

Free or Subsidised Counselling Services in the Bay of Plenty

Some of these providers do ask for a donation/ koha if possible.

Provider	Contact Details	Services
St Peters House	136 Spring Street, Tauranga, 3110 Tel: 07 571 5916 https://www.stpetershouse.co.nz/	<ul style="list-style-type: none"> • Professional individual, couple & family counselling • Debt Management Service for those in severe and unmanageable debt • Incredible Years Parenting Course - teaching parenting skills, creating a safe and happy family environment • Discovering Your True Worth - a course for women to discover their true value • Boundaries course – providing skills for women to set healthy boundaries. • Money Management Training Course • Food Parcel referrals for families and individuals who are in need • Support for the homeless
The Salvation Army – community ministries	375 Cameron Road, Tauranga Tel: 578 4264	<ul style="list-style-type: none"> • Provides a range of social services, counselling and life skills courses.
Grief Support Services	147 Chadwick Road, Greerton, Tel: 579 6470	<ul style="list-style-type: none"> • Provides support for any loss/ or grief issue. Counselling and after suicide support group.

Victim Support	<p>Get help: 0900 842 846</p> <p>www.victimsupport.org.nz</p> <p>or contact via local Police station 577 4356</p>	<ul style="list-style-type: none"> • Provides emotional and practical support to victims of crime and their families
Bay of Plenty Therapy Foundation	<p>22A Gordon Road, Mt Maunganui, Tauranga</p> <p>Tel: 07 575 5506</p> <p>http://www.boptherapyfoundation.co.nz/</p>	<ul style="list-style-type: none"> • They can arrange counselling in a number of locations around Tauranga and Mount Maunganui
BOP Sexual Assault Support Service (BOPSASS)	<p>7 Kauri Street , Gate Pa</p> <p>Tel: 577 0512</p> <p>www.bopsass.or.nz</p>	<ul style="list-style-type: none"> • Provides a support and counselling service for children, adolescents and adults who have been affected by sexual assault and abuse
Junction Peer Support and Advocacy	<p>28 Carlisle Street, Greerton, Tauranga</p> <p>Tel: 543 3010</p>	<ul style="list-style-type: none"> • Provides a range of support services for people with mental health and / or addiction issues
Shakti Ethnic Women's Support Group	<p>17th Ave West, Tauranga</p> <p>Tel: 579 0532</p>	<ul style="list-style-type: none"> • Provides services for Asian, African and Middle – Eastern women. Domestic violence service provider. Safe house. Advocacy

Lifeline Aotearoa	<p>0900 LIFELINE (543 353)</p> <p>http://www.lifeline.org.nz</p>	<ul style="list-style-type: none"> • Lifeline Aotearoa is New Zealand's leading provider of mental health and community helpline services, specialising in the delivery of counselling, support and suicide prevention education. • In addition to the Lifeline 24/7, Kidsline and Chinese Lifeline helplines, the Lifeline Aotearoa portfolio also includes face to face counselling and suicide prevention education programmes to NGOs, corporations and schools. • Lifeline Aotearoa also hold the Government contracts to provide the clinical services and helplines for the National Depression Initiative, The Lowdown and The Journal; the Family Violence Information Line (It's Not OK! campaign); the Like Minds Like Mine Helpline and the Gambling Helpline, among others.
Te Puna Hauora	<p>139 Fifteenth Ave, Tauranga</p> <p>Tel: 0900 800 508 or 571 8024</p> <p>http://www.tepunahauorabop.co.nz/</p>	<ul style="list-style-type: none"> • Te Puna Hauora provides whanau counselling for tamariki and pakeke and CEP (Co-Existing Problems) assessments and treatment for rangatahi and whanau members. • They also provide Community Mental Health Services, NASC and Kaupapa Maori Regional Needs Assessment, Service Coordination and follow up care in the community.
Papamoa Family Services	<p>35E Hartford Ave, Papamoa Beach 3188</p> <p>Tel: 07 574 7170</p>	<ul style="list-style-type: none"> • Papamoa Family Services is a community social service agency which has operated in the Papamoa area since 1993. • Services include Community Education, Budget Advice, Family Support, Youth

	http://www.anglican carewaiapu.nz/family-services/our-centres/tauranga/	Services, Counselling, information and advice. Our primary goal is to assist people to take positive action in their lives by providing expertise, support, resources and information.
Beachaven Family Services	3 Palm Springs Boulevard Tel: 021359090	<ul style="list-style-type: none"> • A weekly rummikub social games afternoon, weekly walking groups, a monthly lunch club. • Weekly afternoon tea social group
Te Runanga o Ngai Te Rangi Iwi Trust	25 Te Awa o Tukarako Ln, Mount Maunganui Tel: (07) 575 3765	<p>A Maori health provider providing health and social services.</p> <p><i>Services include:</i></p> <ul style="list-style-type: none"> • Community Action Youth Drugs and Alcohol • Youth Programme • Social Work • Whanau Support • Financial Capability Services • Home based support • Peaceful warriors • HBU no charge GP clinic • Poipoia te mokopuna educational programme • Youth Mobile Health Clinic (HbU) • Shared Care Services • Whanau Support and Counselling • Youth Wananga • Respite Care Social Work • Holiday Programmes

<p>Tuhoe Hauora</p>	<p>44/46 Tuhoe St, Taneatua 3123</p> <p>Tel: (07) 312 9874</p>	<ul style="list-style-type: none"> • Kaupapa Maori services are based on the philosophies, tikanga and kawa of Ngai Tuhoe and the Mauri Ora Conceptual Framework (iwi owned and developed indigenous framework). • The health contracts are predominately mental health and addiction focused, however the Community Transport contract enables Tuhoe Hauora to provide some financial assistance for whanau to attend GP and specialist appointments. • They provide a wide range of services – see Linkage for full list- <p>https://www.linkage.co.nz/provider/2608/tuhoe-hauora</p>
<p>Ngati Awa Social and Health Services – Te Tohu o te Ora o Ngati Awa</p>	<p>36 Thornton Road, Whakatane</p> <p>Tel: (07) 306 0096</p>	<p>An integrated service provider of health and social services. The focus of services delivered are on education, intervention and prevention.</p> <p><i>Services include:</i></p> <ul style="list-style-type: none"> • Alcohol and drug counselling • Community Action on Youth and Drugs (Ministry funded) • Tamariki Ora/Well Child • Family Start Whakatane • Social workers in schools • Bay of Plenty Facilitation Service for ex-sawmill workers exposed to toxins. • Asthma Management Service

		<ul style="list-style-type: none">• Nurse-led Kaupapa Maori Community Based Service: focuses on chronic conditions e.g. heart disease, diabetes, respiratory conditions, etc• Te Oranga Kaumatua• Iwi Social Services: Crisis Intervention, Social Work Support, One-on-one intervention for youth, and group programmes for whanau and/or youth• Emergency Housing for whanau with tamariki• Health Promotion: Well Child including oral health and nutrition, breastfeeding, nutrition and physical activity• Te Waipuna Ariki o Matangireia: Early Childhood Centre• Rheumatic Fever Prevention
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