.boptherapyfoundation.co.nz/">http://www.boptherapyfoundation.co.nz/</a>	Entry Assessment Check eligibility here <a href="http://www.boptherapyfoundation.co.nz/Eligibility.html">http://www.boptherapyfoundation.co.nz/Eligibility.html</a>

Name	Service	Contact Details	Referral Criteria
<b>Family Works Northern</b>	Deliver social services to support children and families to learn, grow and thrive. Through counselling and social work support for children and families, along with a range of group programmes.	Hillier Centre, 31 Gloucester Rd, Mt Maunganui, Tauranga 3116  Ph:(07) 575 9709  Web: <a href="http://www.familyworksnorthern.org.nz">www.familyworksnorthern.org.nz</a>	Open Entry (No Appointment Required)
<b>Graeme Dingle Foundation Formerly Foundation for Youth Development</b>	School based programmes including Kiwi Can, Stars, Career Navigator, Project K and MYND. Using fun and safe experiential learning through the great outdoors and inspirational classroom leaders and world-class mentors to help our young people keep on track, learn good values and set goals for the future.	Historic Village, Seventeenth Ave, Tauranga South 3112  Ph:(07) 571 0165 or (021) 992 613  Web: <a href="http://www.dinglefoundation.org.nz">www.dinglefoundation.org.nz</a>	Entry Assessment (Contact Us)
<b>Live for More</b>	Free service that uses surf therapy to reach troubled young men and empower them to turn their lives around. They work with 17-25 year old men who are caught up in lifestyles of drugs, alcohol, crime, gangs, prison and violence.	882B Cameron Road, Tauranga  Ph: (07) 577 6798  Web: <a href="http://www.liveformore.org.nz/contact/">http://www.liveformore.org.nz/contact/</a>	

Name	Service	Contact Details	Referral Criteria
<b>Living Without Violence Collective</b>	Provides Violence & Anger Support Education services	26 Twelfth Ave, Tauranga South, Tauranga 3112  Ph:(07) 577 9297  Web: <a href="https://healthpages.co.nz/directory/listing/violenceanger-support-education-tauranga-living-without-violence-collective">https://healthpages.co.nz/directory/listing/violenceanger-support-education-tauranga-living-without-violence-collective</a>	Open Entry (No Appointment Required)
<b>Maori Women's Welfare League</b>	Free service that helps families with health, alcohol and drug abuse, violence and working with other agencies to support whānau.	Ph: (07) 571 3746  Web: <a href="http://mwwl.org.nz/">http://mwwl.org.nz/</a>	
<b>Ngati Ranginui Iwi Society Incorporated</b>	The core business of The Rūnanga is to deliver better health, social and educational outcomes for our whānau.	166 Seventeenth Ave, Tauranga, 3112  Ph: (07) 571 0934  Web: <a href="http://www.ranginui.co.nz/">http://www.ranginui.co.nz/</a>	Entry Assessment (Contact Us)
<b>Shakti Ethnic Women's Support Group</b>	Hosts a safe Refuge, provides domestic violence intervention support, crisis response, English language classes, road safety programmes and other life skills programmes for ethnic women and their children. A drop-in service centre for women is also offered. Services cover Bay of Plenty, Rotorua and Waikato regions.	Tauranga  Ph: (07) 579 0532 or (0800) SHAKTI, (0800) 742 584  Web: <a href="https://shakti-international.org/">https://shakti-international.org/</a>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Strengthening Families Eastern Bay of Plenty</b>	Strengthening Families is available for any whānau/ family in New Zealand when more than one community support organisation or government service is or could be required. It is free and 100% voluntary.	9 Brookfield Terrace, Tauranga 3110  Ph: (022) 077 5514 or (022) 077 5373  Web: <a href="http://www.strengtheningfamilies.govt.nz/">http://www.strengtheningfamilies.govt.nz/</a>	Open Entry (No Appointment Required)
<b>Tauranga Moana Abuse Prevention Strategy</b>		31 Gloucester Rd, Mount Maunganui  Ph: (07) 575 9709  Web: <a href="https://www.facebook.com/TMAPS-Tauranga-Moana-Abuse-Prevention-Strategy-480157282162571/">https://www.facebook.com/TMAPS-Tauranga-Moana-Abuse-Prevention-Strategy-480157282162571/</a>	Open Entry (No Appointment Required)
<b>Tauranga Early Years' Service Hub</b>	This early intervention approach focuses on access to quality and specialized services, effective co-ordination, support and access to information and advice.	Tebbs Lane, Gate Pa, Tauranga 3112  Ph: (07) 571 5830  Web: <a href="http://www.temanutoroa.org.nz/early-years">http://www.temanutoroa.org.nz/early-years</a>	Entry Assessment (Contact Us)
<b>Tauranga Women's Refuge</b>		(0800) TO REFUGE / (0800) 8673 3843 or (07) 541 1911 (crisis phone)	Open Entry (No Appointment Required)

## EASTERN BOP - Abuse

Name	Service	Contact Details	Referral Criteria
<b>Family Works Northern</b>	Deliver social services to support children and families to learn, grow and thrive. Through counselling and social work support for children and families, along with a range of group programmes.	156 The Strand, Whakatāne 3120  Ph: (07) 307 1133  Web: <a href="https://www.familyworksnorthern.org.nz/service-centre/Whakatāne">https://www.familyworksnorthern.org.nz/service-centre/Whakatāne</a>	Open Entry (No Appointment Required)
<b>Whakatohea Iwi Social and Health Services</b>		128 Church St, Opotiki 3122  Ph: (07) 315 6042	Open Entry (No Appointment Required)
<b>Whānau Awhina Women's Refuge Inc.</b>		Whakatāne (0800) REFUGE or (07) 308 5531	Open Entry (No Appointment Required)



# ADDICTION

Name	Service	Contact Details	Referral Criteria
<b>WESTERN BOP - Addiction</b>			
<b>Bay of Plenty Addiction Service</b>	Community-focused care, underpinned by recovery and harm reduction models. The services are supported by a 24-hour seven-day a week acute/crisis service and acute admission inpatient services.	<p>Tauranga Hospital, Tauranga South, Tauranga 3112</p> <p>Ph: (07) 579 8391</p> <p>Web: <a href="https://www.bopdhb.govt.nz/services/az-hospital-services/mental-health-addiction-services/">https://www.bopdhb.govt.nz/services/az-hospital-services/mental-health-addiction-services/</a></p>	Open Entry (No Appointment Required)
<b>Bay of Plenty Therapy Foundation Inc.</b>	Provides free counselling for people that are unable to afford counselling and are not eligible for funding from any other source.	<p>22A Gordon Road, Mt Maunganui, Tauranga 3116</p> <p>Ph: (07) 575 5506 Ph: (07) 544 8384</p> <p>Web: <a href="http://www.boptherapyfoundation.co.nz/">http://www.boptherapyfoundation.co.nz/</a></p>	<p>Entry Assessment Check eligibility here</p> <p><a href="http://www.boptherapyfoundation.co.nz/Eligibility.html">http://www.boptherapyfoundation.co.nz/Eligibility.html</a></p>
<b>Brave Hearts NZ</b>	A free support service for people with loved ones in the grips of substance abuse and addiction. They hold group meetings and provide support.	<p>Ph (0508) 272 834</p> <p>Web: <a href="https://www.bravehearts.nz/">https://www.bravehearts.nz/</a></p>	

Name	Service	Contact Details	Referral Criteria
<b>Community Mental Health and Addiction Services</b>		(07) 579 8329 or (0800) 800 508 (24hr crisis line)	Entry Assessment (Contact Us)
<b>Family Link</b>	Family link Fieldworkers educate, support and advocate for family and whānau who have loved ones experiencing addiction and/or mental unwellness. They also educate, support and advocate for children and youth from the ages of 7-17 who have a parent or sibling experiencing addiction and/or mental unwellness.	Historic Village, Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (07) 577 1457  Web: <a href="http://www.familylink.co.nz">www.familylink.co.nz</a>	Referrals to our services can be made by anyone including: Self-referrals, Hospital services, Community services, Doctors, Schools
<b>Get Smart Tauranga Kia Kaha Drug and Alcohol Services</b>	Works alongside young people up to the age of 24 to keep them safe from the harmful effects of alcohol and drugs. Free counselling.	No.53 The Village, Seventeenth Ave, Tauranga 3112  Ph: (07) 571 3712 or (0800) 571 3712  Web: <a href="https://getsmarttga.org.nz/">https://getsmarttga.org.nz/</a>	Open Entry (Appointment Required)
<b>Hanmer Clinic Tauranga</b>	Provides effective, abstinence based outpatient treatment services for alcohol and other drug dependence to assist clients and their families/whānau to achieve recovery and positive long term wellbeing.	1235 Cameron Rd, Greerton, Tauranga 3112  Ph: (07) 579 6470 Or (0800) 842 426  Web: <a href="https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/hanmer-clinic-tauranga-">https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/hanmer-clinic-tauranga-</a>	Open Entry (No Appointment Required)

		<a href="#">hanmer-bop-charitable/</a>	
Name	Service	Contact Details	Referral Criteria
<b>Huria Trust</b>	Works to help youth, family and whānau reduce the harm caused by drugs, and other health problems.	4 Te Kaponga St, Judea, Tauranga 3110  Ph: (07) 578 7838  Web: <a href="http://www.facebook.com/huriatrust/">http://www.facebook.com/huriatrust/</a>	Open Entry (No Appointment Required)
<b>Infant, Child and Adolescent Mental Health Services (ICAMHS)</b>	Provides comprehensive mental health assessments/treatment for children and adolescents between the ages of 0-18 who have moderate to serious mental health problems.	881 Cameron Rd, Tauranga South, Tauranga 3112  Ph: (07) 579 8380 or (0800) 333 061  Web: <a href="https://www.bopdhb.govt.nz/services/a-z-hospital-services/adolescent-health/adolescent-mental-health/">https://www.bopdhb.govt.nz/services/a-z-hospital-services/adolescent-health/adolescent-mental-health/</a>	Entry Assessment (Contact Us)
<b>Junction</b>	Free service offering one-on-one support and group meetings for people with drug problems.	28 Carlisle Street, Greerton, Tauranga  Ph: (07) 543 3010  Web: <a href="http://turningpoint.org.nz/9/junction-peer-support-and-advocacy">http://turningpoint.org.nz/9/junction-peer-support-and-advocacy</a>	
<b>LINC Support Services (Living Independently Navigating Communities)</b>	Free service that helps people who have experienced mental illness and addictions to live with their symptoms, while achieving their goals, so they can	76 Ninth Avenue, Tauranga  Ph: (07) 578 6075	Entry Assessment (Contact Service provider)

	live a fulfilled and healthy life.	Web: <a href="https://linc.nz/">https://linc.nz/</a>	
Name	Service	Contact Details	Referral Criteria
<b>Live for More</b>	Free service that uses surf therapy to reach troubled young men and empower them to turn their lives around. They work with 17-25 year old men who are caught up in lifestyles of drugs, alcohol, crime, gangs, prison and violence.	882B Cameron Road, Tauranga  Ph: (07) 577 6798  Web: <a href="http://www.liveformore.org.nz/contact/">http://www.liveformore.org.nz/contact/</a>	
<b>Maori Women's Welfare League</b>	Free service that helps families with health, alcohol and drug abuse, violence and working with other agencies to support whānau.	Ph: (07) 571 3746  Web: <a href="http://mwwl.org.nz/">http://mwwl.org.nz/</a>	
<b>Maternal Mental Health and Addiction Service</b>	Provide community-focused care, underpinned by recovery and harm reduction models. The services are supported by a 24-hour seven-day a week acute/crisis service and acute admission inpatient services.	829 Cameron Rd, Tauranga  Ph: (07) 57908380  Web: <a href="https://www.bopdhb.govt.nz/services/a-z-hospital-services/mental-health-addiction-services/">https://www.bopdhb.govt.nz/services/a-z-hospital-services/mental-health-addiction-services/</a>	
<b>Ngāi Te Ahi – Ngāti He Hauora (Maungātapu)</b>	A free service working with youth, family and whānau to reduce the harm caused by drugs and other health problems.	29 Wikitoria Street, Maungātapu, Tauranga 3112  Ph (07) 544 8793  Web: <a href="http://www.facebook.com/Ngai-te-Ahi-Ngati-He-Hauora-369044953174207/">http://www.facebook.com/Ngai-te-Ahi-Ngati-He-Hauora-369044953174207/</a>	

Name	Service	Contact Details	Referral Criteria
<b>Ngāti Kahu Hauora</b>	A free service helping people understand and threat their drug problem within a kaupapa Maori framework. There is also a GP service and other support through the holistic approach.	69 Carmichael Road, Bethlehem, Tauranga  Ph: (07) 576 0160 or 0800 760160  Web: <a href="http://www.ngatikahuhauora.co.nz/">http://www.ngatikahuhauora.co.nz/</a>	
<b>Ngā Kakano AOD Programme</b>	A free tangata whenua based organisation, working in Tauranga, Te Puke, Opotiki and Murupara. Providing help with drug assessments and counselling, support whānau and as needed help with resident programmes.	50 Jellicoe Street, Te Puke  Ph: (07) 573 0660  Web: <a href="http://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/nga-kakano-foundation-mental-health-addiction/">http://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/nga-kakano-foundation-mental-health-addiction/</a>	
<b>Ngā Mataapuna Oranga PHO</b>	Provide a range of services: GP clinics Telehealth to rural areas Education services Social Services Community Engagement	157 Fraser St, Tauranga South, Tauranga 3112  Ph: (07) 579 4930  Web: <a href="http://nmo.org.nz/">http://nmo.org.nz/</a>	Open Entry (Appointment Required)
<b>Poutiri Trust</b>	Works with a network of local health providers to support those with drug and other health problems. This includes helping children, teenagers, and adults who are being harmed by	35 Commerce Lane, Te Puke  Ph: (07) 573 0091	

	the use of drugs in their community.	Web: <a href="https://poutiri.org/">https://poutiri.org/</a>	
Name	Service	Contact Details	Referral Criteria
<b>Pirirakau Hauora Charitable Trust (Te Puna)</b>	A free service that works with a network of local health providers to support those with drug and other health problems, including, children, teenagers and adults who are being harmed by the use of drugs in their community.	3 Lochhead Road Te Puna, Tauranga  Ph: (07) 552 4573  Web: <a href="http://pirirakauhauora.org.nz/">http://pirirakauhauora.org.nz/</a>	
<b>Problem Gambling Foundation of New Zealand</b>	Qualified counsellors provide free, professional and confidential counselling for both gamblers and others affected by gambling.	Hillier Centre, 31 Gloucester Rd, Mt Maunganui, Tauranga  Ph: (0800) 664 262 Or (07) 754 2683  Web: <a href="https://www.pgfnz.org.nz/">https://www.pgfnz.org.nz/</a>	Appointment Required
<b>SORTED</b>	A free, confidential service that helps young people looking for information and help on alcohol and drugs.	829 Cameron Rd, Tauranga 3112  Ph: (07) 557 5052 After Hours (0508) 800 508  Web: <a href="https://www.bopdhb.govt.nz/services/youth-alcohol-drugs-service/">https://www.bopdhb.govt.nz/services/youth-alcohol-drugs-service/</a>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Strengthening Families Eastern Bay of Plenty</b>	A free service. Available for any whānau/ family in New Zealand when more than one community support organisation or government service is or could be required.	9 Brookfield Terrace, Tauranga 3110  Ph: (022) 077 5514 or (022) 077 5373  Web: <a href="http://www.strengtheningfamilies.govt.nz/">http://www.strengtheningfamilies.govt.nz/</a>	Open Entry (No Appointment Required)
<b>Tauranga Addiction Services - The Salvation Army</b>	Offers the opportunity to evaluate alcohol or drug use and explore ways to bring things under control again.	176 Fraser St, Tauranga 3112  Ph: (07) 578 9329 Or (0800) 53 00 00  Web: <a href="https://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support">https://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support</a>	Open Entry (No Appointment Required)
<b>Te Awanui Hauora (Matakana Is)</b>	A free service working with youth, family and whānau on Matakana Island to help reduce the harm caused by drugs and other health problems.	Opureora Road, Matakana Island, Tauranga  Ph: (07) 578 7862  Web: <a href="http://wakahourua.co.nz/te-awanui-hauora-trust">http://wakahourua.co.nz/te-awanui-hauora-trust</a>	

Name	Service	Contact Details	Referral Criteria
<b>Te Manu Toroa Mental Health Services</b>	For Parents and whānau concerned about their Tamariki or rangatahi or want information and advice on coping with difficult behaviours and stressful situations. For Rangatahi who are worried and need support or just someone to talk to. Agencies looking for a service that can work from holistic point of view incorporating a whānau and collective ways of improving situations.	Tebbs Lane, Tauranga  Ph: (07) 577 4911  Web: <a href="http://www.temanutoroa.org.nz/mental-health">http://www.temanutoroa.org.nz/mental-health</a>	Open Entry (No Appointment Required)
<b>Te Puna Hauora - Ki Uta ki Tai</b>	Tamariki, rangatahi, pakeke, kuia and koroua - children adolescents, adults and older people - with mild to moderate mental health needs and/or addictions are welcome to seek us our services.	139 Fifteenth Ave, Tauranga 3112  Ph: (07) 571 8024 or (0800) 800 508  Web: <a href="https://www.tepunahauorabop.co.nz/">https://www.tepunahauorabop.co.nz/</a>	Open Entry (No Appointment Required)
<b>Te Runanga o Ngai Te Rangi Iwi Trust</b>	Addiction support. Community Action Youth and Drugs Issues.	25 Te Awa o Tukarako Ln, Mount Maunganui 3116  Ph: (07) 575 3765  18 Rereatukahia Road, Katikati 3178  Ph: (027) 4728 190	Open Entry (No Appointment Required)



Name	Service	Contact Details	Referral Criteria
<b>Te Tawharau o te Ora (Tauranga)</b>	A free service to help Maori and Pacific Island whānau find emergency housing in the Tauranga area. Also help reduce the harm caused by drugs.	Web: <a href="http://www.ngaiterangi.org.nz/">http://www.ngaiterangi.org.nz/</a> 441 Fraser St, Parkvale, Tauranga 3112 Ph: (021) 162 8065 Web: <a href="http://www.facebook.com/TeTawharauOTeOra/">http://www.facebook.com/TeTawharauOTeOra/</a>	
<b>Te Tomika Trust</b>	A free service to help people, their family and whānau with drug and alcohol problems using a kaupapa Māori framework.	60 Grace Road, Tauranga 3112 Ph (07) 578 9733 Web: <a href="http://tetomikatrust.org.nz/">http://tetomikatrust.org.nz/</a>	
<b>Te Tuingā Whānau (Tauranga)</b>	A free service to help youth, family and whānau reduce the harm caused by drugs, and other health problems.	190 Chadwick Rd, Greerton, Tauranga 3142 Ph: (07) 571 0875 Web: <a href="http://www.ttw.org.nz/">http://www.ttw.org.nz/</a>	
<b>Vincent House Recovery Trust</b>	Helps with community-based support so people can take charge of their own health and wellbeing. Also help people develop their skills and find work.	78 No 3 Road, Te Puke 3183 Ph: (07) 573 6483 Web: <a href="https://vincenthouse.weebly.com/">https://vincenthouse.weebly.com/</a>	

Name	Service	Contact Details	Referral Criteria
<b>Western Bay of Plenty Primary Health Organisation (WBOPPHO)</b>	Working with communities throughout the region to support healthy lifestyles and improve health care by providing health services across the Western Bay from Waitangi to Katikati.	126 Eleventh Ave, Tauranga 3110  154 Firth Ave West, Tauranga  Ph: (07) 577 3190 or (07) 578 2657  Web: <a href="http://www.wboppo.org.nz/">http://www.wboppo.org.nz/</a>	Open Entry (No Appointment Required)
<b>Whaiorangā Trust</b>	A free service to help with alcohol and drug interventions with a primary focus of the wellbeing of whānau, hapū and iwi.	531 Welcome Bay Road, Welcome Bay, Tauranga 3175  Ph: (07) 544 9981  Web: <a href="http://nmo.org.nz/collective/whaioranga">http://nmo.org.nz/collective/whaioranga</a>	
<b>Youth Horizons</b>	A free service supporting children young people and their families and whānau with challenging conduct and addiction problems. This includes foster housing in a family and whānau setting	201 Devonport Road, Tauranga 3140  Ph: (07) 575 2639  Web: <a href="http://www.youthorizons.org.nz/">http://www.youthorizons.org.nz/</a>	

Name	Service	Contact Details	Referral Criteria
<b>EASTERN BOP - Addiction</b>			
<b>Bay of Plenty Addiction Service (formerly CADS)</b>	Community-focused care, underpinned by recovery and harm reduction models. The services are supported by a 24-hour seven-day a week acute/crisis service and acute admission inpatient services.	52 Commerce St, Whakatāne 3120  Ph: (07) 306 0154  Web: <a href="https://www.bopdhb.govt.nz/services/a-z-hospital-services/mental-health-addiction-services/">https://www.bopdhb.govt.nz/services/a-z-hospital-services/mental-health-addiction-services/</a>	Open Entry (No Appointment Required)
<b>Community Mental Health and Addiction Services</b>		2/52 Commerce St, Whakatāne 3120  Ph: (07) 306 0154 or 24 hr crisis number (0800) 77 45 45	Open Entry (No Appointment Required)
<b>Eastern Bay Primary Health Alliance (EBPHA)</b>	Support the provision of primary health care services through General Practices, the EBPHA community health team and other health providers to the people of the Eastern Bay of Plenty.	5 Louvain Street Whakatāne 3158  Ph: (07) 306 2300  Web: <a href="http://www.ebpha.org.nz/">http://www.ebpha.org.nz/</a>  Email: <a href="mailto:admin@ebpha.org.nz">admin@ebpha.org.nz</a>	

Name	Service	Contact Details	Referral Criteria
<b>Emerge Aotearoa</b>	Provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide.	Ph: (07) 579 9020  Web: <a href="https://emergeaotearoa.org.nz/">https://emergeaotearoa.org.nz/</a>	
<b>Te Ika Whenua Counselling Services Trust</b>	Drug and alcohol counselling. Family support.	5 Oregon Dr, Murupara 3025  Ph: (07) 366 5562  Web: <a href="https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/te-ika-whenua-counselling-services-trust/">https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/te-ika-whenua-counselling-services-trust/</a>	Open Entry (No Appointment Required)
<b>Ngati Awa Social and Health Services - Te Tohu o te Ora o Ngati Awa</b>	Health and disability services offered: <ul style="list-style-type: none"> <li>• Whānau ora health promotion and prevention</li> <li>• Tamariki Ora</li> <li>• Nurse-led Kaupapa Māori – chronic disease</li> <li>• Family Start</li> <li>• Te Tawera – engaging priority families</li> <li>• Bay Facilitation Services</li> <li>• Sawmill Workers Against Poisons (SWAP)</li> <li>• Aukati Kaipaipa</li> </ul>	15 Golf Links Rd, Whakatāne  Ph: (07) 306 0096  Email: <a href="mailto:enquiries@nash.org.nz">enquiries@nash.org.nz</a>	Open Entry (No Appointment Required)

- Iwi Social Services
- CAYAD – Community action youth against drugs
- IYP – Incredible Years parenting
- Respiratory Management
- Kuia/Koroua Oranga
- Matangireia ECE

Name	Service	Contact Details	Referral Criteria
<b>SORTED</b>	SORTED is the youth alcohol and drugs service of the Bay of Plenty District Health Board.	106 Commerce St, Whakatāne 3120  Ph: (07) 308 8803 or (0800) 486 947  Web: <a href="http://www.bopdhb.govt.nz/services/youth-alcohol-drugs-service/">www.bopdhb.govt.nz/services/youth-alcohol-drugs-service/</a>	Entry Assessment (Contact service provider)
<b>Te Ao Hou Trust</b>	Integrated case management Whānau Ora navigation Healthy families Kaupapa Maori Antenatal Programme Kia Piki te Ora (Suicide prevention)	38 King St, Opotiki 3122  Ph: (07) 315 6266  Web: <a href="http://www.teaohou.org.nz">www.teaohou.org.nz</a>	Open Entry (No Appointment Required)
<b>Tuhoe Hauora</b>	Kaupapa Māori Education Advocacy/Peer Support Mental Health Kaupapa Advocacy Peer Support Consumer – Whānau Kaupapa Alcohol and Drug Counsellor Adults Kaupapa Māori Coexisting Disorders	44-46 Tuhoe St, Taneatua 3123  Ph: (07) 312 9874  Web: <a href="http://www.tuhoehauora.org.nz">www.tuhoehauora.org.nz</a>	Entry Assessment (Contact Service provider)

Planned Adult Respite Care			
Name	Service	Contact Details	Referral Criteria
<b>Voyagers, Te Kaumoana o Ruamano, Whakatāne</b>	Community services for children and young people (up to 19 years) providing assessment, counselling, psychiatry and social work.	106 Commerce St, Whakatāne 3120  Ph: (07) 308 8803 or (0800) 486 947 or (0800) 774 545 (crisis)  Web: <a href="https://www.bopdhb.govt.nz/services/a-z-hospital-services/adolescent-health/adolescent-mental-health/">https://www.bopdhb.govt.nz/services/a-z-hospital-services/adolescent-health/adolescent-mental-health/</a>	Entry Assessment (Contact Us)
<b>Whakaatu Whānaunga Trust</b>	Health promotion Education Youth drug and alcohol abuse support. Whānau Support	94B Church St, Opotiki 3122  Ph: (07) 315 5174  Web: <a href="http://www.wwt.org.nz">www.wwt.org.nz</a>	Open Entry (No Appointment Required)
<b>Whakatohea Iwi Social and Health Services</b>		29A King St, Opotiki 3162  Ph: (07) 315 6042  Web: <a href="http://www.whakatohea.co.nz">www.whakatohea.co.nz</a>	Open Entry (No Appointment Required)

# HEALTHY FAMILIES

Name	Service	Contact Details	Referral Criteria
<b>WESTERN BOP – Healthy Families</b>			
<b>Active Families</b>	Active Families Programme supports, encourages, and motivates families to make healthier lifestyle choices, through increasing their levels of physical activity and changing their eating habits. The programme is for children aged between 4 ½ and 18 years old.	Lena Kairau Ph. 027 837 7351 <a href="mailto:lenak@sportbop.co.nz">lenak@sportbop.co.nz</a> <a href="http://www.sportbop.co.nz/getactive">www.sportbop.co.nz/getactive</a>	
<b>Autism New Zealand Inc.</b>	Provide support, information and education on autism spectrum disorders (ASD) for individuals, their family/whānau, caregivers, and professionals who engage with them.	250 Chadwick Road, Greerton Village, Tauranga 3112  Ph: (07) 571 0003  Web: <a href="https://www.autismnz.org.nz/">https://www.autismnz.org.nz/</a>	Open Entry (No Appointment Required)
<b>Bay of Plenty Therapy Foundation Inc.</b>	Provides free counselling for people that are unable to afford counselling and are not eligible for funding from any other source.	22A Gordon Road, Mt Maunganui, Tauranga 3116  Ph: (07) 575 5506 Ph: (07) 544 8384	Entry Assessment Check eligibility here <a href="http://www.boptherapyfoundation.co.nz/Eligibility.html">http://www.boptherapyfoundation.co.nz/Eligibility.html</a>

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Web:  
<http://www.boptherapyfoundation.co.nz/>

Name	Service	Contact Details	Referral Criteria
<b>Bay Counselling &amp; Therapy Services</b>	Individual counselling Psychotherapy ACC counselling Couple & family counselling GP, LMC & WINZ Referrals accepted. Costs \$90-120	Tauranga  Ph: (07) 578 0959  Web: <a href="http://www.baycounselling.co.nz/online/welcome.csn">http://www.baycounselling.co.nz/online/welcome.csn</a>	Open entry
<b>BOP Sexual Health Clinics</b>	Free drop in clinics for sexual health checks, STI (sexually transmitted infections) tests and treatments.	Lois Pearl House, 814 Cameron Road, Tauranga.  DHB Building on Commerce Lane, Te Puke  Ph: (07) 579 8157  Web: <a href="http://www.bopdhb.govt.nz/services/a-z-hospital-services/sexual-health/">http://www.bopdhb.govt.nz/services/a-z-hospital-services/sexual-health/</a>	
<b>Bay of Plenty Therapy Foundation Inc.</b>	Provides subsidised counselling for people that are unable to afford counselling and are not eligible for funding from any other source.	22A Gordon Road, Mt Maunganui, Tauranga 3116  Ph: (07) 575 5506  Web:	Entry Assessment (Contact Us)

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<http://www.boptherapyfoundation.co.nz/>

Name	Service	Contact Details	Referral Criteria
<b>Baywide Community Law</b>	Gives free legal help to people on low income. This can include family court and care of children, domestic violence, loss of housing, and harm in the home or community.	63 Willow Street, Tauranga 3141  Ph: (07) 571 6812  Web: <a href="http://www.baywidecls.org.nz/">http://www.baywidecls.org.nz/</a>	
<b>Budget advisory Service Inc.</b>	Free money management and debt relief advice	Historic Village, Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (07) 578 0969 (021) 081 77107 Web: <a href="http://www.tgabudget.org.nz">www.tgabudget.org.nz</a>  Email: <a href="mailto:info@tgabudget.org.nz">info@tgabudget.org.nz</a>	
<b>Deaf Aotearoa</b>	Deaf awareness courses Equipment First signs education	Historic Village, Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (0800) 332 322 or (021) 920 675 (text only)  Web: <a href="http://deaf.org.nz/">http://deaf.org.nz/</a>	Open entry

Name	Service	Contact Details	Referral Criteria
<b>Emerge Aotearoa</b>	Provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide.	Ph: (07) 579 9020  Web: <a href="https://emergeaotearoa.org.nz/">https://emergeaotearoa.org.nz/</a>	
<b>Family Link</b>	Family link Fieldworkers educate, support and advocate for family and whānau who have loved ones experiencing addiction and/or mental unwellness. They also educate, support and advocate for children and youth from the ages of 7-17 who have a parent or sibling experiencing addiction and/or mental unwellness.	Historic Village, Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (07) 577 1457  Web: <a href="http://www.familylink.co.nz">www.familylink.co.nz</a>	Referrals to our services can be made by anyone including: Self-referrals, Hospital services, Community services, Doctors, Schools
<b>Family Planning</b>	<ul style="list-style-type: none"> <li>• contraception</li> <li>• STI testing and treatment</li> <li>• pregnancy testing</li> <li>• fertility services</li> <li>• abortion</li> <li>• cervical screening</li> <li>• sexual dysfunction or issues</li> </ul>	74 Tenth Ave, Tauranga 3110  Ph: (07) 578 8539  Web: <a href="http://www.familyplanning.org.nz/clinics/tauranga">http://www.familyplanning.org.nz/clinics/tauranga</a>	Self-referral

Name	Service	Contact Details	Referral Criteria
<b>Family Start/Plunket</b>	<p>Home-visiting service that offers early support for families who are expecting a new baby or who are already caring for a new baby.</p> <p>This service is for families experiencing personal or family/whānau situations that make parenting more challenging, such as families who:</p> <ul style="list-style-type: none"> <li>• Have relationship problems</li> <li>• Have difficulties with addiction</li> <li>• Require positive support networks</li> <li>• Are young parents</li> <li>• Have child protection issues</li> <li>• Have mental health issues</li> <li>• Have limited resources</li> </ul>	<p>Tauranga Plunket Area Office 471 Devonport Road Tauranga 3112</p> <p>Ph: (0800) 677 236</p>	Entry Assessment (Contact Service provider)
<b>Family Works Northern</b>	<p>Deliver social services to support children and families to learn, grow and thrive. Through counselling and social work support for children and families, along with a range of group programmes.</p>	<p>Hillier Centre, 31 Gloucester Rd, Mt Maunganui, Tauranga 3116</p> <p>Ph:(07) 575 9709</p> <p>Web: <a href="http://www.familyworksnorthern.org.nz">www.familyworksnorthern.org.nz</a></p>	Open Entry (No Appointment Required)
<b>Graeme Dingle Foundation Formerly Foundation for Youth Development</b>	<p>Runs several programmes for school aged children</p>	<p>Historic Village, Seventeenth Ave, Tauranga South 3112</p> <p>Ph:(07) 571 0165 or (021) 992 613</p> <p>Web: <a href="http://www.dinglefoundation.org.nz">www.dinglefoundation.org.nz</a></p>	Entry Assessment (Contact Us)

Name	Service	Contact Details	Referral Criteria
<b>Green Prescription (Sport BOP)</b>	Supports participants to develop a sustainable healthy lifestyle.	Larissa Cuff Ph. 021 165 2426 <a href="mailto:larissac@sportbop.co.nz">larissac@sportbop.co.nz</a> <a href="http://www.sportbop.co.nz/getactive">www.sportbop.co.nz/getactive</a>	Phone or email for referral form.  Midwife and GP practice referrals accepted.
<b>Grief Support Services</b>	Free counselling and information for everyone experiencing grief and loss including, individual, whānau and family sessions.	147 Chadwick Rd, Greerton, Tauranga 3142  Ph: (07) 578 4480  Web: <a href="https://www.griefsupport.org.nz/">https://www.griefsupport.org.nz/</a>  Email <a href="mailto:admin@griefsupport.org.nz">admin@griefsupport.org.nz</a>	Open Entry (No Appointment Required)
<b>Heart Kids</b>	For families diagnosed with a congenital heart defect. Can help with grants if needing care in startship.	Leanne Brookes Ph: (021) 547 500  Web: <a href="http://www.heartkids.org.nz">www.heartkids.org.nz</a>	
<b>Homes of Hope</b>	Care providers for Oranga Tamariki	Tauranga  Ph: (07) 578 9826	Open Entry (No Appointment Required)
<b>Huria Trust</b>	Works to help youth, family and whānau reduce the harm caused by drugs, and other health problems.	4 Te Kaponga St, Judea, Tauranga 3110  Ph: (07) 578 7838  Web: <a href="http://www.facebook.com/huriatrust/">http://www.facebook.com/huriatrust/</a>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Imagine Better</b>	Information or advice on living with a disability	<p>Ph: (07) 281 1735 or (027) 493 4609</p> <p>Web: <a href="https://www.journeytogether.co.nz/">https://www.journeytogether.co.nz/</a></p> <p>Email <a href="mailto:jemma.mcloughlin@imaginebetter.co.nz">jemma.mcloughlin@imaginebetter.co.nz</a></p>	<p>If you would like longer-term support to achieve your goals, you must:</p> <ul style="list-style-type: none"> <li>• be between 0 and 65 years of age</li> <li>• have a disability that lasts longer than six months</li> <li>• need support in some parts of your life because of your disability. Your disability could be: physical; sensory (for example, vision hearing and Autism Spectrum); intellectual.</li> <li>• live in the Bay of Plenty or Lakes District</li> </ul>
<b>LINC Support Services (Living Independently Navigating Communities)</b>	LINC helps people who have experienced mental illness and addictions to live with their symptoms, while achieving their goals, so they can live a fulfilled and healthy life.	<p>76 Ninth Avenue, Tauranga</p> <p>Ph: (07) 578 6075</p> <p>Web: <a href="https://linc.nz/">https://linc.nz/</a></p>	Entry Assessment (Contact Service provider)
<b>Madison Centre</b>	A free live-in house that uses a former motel to give people a safe place while they get help from other service providers.	<p>150 Waihi Road, Judea, Tauranga</p> <p>Ph: (07) 577 1791</p> <p>Web: <a href="http://dalcam.co.nz/service-centres/madison-centre.html">http://dalcam.co.nz/service-centres/madison-centre.html</a></p>	

Name	Service	Contact Details	Referral Criteria
<b>Maori Women's Welfare League</b>	Free service that helps families with health, alcohol and drug abuse, violence and working with other agencies to support whānau.	Ph: (07) 571 3746  Web: <a href="http://mwwl.org.nz/">http://mwwl.org.nz/</a>	
<b>Merivale Community Inc.</b>	Budget advice Counselling Youth drop-in centre Youth programs Holiday programs	10 Kesteven Ave, Merivale, Tauranga 3112  Ph: (07) 578 6450  Web: <a href="http://www.merivalecommunity.org">www.merivalecommunity.org</a>	Open Entry (No Appointment Required)
<b>Ngāi Te Ahi – Ngāti He Hauora (Maungātapu)</b>	A free service working with youth, family and whānau to reduce the harm caused by drugs and other health problems.	29 Wikitoria Street, Maungātapu, Tauranga 3112  Ph (07) 544 8793  Web: <a href="http://www.facebook.com/Ngai-te-Ahi-Ngati-He-Hauora-369044953174207/">http://www.facebook.com/Ngai-te-Ahi-Ngati-He-Hauora-369044953174207/</a>	
<b>Ngāti Kahu Hauora</b>	A free service helping people understand and treat their drug problem within a kaupapa Maori framework. There is also a GP service and other support through the holistic approach.	69 Carmichael Road, Bethlehem, Tauranga  Ph: (07) 576 0160 or (0800) 760160  Web: <a href="http://www.ngatikahuhauora.co.nz/">http://www.ngatikahuhauora.co.nz/</a>	

Name	Service	Contact Details	Referral Criteria
<b>Ngati Ranginui Iwi Society Incorporated</b>	<ul style="list-style-type: none"> <li>• In-home support</li> <li>• Support post-surgery</li> <li>• In-home support for end of life care.</li> </ul>	166 Seventeenth Ave, Tauranga, 3112  Ph: (07) 571 0934  Web: <a href="http://www.ranginui.co.nz/">http://www.ranginui.co.nz/</a>	Entry Assessment (Contact Us)
<b>Nga Mataapuna Oranga</b>	GP clinics for high needs groups Telehealth for rural areas Antenatal Classes Community Tikanga Māori Programs Community Holiday Programs Drivers Licencing Courses Rangatahi Leadership Forums Computers in Homes project in partnership with the 20/20 Communications Trust Stepping Up Computer Literacy Programme with 20/20 Communications Trust Financial Literacy seminars Early Years' Service Hub which is a community information centre focused on whānau with children up to 6yrs of age.	157 Fraser Street. Tauranga 3112.  Web: <a href="http://nmo.org.nz/">http://nmo.org.nz/</a>	
<b>Open Home Foundation</b>		14A Elder Ln, Bethlehem, Tauranga 3110  Ph: (07) 579 2840  Web: <a href="http://www.ohf.org.nz">www.ohf.org.nz</a>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Papamoa Family Services</b>	Offer a range of services including Community Education, Financial Mentoring, Family Support, Counselling, Youth Services, as well as information and advice.	35E Hartford Ave, Papamoa Beach 3118  Ph: (07) 574 7170  Web: <a href="https://anglican carewaiapu.nz/services/papamoa-family-services/">https://anglican carewaiapu.nz/services/papamoa-family-services/</a>	Open Entry (No Appointment Required)
<b>Parent to Parent New Zealand</b>	Links parents with a trained volunteer Support Person who has a child of family member with the same or similar disability, health impairment, or who are experiencing a similar issue.	Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (07) 578 0222 or (027) 808 3945 or (0508) 236 236  Web: <a href="https://parent2parent.org.nz">https://parent2parent.org.nz</a>	Open Entry (No Appointment Required)
<b>Pirirakau Hauora Charitable Trust (Te Puna)</b>	A free service that works with a network of local health providers to support those with drug and other health problems, including, children, teenagers and adults who are being harmed by the use of drugs in their community.	3 Lochhead Road and Te Ōturu, 4 Paparoa Road, Te Puna.  Ph: (07) 552 4573  Web: <a href="http://pirirakauhauora.org.nz/">http://pirirakauhauora.org.nz/</a>	
<b>Solace Counselling Services</b>	Family Counsellor Available for sessions in person, via skype or via phone. Cost \$120	Tauranga  Ph: (027) 554 3141	



Name	Service	Contact Details	Referral Criteria
<b>St Peters House - Operated by St Peters Care and Counselling Charitable Trust</b>	Professional counselling (up to 6 sessions) Incredible Years parenting Course	136 Spring St, Tauranga, 3110  Ph: (07) 571 5916  Web: <a href="https://www.stpetershouse.co.nz/">https://www.stpetershouse.co.nz/</a>	Open Entry (No Appointment Required)
<b>Strengthening Families</b>	Strengthening Families is available for any whānau/ family in New Zealand when more than one community support organisation or government service is or could be required. It is free and 100% voluntary.	STAND Children's Services 9 Brookfield Terrace, Tauranga 3110  Web: <a href="http://www.strengtheningfamilies.govt.nz/">http://www.strengtheningfamilies.govt.nz/</a>	Open Entry (No Appointment Required)
<b>Tauranga Community Housing Trust</b>	A free service helping families find safe, affordable housing.	14 Willow St, Tauranga 3110  Ph: (07) 571 5390  Web: <a href="http://www.tcht.co">http://www.tcht.co</a>	
<b>Tauranga Counselling Services – Kira Follas</b>	Relationship counselling Grief support and counselling	Otumoetai  Ph: (021) 0271 8127  Web: <a href="https://www.counsellingtauranga.co.nz/">https://www.counsellingtauranga.co.nz/</a>	

Name	Service	Contact Details	Referral Criteria
<b>Tauranga Foodbank</b>	Free service supplying food parcels to families in need in the Tauranga region.	<p>4G Brook St, Parkvale, Tauranga 3112</p> <p>Ph: (07) 578 9888</p> <p>Web: <a href="http://www.taurangafoodbank.co.nz/">http://www.taurangafoodbank.co.nz/</a></p>	
<b>Te Aranui Youth Trust</b>	Mentoring partnerships for children aged 8-15	<p>244 Chadwick Rd, Greerton, Tauranga 3112</p> <p>Ph: (07) 577 8072</p> <p>Web: <a href="http://www.tayt.org.nz/">www.tayt.org.nz/</a></p>	Entry Assessment (Contact Us)
<b>Te Awanui Hauora (Matakana Is)</b>	A free service working with youth, family and whānau on Matakana Island to help reduce the harm caused by drugs and other health problems.	<p>Opureora Road, Matakana Island, Tauranga</p> <p>Ph: (07) 578 7862</p> <p>Web: <a href="http://wakahourua.co.nz/te-awanui-hauora-trust">http://wakahourua.co.nz/te-awanui-hauora-trust</a></p>	
<b>Te Manu Toroa Family Start</b>	Family Start is a child centred, intensive program that focuses on improving children's health, learning, relationships, family/whānau circumstances, environment and safety.	<p>Tebbs Lane, Tauranga</p> <p>Ph: (027) 6127 482</p>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Te Runanga o Ngai Te Rangi Iwi Trust</b>	Whānau support Social Services	25 Te Awa o Tukarako Ln, Mount Maunganui 3116  Ph: (07) 575 3765  Web: <a href="http://www.cab.org.nz/Pages/CommunityDirectoryDetail.aspx?id=ed6604ee-80ca-df11-b2ac-005056ae001d">http://www.cab.org.nz/Pages/CommunityDirectoryDetail.aspx?id=ed6604ee-80ca-df11-b2ac-005056ae001d</a>	Open Entry (No Appointment Required)
<b>Te Tawharau o te Ora (Tauranga)</b>	A free service to help Maori and Pacific Island whānau find emergency housing in the Tauranga area. Also help reduce the harm caused by drugs.	441 Fraser St, Parkvale, Tauranga 3112  Ph: (021) 162 8065  Web: <a href="http://www.facebook.com/TeTawharauOTeOra/">http://www.facebook.com/TeTawharauOTeOra/</a>	
<b>Te Tuinga Whānau Support Services</b>	<ul style="list-style-type: none"> <li>• WINZ issues</li> <li>• Child Youth &amp; Family advocacy</li> <li>• Family Court/custody issues</li> <li>• Advocacy on domestic violence</li> <li>• IRD/Child Support</li> <li>• Youth/parenting issues</li> <li>• Housing NZ advocacy</li> </ul>	190 Chadwick Rd, Greerton, Tauranga 3112  Ph: (07) 571 0875  Web: <a href="http://www.ttw.org.nz/">http://www.ttw.org.nz/</a>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Triple P Positive Parenting Programme</b>	Parenting support	47 Fraser st, Tauranga 3110  Ph: (027) 311 2140 or (07) 571 0144  Web: <a href="http://www.triplep-parenting.net.nz">www.triplep-parenting.net.nz</a>	Open Entry (No Appointment Required)
<b>Waipu Hauora</b>	Providing Health and Wellness services to the community of Matapihi and our surrounding areas. Including: Sexual Health Contraception Smoking Cessation Alcohol & drugs Oral Health	24 Hungahungatoroa Rd, Matapihi, Tauranga 3175  Ph: (07) 577 1921  Web: <a href="https://waipu-hauora.webnode.com/">https://waipu-hauora.webnode.com/</a>	Open Entry (No Appointment Required)
<b>Waipapapa – Anglican care</b>	Growing through grief – supports children and young people experiencing loss or change Family services	95 Hartford Ave, Papamoa 3118  Ph: (07) 574 7170  Te Puke  Ph: (07) 573 7159  Web: <a href="http://www.growingthroughgrief.org.nz/">http://www.growingthroughgrief.org.nz/</a>	

Name	Service	Contact Details	Referral Criteria
<b>Western Bay of Plenty Primary Health Organisation (WBOPPHO)</b>	Working with communities throughout the region to support healthy lifestyles and improve health care by providing health services across the Western Bay from Waitangi to Katikati.	126 Eleventh Ave, Tauranga 3110  154 Firth Ave West, Tauranga  Ph: (07) 577 3190 or (07) 578 2657  Web: <a href="http://www.wboppho.org.nz/">http://www.wboppho.org.nz/</a>	Open Entry (No Appointment Required)
<b>Youth Horizons</b>	A free service supporting children young people and their families and whānau with challenging conduct and addiction problems. This includes foster housing in a family and whānau setting.	201 Devonport Road, Tauranga 3140  Ph: (07) 575 2639  Web: <a href="http://www.youthorizons.org.nz/">http://www.youthorizons.org.nz/</a>	

## EASTERN BOP – Healthy Families

Name	Service	Contact Details	Referral Criteria
<b>Active Families</b>	Active Families Programme supports, encourages, and motivates families to make healthier lifestyle choices, through increasing their levels of physical activity and changing their eating habits. The programme is for children aged between 4 ½ and 18 years old.	Karen Stanton Ph. 027 554 1428 <a href="mailto:karens@sportbop.co.nz">karens@sportbop.co.nz</a> <a href="http://www.sportbop.co.nz/getactive">www.sportbop.co.nz/getactive</a>	
<b>Budget advisory Service Inc.</b>	Free money management and debt relief advice	35 Quay Street, Whakatāne 3120  Ph: (07) 307 1390 Email: <a href="mailto:budget.whk@vodafone.co.nz">budget.whk@vodafone.co.nz</a>  12 Ranfurly Court, Kawerau 3172  Ph: (07) 323 6653 (07) 304 8471 Email: <a href="mailto:budgetservicerangitaiki@xtra.co.nz">budgetservicerangitaiki@xtra.co.nz</a>	
<b>East Bay REAP</b>	Strengthening Families, Early Years Services Hub, HIPPY, SKIP, SKKIPP and PAFT.	21 Pyne Street, Whakatāne 3120 Ph: (07) 308 4098  60 Onslow Street,	

		Kawerau 3127 Ph: (07) 323 8608  41B Pyne Drive, Murupara  Ph: (07) 366 5784  Web: <a href="http://www.eastbayreap.org.nz">http://www.eastbayreap.org.nz</a>	
Name	Service	Contact Details	Referral Criteria
<b>Eastern Bay Primary Health Alliance (EBPHA)</b>	Support the provision of primary health care services through General Practices, the EBPHA community health team and other health providers to the people of the Eastern Bay of Plenty.	5 Louvain Street Whakatāne 3158  Ph: (07) 306 2300  Web: <a href="http://www.ebpha.org.nz/">http://www.ebpha.org.nz/</a>  Email: <a href="mailto:admin@ebpha.org.nz">admin@ebpha.org.nz</a>	
<b>Emerge Aotearoa</b>	Provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide.	Ph: (07) 579 9020  Web: <a href="https://emergeaotearoa.org.nz/">https://emergeaotearoa.org.nz/</a>	
<b>Green Prescription (Sport BOP)</b>	Supports participants to develop a sustainable healthy lifestyle.	Larissa Cuff Ph. 021 165 2426 <a href="mailto:larissac@sportbop.co.nz">larissac@sportbop.co.nz</a> <a href="http://www.sportbop.co.nz/getactive">www.sportbop.co.nz/getactive</a>	Phone or email for referral form.  Midwife and GP practice referrals accepted.

Name	Service	Contact Details	Referral Criteria
<b>Hāpainga Stop Smoking Service</b>	Stop Smoking Support	<p>5 Louvain St, Whakatāne 3120 Ph: (0800) 427 246</p> <p>Web: <a href="http://www.ebpha.org.nz">www.ebpha.org.nz</a></p> <p>Email: <a href="mailto:hapainga@ebpha.org.nz">hapainga@ebpha.org.nz</a></p>	
<b>Imagine Better</b>	Information or advice on living with a disability	<p>Ph: (07) 282 3020 or (027) 588 2699</p> <p>Web: <a href="http://www.imaginebetter.co.nz/what-we-offer/local-area-coordination/lac-team/">http://www.imaginebetter.co.nz/what-we-offer/local-area-coordination/lac-team/</a></p> <p>Email: <a href="mailto:jeanette.tioke@imaginebetter.co.nz">jeanette.tioke@imaginebetter.co.nz</a></p>	<p>For longer-term support to achieve your goals, you must:</p> <ul style="list-style-type: none"> <li>• be between 0 and 65 years of age</li> <li>• have a disability that lasts longer than six months</li> <li>• need support in some parts of your life because of your disability. Your disability could be: physical; sensory (for example, vision hearing and Autism Spectrum); intellectual.</li> <li>• live in the Bay of Plenty or Lakes District</li> </ul>
<b>Ngati Awa Social and Health Services - Te Tohu o te Ora o Ngati Awa</b>	<p>Health and disability services offered:</p> <ul style="list-style-type: none"> <li>• Whānau ora health promotion and prevention</li> <li>• Tamariki Ora</li> <li>• Nurse-led Kaupapa Māori – chronic disease</li> <li>• Family Start</li> <li>• Te Tawera – engaging priority</li> </ul>	<p>15 Golf Links Rd, Whakatāne</p> <p>Ph: (07) 306 0096</p> <p>Email: <a href="mailto:enquiries@nash.org.nz">enquiries@nash.org.nz</a></p>	Open Entry (No Appointment Required)



- families
- Bay Facilitation Services
- Aukati Kaipaipa
- Iwi Social Services
- CAYAD – Community action youth against drugs
- IYP – Incredible Years parenting
- Respiratory Management
- Kuia/Koroua Oranga
- Matangireia ECE

Name	Service	Contact Details	Referral Criteria
<b>Parent to Parent New Zealand</b>	Links parents with a trained volunteer Support Parent who has a child or family member with the same or similar disability, health impairment, or who are experiencing a similar issue.	Ph: (0508) 236 236 Web: <a href="https://parent2parent.org.nz">https://parent2parent.org.nz</a>	Open Entry (No Appointment Required)
<b>Solace Counselling Services</b>	Family Counsellor Available for sessions in person, via skype or via phone. Cost \$120	Tauranga  Ph: (027) 554 3141	
<b>Te Ao Hou Trust</b>	Integrated case management Whānau Ora navigation Healthy families Kaupapa Maori Antenatal Programme Kia Piki te Ora (Suicide prevention)	38 King St, Opotiki 3122  Ph: (07) 315 6266 Web: <a href="http://www.teaohou.org.nz">www.teaohou.org.nz</a>	Open Entry (No Appointment Required)

Name	Service	Contact Details	Referral Criteria
<b>Te Kaokao o Takapau Health and Disability Service</b>	Child health, Youth health, Kaumatua health, Mental health, Whānau Ora, Social Services, Advocacy and Disability Support, Health promotion	57 Tuhoe St, Taneatua 3123  Ph: (07) 312 9670  Web: <a href="http://www.tuhoematauranga.org.nz/">http://www.tuhoematauranga.org.nz/</a>	Open Entry (No Appointment Required)
<b>Tuhoe Hauora</b>	<ul style="list-style-type: none"> <li>• Kaupapa Maori Early Intervention Service</li> <li>• Tamariki/Rangatahi Alcohol and Drug Counsellor</li> <li>• Tamariki/ Rangatahi Whānau Support</li> <li>• Tamariki/Rangatahi Alcohol and Drug Support</li> <li>• Kaupapa Māori Alcohol and Drug Counsellor Rangatahi</li> <li>• Kaupapa Māori Social Worker Hui-ā-whānau</li> <li>• Social Workers in Schools Programme</li> <li>• Whānau Ora</li> <li>• Family Start</li> <li>• Koroua and Kuia Early Intervention</li> <li>• Maori Disability Support Services</li> <li>• Community Action Youth Alcohol and Drugs</li> <li>• Injury Prevention</li> <li>• Rangatahi Physical Activity &amp; Nutrition Coordinator</li> </ul>	44-46 Tuhoe St, Taneatua 3123  Ph: (07) 312 9874  Web: <a href="http://www.tuhoehauora.org.nz">www.tuhoehauora.org.nz</a>	Entry Assessment (Contact Service provider)

- Tūhoe Rheumatic Fever
- Community Transport Assistance

Name	Service	Contact Details	Referral Criteria
<b>Waiapu – Anglican care</b>	Growing through grief – supports children and young people experiencing loss or change Family services	Whakatāne Ph: (021) 767 538  Opotiki Ph: (027) 955 9837  Web: <a href="http://www.growingthroughgrief.org.nz/">http://www.growingthroughgrief.org.nz/</a>	
<b>Wera Aotearoa Charitable Trust</b>	Community development services with the purpose of growing skills, knowledge and potential. Experience in assisting communities, families and individuals towards strategies that are self-sustaining and empowering.	103 the Strand, Whakatāne 3120  Ph: (07) 307 9316 or (0800) GO WERA  Web: <a href="http://www.wact.org.nz/">http://www.wact.org.nz/</a>	Open Entry (No Appointment Required)
<b>Whakatohea Iwi Social and Health Services</b>	Parenting programmes Family Start	29A King Street, PO Box 208 Ōpōtiki 3162  Ph: (07) 315 7321 (07) 315 5967  Web: <a href="http://www.whakatohea.co.nz/">http://www.whakatohea.co.nz/</a>	Open Entry (No Appointment Required)
<b>Whakaatu Whānaunga Trust</b>	Whānau Support Housing solutions Budgeting advise	94B Church St, Opotiki 3122  Ph: (07) 315 5174	Open Entry (No Appointment Required)

# MATERNITY CARE

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>WESTERN BAY – Maternity Care</b>			
<b>Bay Acupuncture</b>	<p>Support for a number of 'common complaints of pregnancy' from nausea to musculoskeletal pain to breech presentation and preparing women for labour.</p> <p>Classes also available to teach acupressure and other techniques to assist in labour</p>	<p>132 Eleventh Avenue First Floor Tauranaga</p> <p>Ph: (07) 213 0635 (021) 154 1413</p> <p>Email: <a href="mailto:paul@bayacupuncture.co.nz">paul@bayacupuncture.co.nz</a></p> <p>Web: <a href="http://www.bayacupuncture.co.nz">www.bayacupuncture.co.nz</a></p>	
<b>Bethlehem Birthing Centre Antenatal Classes</b>	Free antenatal classes to parents who plan to birth or are considering birthing at the Centre.	<p>1 Te Paeroa Rd, Bethlehem, Tauranga 3110</p> <p>Ph: (07) 570 6106</p> <p>Web: <a href="http://www.birthingcentre.co.nz/">http://www.birthingcentre.co.nz/</a></p>	
<b>Family Start/Plunket</b>	<p>Home-visiting service that offers early support for families who are expecting a new baby or who are already caring for a new baby.</p> <p>This service is for families experiencing</p>	<p>Tauranga Plunket Area Office 471 Devonport Road Tauranga 3112</p> <p>Ph: (0800) 677 236</p>	Entry Assessment (Contact Service provider)

personal or family/whānau situations that make parenting more challenging, such as families who:

- Have relationship problems
- Have difficulties with addiction
- Require positive support networks
- Are young parents
- Have child protection issues
- Have mental health issues
- Have limited resources

Name	Service	Contact Details	Referral Criteria
<b>Fertility Associates Tauranga</b>	Fertility related care. Free nurse consultation available.	<p>Virtuoso Clinic Suite 6, 850 Cameron Rd (opposite hospital) Tauranga</p> <p>Ph: (07) 836 2603</p> <p>Web: <a href="https://www.fertilityassociates.co.nz/clinics/hamilton-central-north-island/tauranga/">https://www.fertilityassociates.co.nz/clinics/hamilton-central-north-island/tauranga/</a></p>	
<b>Find you midwife</b>	Search available midwives in your area and make contact.	<p>Web: <a href="https://www.findyourmidwife.co.nz/">https://www.findyourmidwife.co.nz/</a></p>	
<b>Green Prescription (Sport BOP)</b>	Supports participants to develop a sustainable healthy lifestyle.	<p>Larissa Cuff Ph. 021 165 2426 <a href="mailto:larissac@sportbop.co.nz">larissac@sportbop.co.nz</a> <a href="http://www.sportbop.co.nz/getactive">www.sportbop.co.nz/getactive</a></p>	<p>Phone or email for referral form.</p> <p>Midwife and GP practice referrals accepted.</p>
<b>Hāpainga</b>	Positive support provided with smoke	Ph: 0800 427 246	Self referral

<b>Hapu Māmā Stop Smoking Service</b>	free incentives (\$250 worth of vouchers available). Covers Eastern and Western Bay of Plenty	Facebook: Hapainga	
<b>Hatched Antenatal Classes</b>	Private antenatal classes both in person and online options available. Run by a midwife.	Carmen Lett Ph: (021) 027 38866 Web: <a href="http://www.hatchedantenatal.co.nz">www.hatchedantenatal.co.nz</a>	
NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Huria Trust</b>	Antenatal classes designed to foster and preserve traditional birthing practices which empowers women in their unique hapūtanga/pregnancy and birthing process. Inclusivity of other beliefs and traditions are embraced.	Ph: Sian (022) 177 0580 (07) 5787838 ext. 212 Email: <a href="mailto:sian@huritrust.co.nz">sian@huritrust.co.nz</a> Facebook: HeiTikiPumauAntenatal	
<b>Kate Apanui</b>	Life coach and natural family planning qualified. Service costs \$60plus	Kate Apanui Ph: (021) 502 104 Web: <a href="http://www.kateapanui.com">www.kateapanui.com</a>	
<b>Love Your Birth</b>	Hypnobirthing classes	Papamoa and Tauranga Ph: (021) 322 634 Email: <a href="mailto:sophie@loveyourbirth.co.nz">sophie@loveyourbirth.co.nz</a>	
<b>Marisa Wright</b>	Birth and Postpartum Doula	Ph: (022) 396 9588	

		Email: <a href="mailto:marisajwright@gmail.com">marisajwright@gmail.com</a>	
<b>Mothers Circle</b>	Holistic pregnancy and postnatal classes. Coffee groups and Doula support services.	Web: <a href="http://www.motherscircle.co.nz">www.motherscircle.co.nz</a> Email: <a href="mailto:info@motherscircle.co.nz">info@motherscircle.co.nz</a>	
<b>Mums in Motion (Sport BOP)</b>	Supports the growth of physical activity options in the community for pregnant and postnatal women.	Lizzy Horlock Ph. 027 554 1401 <a href="mailto:lizzyh@sportbop.co.nz">lizzyh@sportbop.co.nz</a>	
NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Parent Centre Antenatal Classes</b>	Parent education programmes aim to assist parents with the various ages and stages of their children, giving them the knowledge and skill sets to be effective.	Building 29, The Historic Village 17th Avenue West, Tauranga  Web: <a href="https://taurangaparentscentre.org/">https://taurangaparentscentre.org/</a>  Email: <a href="mailto:taurangapc@xtra.co.nz">taurangapc@xtra.co.nz</a>	
<b>Pirirakau Hauora</b>	Open to any hapū/pregnant mums and their whānau wanting to participate in a cultural experience. Courses held throughout the BOP. Day, evening and weekend classes available.	Ph: (07) 552 4573 ext. 702 Web: <a href="http://www.pirirakauhauora.org.nz/services-te-huhunu/te-haa-ora">http://www.pirirakauhauora.org.nz/services-te-huhunu/te-haa-ora</a> Email: <a href="mailto:tehaora@pirirakauhauora.org.nz">tehaora@pirirakauhauora.org.nz</a>	
<b>Terri Bessa</b>	A trained birth, bereavement and postpartum doula, Vaginal Steam Therapist, Maternal Mental Health Coach and reiki practitioner	Web: <a href="http://www.terribessa.co.nz">www.terribessa.co.nz</a> Email: <a href="mailto:Terri@helpinghands.nz">Terri@helpinghands.nz</a> Ph: 0212925788	Various packages available starting from \$150

<b>Waipu Hauora</b>	<p>Providing and Health and Wellness services to the community of Matapihi and our surrounding areas.</p> <p>Including:</p> <ul style="list-style-type: none"> <li>Immunisations</li> <li>Respiratory Conditions</li> <li>Oral Health</li> <li>Breastfeeding</li> <li>Safe Sleeping Practices</li> <li>Promotion of Smokefree Environment</li> </ul>	<p>24 Hungahungatoroa Rd, Matapihi, Tauranga 3175</p> <p>Ph: (07) 577 1921</p> <p>Web: <a href="https://waipu-hauora.webnode.com/">https://waipu-hauora.webnode.com/</a></p>	<p>Open Entry (No Appointment Required)</p>
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## EASTERN BAY – Maternity Care

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Eastern Bay Primary Health Alliance (EBPHA)</b>	Support the provision of primary health care services through General Practices, the EBPHA community health team and other health providers to the people of the Eastern Bay of Plenty. Hāpainga Stop Smoking Service Childhood Immunisation Service	5 Louvain Street Whakatāne 3158  Ph: (07) 306 2300  Web: <a href="http://www.ebpha.org.nz/">http://www.ebpha.org.nz/</a>  Email: <a href="mailto:admin@ebpha.org.nz">admin@ebpha.org.nz</a>	
<b>Find your midwife</b>	Search available midwives in your area and make contact.	Web: <a href="https://www.findyourmidwife.co.nz/">https://www.findyourmidwife.co.nz/</a>	
<b>Green Prescription (Sport BOP)</b>	Supports participants to develop a sustainable healthy lifestyle.	Larissa Cuff Ph. 021 165 2426 <a href="mailto:larissac@sportbop.co.nz">larissac@sportbop.co.nz</a> <a href="http://www.sportbop.co.nz/getactive">www.sportbop.co.nz/getactive</a>	Phone or email for referral form.  Midwife and GP practice referrals accepted.
<b>Hāpainga Hapu Māmā Stop Smoking Service</b>	Positive support provided with smoke free incentives (\$250 worth of vouchers available). Covers Eastern and Western Bay of Plenty	Ph: 0800 427 246  Facebook: Hapainga	Self referral
<b>Mums in Motion (Sport BOP)</b>	Supports the growth of physical activity options in the community for pregnant and postnatal women.	Lizzy Horlock Ph. 027 554 1401 <a href="mailto:lizzyh@sportbop.co.nz">lizzyh@sportbop.co.nz</a>	
<b>Parent Centre Antenatal Classes</b>	Childbirth Education Class Parent Education	Ph: (027) 977 9951	

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Web: <https://taurangaparentscentre.org/>

Email:  
[Whakatane@parentscentre.org.nz](mailto:Whakatane@parentscentre.org.nz)

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Pirirakau Hauora	Open to any hapū/pregnant mums and their whānau wanting to participate in a cultural experience. Courses held throughout the BOP. Day, evening and weekend classes available.	Ph: (07) 552 4573 ext. 702  Web: <a href="http://www.pirirakauhauora.org.nz/services-te-huhunu-te-haa-ora">http://www.pirirakauhauora.org.nz/services-te-huhunu-te-haa-ora</a>  Email: <a href="mailto:tehaora@pirirakauhauora.org.nz">tehaora@pirirakauhauora.org.nz</a>	
Plunket	Car seat clinics	10 Victoria Ave, Whakatane  Ph: (021) 820 612  Web: <a href="https://www.plunket.org.nz/">https://www.plunket.org.nz/</a>	
Te Ao Hou Trust	Kaupapa Māori Antenatal Programme	38 King St, Opotiki 3122  Ph: (07) 315 6266  Web: <a href="https://www.teaohou.org.nz/">https://www.teaohou.org.nz/</a>	Open Entry (No Appointment Required)

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## National – Maternity Care

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
The Immunisation Advisory Centre	A nationwide organisation that provides independent, factual information about vaccine-preventable diseases and the benefits and risks of immunisation.	Ph: (0800) IMMUNE (0800 466 863) Weekdays 9am-4.30pm  Web: <a href="http://www.immune.org.nz/">http://www.immune.org.nz/</a>	

# MENTAL HEALTH

## WESTERN BAY – Mental Health

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Access Community Health	ACC Services – Head Injuries Disability Services	Mt Maunganui Tauranga  Ph: (0800) 284 663  Web: <a href="https://www.access.org.nz/Contact-Us#4764-bay-of-plenty">https://www.access.org.nz/Contact-Us#4764-bay-of-plenty</a>	Online form
Acute Inpatient Mental Health Service – Tauranga		Tauranga Hospital, Cameron Rd, Tauranga  Ph: (07) 579 8299	Entry Assessment (Contact Service provider)
After Suicide Support Group WAVES		147 Chadwick Rd, Greerton, Tauranga 3112  Ph: (07) 578 4480	Eight week closed group. Pre appointment required.
Bay of Plenty Therapy Foundation Inc.	Provides free counselling for people that are unable to afford counselling and are not eligible for funding from any other source.	22A Gordon Road, Mt Maunganui, Tauranga 3116  Ph: (07) 575 5506 Ph: (07) 544 8384  Web: <a href="http://www.boptherapyfoundation.co.nz/">http://www.boptherapyfoundation.co.nz/</a>	Entry Assessment Check eligibility here <a href="http://www.boptherapyfoundation.co.nz/Eligibility.html">http://www.boptherapyfoundation.co.nz/Eligibility.html</a>

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Community Mental Health and Addiction Services</b>		Ph: (07) 579 8329 or (0800) 800 508 (24hr crisis line)	Entry Assessment (Contact Us)
<b>Emerge Aotearoa</b>	Provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide.	Ph: (07) 579 9020  Web: <a href="https://emergeaotearoa.org.nz/">https://emergeaotearoa.org.nz/</a>	
<b>Family Link</b>	Family link Fieldworkers educate, support and advocate for family and whānau who have loved ones experiencing addiction and/or mental unwellness. They also educate, support and advocate for children and youth from the ages of 7-17 who have a parent or sibling experiencing addiction and/or mental unwellness.	Historic Village, Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (07) 577 1457  Web: <a href="http://www.familylink.co.nz">www.familylink.co.nz</a>	Referrals to our services can be made by anyone including: Self-referrals, Hospital services, Community services, Doctors, Schools
<b>Grief Support Services</b>	Subsidised counselling and information for anyone experiencing grief and loss including, individual, whānau and family sessions. Also run a course for those affected by suicide.	147 Chadwick Rd, Greerton, Tauranga 3142  Ph: (07) 578 4480  Web: <a href="https://www.griefsupport.org.nz/">https://www.griefsupport.org.nz/</a>  Email <a href="mailto:admin@griefsupport.org.nz">admin@griefsupport.org.nz</a>	Appointment required.

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Infant, Child and Adolescent Mental Health Services (ICAMHS)</b>	Acute and community services for children and young people (up to 19 years) including assessment, therapeutic intervention from key workers and psychologists and psychiatry.	829 Cameron Rd, Tauranga South, Tauranga 3112  Ph: (07) 579 8380 or (0800) 800 508	Entry Assessment (Contact Service provider) For GP or Clinical referrals, please use the referral form <a href="https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/bay-of-plenty-dhb-infant-child-adolescent/at/tauranga-hospital/">https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/bay-of-plenty-dhb-infant-child-adolescent/at/tauranga-hospital/</a>
<b>Jones &amp; Company</b>	Grief counsellor available at no additional cost.	Ph: (07) 578 4009  Web: <a href="http://jonesandco.co.nz/grief-support/">http://jonesandco.co.nz/grief-support/</a>	
<b>Junction, Peer Support and Advocacy</b>	One to one peer support Advocacy Information and referral Support groups Depression group Bipolar group Addictions group Anxiety group Locational groups Walking groups	28 Carlisle St, Greerton, Tauranga 3112  Ph: (07) 543 3010  Web: <a href="http://turningpoint.org.nz/9/junction-peer-support-and-advocacy">http://turningpoint.org.nz/9/junction-peer-support-and-advocacy</a>	Open Entry (No Appointment Required)

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>LINC Support Services (Living Independently Navigating Communities)</b>	LINC helps people who have experienced mental illness and addictions to live with their symptoms, while achieving their goals, so they can live a fulfilled and healthy life.	76 Ninth Avenue, Tauranga  Ph: (07) 578 6075  Web: <a href="https://linc.nz/">https://linc.nz/</a>	Entry Assessment (Contact Service provider)
<b>Postnatal Depression and Anxiety Support Group</b>  <b>True Colours - Honouring the Mother</b>	Free monthly support group with childcare provided for women at any stage of the postnatal journey of motherhood to connect and support in a safe environment.	Tauranga Parent Centre, 29 The Historic Village, 17th Ave, Tauranga.  Ph: (021) 541 440 Michelle  Email: <a href="mailto:honouringthemoth@gmail.com">honouringthemoth@gmail.com</a>  Connect on Facebook.	Free and open.
<b>Tauranga Counselling Services – Kira Follas</b>	Relationship counselling Grief support and counselling	Otumoetai  Ph: (021) 0271 8127  Web: <a href="https://www.counsellingtauranga.co.nz/">https://www.counsellingtauranga.co.nz/</a>	

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Te Manu Toroa Mental Health Services</b>	For Parents and whānau concerned about their Tamariki or rangatahi or want information and advice on coping with difficult behaviours and stressful situations. For Rangatahi who are worried and need support or just someone to talk to. Agencies looking for a service that can work from holistic point of view incorporating a whānau and collective ways of improving situations.	Tebbs Lane, Tauranga  Ph: (07) 577 4911  Web: <a href="http://www.temanutoroa.org.nz/mental-health">http://www.temanutoroa.org.nz/mental-health</a>	Open Entry (No Appointment Required)
<b>Te Puna Hauora - Ki Uta ki Tai</b>	Tamariki, rangatahi, pakeke, kuia and koroua - children adolescents, adults and older people - with mild to moderate mental health needs and/or addictions are welcome to seek us our services.	139 Fifteenth Ave, Tauranga 3112  Ph: (07) 571 8024 or (0800) 800 508  Web: <a href="https://www.tepunahauorabop.co.nz/">https://www.tepunahauorabop.co.nz/</a>	Open Entry (No Appointment Required)
<b>Te Runanga o Ngai Te Rangi Iwi Trust</b>	Addiction support. Community Action Youth and Drugs Issues.	25 Te Awa o Tukarako Ln, Mount Maunganui 3116  Ph: (07) 575 3765  Web: <a href="http://www.cab.org.nz/Pages/CommunityDirectoryDetail.aspx?id=ed6604ee-80ca-df11-b2ac-005056ae001d">http://www.cab.org.nz/Pages/CommunityDirectoryDetail.aspx?id=ed6604ee-80ca-df11-b2ac-005056ae001d</a>	Open Entry (No Appointment Required)



NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Turning Point Trust	Mental health and addiction service provider	Seventeenth Ave, Tauranga South, Tauranga 3112  Ph: (07) 578 6934  Web: <a href="http://turningpoint.org.nz/">http://turningpoint.org.nz/</a>	Entry Assessment (Contact Service provider)

## EASTERN BAY – Mental Health

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Acute Inpatient Mental Health Service – Whakatāne		Stewart St, Whakatāne 3120  Ph: (07) 306 0780	Entry Assessment (Contact Service provider)
Community Mental Health and Addiction Services		2/52 Commerce St, Whakatāne 3120  Ph: (07) 306 0154 or 24 hr crisis number (0800) 77 45 45	Open Entry (No Appointment Required)
Emerge Aotearoa	Provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide.	Ph: (07) 579 9020  Web: <a href="https://emergeaotearoa.org.nz/">https://emergeaotearoa.org.nz/</a>	
Infant, Child and Adolescent Mental Health Services (ICAMHS) Voyagers	Acute and community services for children and young people (up to 19 years) including assessment, therapeutic intervention from key workers and psychologists and psychiatry.	106 Commerce St, Whakatāne 3120  Ph: (07) 306 0470 (0800) 774 545 (crisis)	Entry Assessment (Contact Service provider) For GP or Clinical referrals, please use the referral form <a href="https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/bay-of-plenty-dhb-infant-child-adolescent/at/tauranga-hospital/">https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/bay-of-plenty-dhb-infant-child-adolescent/at/tauranga-hospital/</a>

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Ngati Awa Social and Health Services - Te Tohu o te Ora o Ngati Awa		15 Golf Links Rd, Whakatāne  Ph: (07) 306 0096  Email: <a href="mailto:enquiries@nash.org.nz">enquiries@nash.org.nz</a>	Open Entry (No Appointment Required)
Pou Whakaaro	Support and education for those with mental illness	40 Te Tahi St, Whakatāne 3120  Ph: (07) 308 8170  1E Tamarangi Drive, Kawerau  Ph: (07) 308 8170  Web: <a href="https://www.pouwhakaaro.co.nz/">https://www.pouwhakaaro.co.nz/</a>	Open Entry (No Appointment Required)
Te Ao Hou Trust	Kia Piki te Ora; support for all age suicide prevention and mental health promotion	38 King St, Opotiki 3122  Ph: (07) 315 6266  Web: <a href="https://www.teaohou.org.nz/">https://www.teaohou.org.nz/</a>	Open Entry (No Appointment Required)

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Te Ika Whenua Counselling Services Trust</b>	Mental health and addictions services. Family support.	5 Oregon Dr, Murupara 3025  Ph: (07) 366 5562  Web: <a href="https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/te-ika-whenua-counselling-services-trust/">https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/te-ika-whenua-counselling-services-trust/</a>	Open Entry (No Appointment Required)
<b>Tuhoe Hauora</b>	<ul style="list-style-type: none"> <li>• Kaupapa Māori Education</li> <li>• Advocacy/Peer Support Mental Health</li> <li>• Kaupapa Advocacy Peer Support Consumer – Whānau</li> <li>• Kaupapa Alcohol and Drug Counsellor Adults</li> <li>• Kaupapa Māori Coexisting Disorders</li> <li>• Planned Adult Respite Care</li> </ul>	44-46 Tuhoe St, Taneatua 3123  Ph: (07) 312 9874  Web: <a href="http://www.tuhoehauora.org.nz">www.tuhoehauora.org.nz</a>	Entry Assessment (Contact Service provider)
<b>Whakatohea Iwi Social and Health Services</b>	Mental Health Services - support, assessment, counselling, education and advocacy to support clients through their healing	29A King Street, PO Box 208 Ōpōtiki 3162  Ph: (07) 315 7321 (07) 315 5967  Web: <a href="http://www.whakatohea.co.nz/">http://www.whakatohea.co.nz/</a>	Open Entry (No Appointment Required)

## NATIONAL – Mental Health

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
0508 TAUTOKO	Suicide Crisis Helpline 24/7 confidential and free telephone counselling and support service	Ph: (0508) TAUTOKO	Self-referral

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# POSTNATAL SERVICES

## WESTERN BAY – Postnatal Services

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Babywearing Tauranga	Support families to feel comfortable and confident using different types of baby carriers on the market. Offer stretchy wrap hire to members.	Email: <a href="mailto:babywearingtga@gmail.com">babywearingtga@gmail.com</a> Find of Facebook	
Bellyful	Bellyful's main criteria is simply that the families we support don't have others available to do what we do – cook and deliver free meals.	Ph: (0508) bellyful (2355938) Web: <a href="http://www.bellyful.org.nz">www.bellyful.org.nz</a>	The family must lack support and fall into one of these categories: <ul style="list-style-type: none"> <li>• Have a young baby</li> <li>• Have a family with young children and someone in that family unit has serious or terminal illness</li> </ul>
Family Start/Plunket	Home-visiting service that offers early support for families who are expecting a new baby or who are already caring for a new baby. This service is for families experiencing personal or family/whānau situations that make parenting more challenging, such as families who: <ul style="list-style-type: none"> <li>• Have relationship problems</li> <li>• Have difficulties with addiction</li> <li>• Require positive support networks</li> <li>• Are young parents</li> <li>• Have child protection issues</li> <li>• Have mental health issues</li> <li>• Have limited resources</li> </ul>	Tauranga Plunket Area Office 471 Devonport Road Tauranga 3112 Ph: (0800) 677 236	Entry Assessment (Contact Service provider)

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Incredible Years Parenting Course – St Peters House</b>	Designed to develop positive family relationships, empower parents to make change and manage difficult behaviours.	136 Spring St, Tauranga, 3110  Ph: (07) 571 5916  Web: <a href="https://www.stpetershouse.co.nz/incredible-years-parenting">https://www.stpetershouse.co.nz/incredible-years-parenting</a>	The course is for the parents/full time carers of 3-6 year olds. The course runs over 14 weekly sessions (no sessions in school holidays). There is no cost for this course.
<b>La Leche League</b>	La Leche League Leaders are experienced mothers who have been trained to provide information and support for breastfeeding.	Katikati Ph: Trudy: <a href="tel:075495644">(07) 549 5644</a>  Tauranga Ph: Megan: <a href="tel:075449817">(07) 544 9817</a>  Mt Maunganui/Papamoa Ph: Christine: <a href="tel:075748722">(07) 574 8722</a>  Web: <a href="https://lalecheleague.org.nz/">https://lalecheleague.org.nz/</a>	Monthly Coffee Group 3rd Tuesday of every month, 10am – 12 noon. Katikati Community Resource Centre.  2nd Wednesday of the month, 10am to 12noon. Wesley Methodist Church, 100 13th Avenue, Tauranga  1st Friday of the month, 10am to 12noon. Mt Maunganui Plunket Centre, 24 Grenada Street, Bayfair.
<b>Māmā Maia – Nga Kakano Foundation</b>	Breastfeeding services for the Western Bay of Plenty. Aim: To help Māmā/Mums and whānau grow in confidence to breastfeed and give your baby the best start. Provides:	Ph/Text: (027) 554 1120  Web-enrol: <a href="http://www.ngakakano.org.nz">www.ngakakano.org.nz</a>  Facebook: Mama maia nga kakano	Free service  Self enrolment

- Breastfeeding clinics and classes, close to home.
- Home visits during pregnancy to help prepare for baby.
- Lactation Consultant home visits to support more complex breastfeeding issues.
- Peer support by Kaiawhina or Māmā, trained with personal experience of breastfeeding.
- Phone and text support.
- Weekly drop-in clinics.

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Mama &amp; Me</b>	A three week course for mother and baby from 6 weeks postnatal.	1 Te Paeroa Rd, Bethlehem, Tauranga 3110  Ph: (07) 570 6106  Web: <a href="http://www.birthingcentre.co.nz/">http://www.birthingcentre.co.nz/</a>	
<b>Multiples NZ</b>	Multiples NZ is a nationwide parent-led support network supporting families in their journey from expecting to raising multiples.	Ph: (0800) 4 TWINS (0800 489 467)  Email: <a href="mailto:info@multiples.org.nz">info@multiples.org.nz</a>	
<b>Ngā Kākano</b>	<b>Tamariki Ora Well Child Services</b> Tamariki Ora provides Well Child Services for babies from six weeks – five years of age. This service provides support and advice on health related issues and regular health checks in your home, Hōhanga	50 Jellicoe Street PO Box 380 Te Puke  Ph: (07) 573 0660	Self Referral or Midwife referral via  <a href="http://www.ngakakano.org.nz/">http://www.ngakakano.org.nz/</a>



Reo / Early Childcare Centre, Ngā Kākano or wherever you feel comfortable.

**Immunisation Services (including Outreach Services as part of Tamariki Ora**

Ngā Kākano service provides immunisations to children aged from 0-5 years at Ngā Kākano or other locations including at home, as part of Tamariki Ora. In particular we help tamariki who have fallen behind with scheduled vaccinations. We are a mobile service, working and travelling throughout the community two days a week.

**Breastfeeding Support – Māmā Maia**

Breastfeeding services for the Western Bay of Plenty.

Aim: To help Māmā/Mums and whānau grow in confidence to breastfeed and give your baby the best start.

Provides:

- Breastfeeding clinics and classes, close to home.
- Home visits during pregnancy to help prepare for baby.
- Lactation Consultant home visits to support more complex breastfeeding issues.
- Peer support by Kaiawhina or Māmā, trained with personal

This is a free service for whānau living in Te Puke and surrounding areas. You can enroll at any time via

<http://www.ngakakano.org.nz/>

This is a free service if you live in the Western Bay of Plenty. You can enroll at any time via

<http://www.ngakakano.org.nz/>

experience of breastfeeding.

- Phone and text support.
- Weekly drop-in clinics.

#### **Thrive under 5 Play Therapy**

From 1 July 2019, this is a free support service for whānau with babies and tamariki under 5 years of age who may be delayed in meeting some of their milestones. We provide whānau advocacy and support, pregnancy care and information, and a booster nutrition and a strength-based Kaupapa Māori playgroup programme to support your little one to thrive and support a positive future. Our team includes a clinical psychologist, Māmā support group and advisory pediatrician, pediatric nurse and child neurosurgeon.

This is a free service for whānau living in Te Puke and surrounding areas. There is priority for Māori and high needs clients who face barriers to receiving adequate service. You can enroll at any time via

<http://www.ngakakano.org.nz/>

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Plunket	WellChild Clinics Playgroups (Otumoetai, Welcome Bay) Car seat clinics (Tauranga City) Family Start (Tauranga City) Parenting Education (Mount, Otumoetai, Welcome Bay) Parent Support (Otumoetai)	Greerton, Katikati, Matua, Mount Maunganui, Otumoetai, Papamoa, Tauranga City, Te Puke, Waihi Beach, Welcome Bay,  Web: <a href="https://www.plunket.org.nz/">https://www.plunket.org.nz/</a>	

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Plunket PEPE course</b>	PEPE (Parenting Education Programme) is a Plunket-developed national programme which consists of a series of five courses, aimed at supporting parents in their parenting role through the different stages of their child's early development.	Plunket Rooms, 24 Grenada Street, Mount Maunganui  ph: (07) 574 9092  Web: <a href="https://www.plunket.org.nz/what-we-do/what-we-offer/parenting-education/parenting-education-programme-pepe/">https://www.plunket.org.nz/what-we-do/what-we-offer/parenting-education/parenting-education-programme-pepe/</a>  email: <a href="mailto:bayofplenty@plunket.org.nz">bayofplenty@plunket.org.nz</a>	Open. Make contact for upcoming dates.
<b>SPACE</b>	Space for you and your baby, is a programme mainly for first time parents and their babies and is a great way to connect with other new parents and their babies as you explore parenting and children's development in a safe, facilitated environment. The Space programme runs for 3 to 4 terms (approximately 30 to 40 weeks) and the groups meet every week during the school term	<i>Playcentre Aotearoa - Central Region (Western Bay of Plenty region)</i> Ph. (07) 576 5403 Web: <a href="https://bookwhen.com/spacebopplaycentres">https://bookwhen.com/spacebopplaycentres</a> Email: <a href="mailto:bop.programmes@playcentre.org.nz">bop.programmes@playcentre.org.nz</a>  <i>Holy Trinity Tauranga</i> Ph. Rosemary (022) 465 6941 or (07) 578 5377 Mon-Wed Email: <a href="mailto:SPACE@holyltrinitytauranga.com">SPACE@holyltrinitytauranga.com</a>  Katikati Community Centre Ph. (027) 471 4890 Email: <a href="mailto:ruth.space18@gmail.com">ruth.space18@gmail.com</a>	

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Tauranga yoga centre mums and bubs classes</b>	6-week course Cost: \$45 for 6-weeks (or free if you've already paid a term fee)	Ph: (021) 165 6464  Web: <a href="https://www.taurangayoga.org.nz/class/pregnancy-and-mums-babies/">https://www.taurangayoga.org.nz/class/pregnancy-and-mums-babies/</a>  Email: <a href="mailto:kw4laughta@gmail.com">kw4laughta@gmail.com</a>	Open
<b>The Milk Cafe</b>	Lactation support group for Mums, facilitated by a Lactation Consultant - can be attended by any mother.	1 Te Paeroa Rd, Bethlehem, Tauranga 3110  Ph: (07) 570 6106  Web: <a href="http://www.birthingcentre.co.nz/">http://www.birthingcentre.co.nz/</a>	Open
<b>Waipu Hauora</b>	Providing and Health and Wellness services to the community of Matapihi and our surrounding areas. Mama-pēpi Club including: Immunisations Respiratory Conditions Oral Health Breastfeeding Safe Sleeping Practices Promotion of Smokefree Environment	24 Hungahungatoroa Rd Matapihi, Tauranga 3175  Ph: (07) 577 1921  Web: <a href="https://waipu-hauora.webnode.com/">https://waipu-hauora.webnode.com/</a>	Open Entry (No Appointment Required)

## EASTERN BAY – Postnatal Services

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
Eastern Bay Primary Health Alliance (EBPHA)	Support the provision of primary health care services through General Practices, the EBPHA community health team and other health providers to the people of the Eastern Bay of Plenty. Hāpainga Stop Smoking Service Childhood Immunisation Service	5 Louvain Street Whakatāne 3158  Ph: (07) 306 2300  Web: <a href="http://www.ebpha.org.nz/">http://www.ebpha.org.nz/</a>  Email: <a href="mailto:admin@ebpha.org.nz">admin@ebpha.org.nz</a>	
Plunket	WellChild Clinics Playgroups Car seat clinics (Whakatāne)	Edgecumbe, Kawerau, Opotiki, Taneatua, Waimana, Whakatāne,  Web: <a href="https://www.plunket.org.nz/">https://www.plunket.org.nz/</a>	
SPACE	Space for you and your baby, is a programme mainly for first time parents and their babies and is a great way to connect with other new parents and their babies as you explore parenting and children's development in a safe, facilitated environment. The Space programme runs for 3 to 4 terms (approximately 30 to 40 weeks) and the groups meet every week during the school term	<i>Playcentre Aotearoa - Central Region (Whakatāne region)</i>  Ph. (07) 576 5403  Web: <a href="https://bookwhen.com/spacebopplaycentres">https://bookwhen.com/spacebopplaycentres</a>  Email: <a href="mailto:bop.programmes@playcentre.org.nz">bop.programmes@playcentre.org.nz</a>	

NAME	SERVICE	CONTACT DETAILS	REFERRAL CRITERIA
<b>Te Ao Hou Trust</b>	Integrated case management Whānau Ora navigation Healthy families Kaupapa Maori Antenatal Programme Kia Piki te Ora (Suicide prevention)	38 King St, Opotiki 3122  Ph: (07) 315 6266  Web: <a href="http://www.teaohou.org.nz">www.teaohou.org.nz</a>	Open Entry (No Appointment Required)
<b>Whakamanahia te Waiū Breastfeeding Support</b>	Free breastfeeding support. Home visits, classes, clinics, advice by phone, text or FB messaging.	Ph/Text: (027) 255 0305  Email: <a href="mailto:waiu@nash.org.nz">waiu@nash.org.nz</a>  Facebook: Whakamanahia te waiu	Self-referral - Free service  Midwife/Wellchild provider/ GP referrals available
<b>Whakatohea Iwi Social and Health Services</b>	WellChild / Tamariki Ora Parenting programmes Family Start	29A King Street, PO Box 208 Ōpōtiki 3162  Ph: (07) 315 7321 (07) 315 5967  Web: <a href="http://www.whakatohea.co.nz/">http://www.whakatohea.co.nz/</a>	Open Entry (No Appointment Required)