



LISTON

A Year 7 to 13 Catholic Boys School, Auckland, New



Resources – where I can go for help.

Remember that at school you can always go to:

- **Mrs Kemp or Mr Webster**
- **The school Counsellors**

Police:

- Emergency: 111
- Non-emergency: 105

Doctors

- **White Cross:** 131 Lincoln Road, Henderson, Auckland: Phone: 09 836 3336
- **Westgate Medical Centre:** Westgate Shopping Centre 13E Maki Street, Westgate, Auckland: Phone: 09 833 3134 (only open from 8.00am – 8.00pm)

NAUMAINZ

Provides many resources for the International Student, from personal wellbeing, Staying safe to Healthcare, plus much more

Website: www.naumainz.studywithnewzealand.govt.nz/health-and-wellbeing

New Zealand Immigration Service information

Immigration and VISA information can be obtained through the NZ Immigration Service

Phone: 0508 558 855, 0900iSPEAK 24 hours a day

Website: www.immigration.govt.nz

Citizens Advice Bureau

11 Trading Place, Henderson, Auckland 0612

Phone: 09 836 4118 (open 9.00am – 4.00pm)

Website: www.cab.org.nz

Ethnic Affairs Language Line

The Ethnic Affairs language line provides access to government services in many languages:

Website: www.ethnicaffairs.govt.nz

Human Rights Commission

Phone: 0800 496 877 (freephone)

Website: www.hrc.co.nz

Mental Health Foundation of New Zealand

Website: www.mentalhealth.org.nz

New Zealand Drug Foundation

Website: www.nzdf.co.nz

Chinese Lifeline

Monday to Friday (10am to 2pm) and from Monday to Thursday (7pm to 10pm).

Phone: 0800 888 880 (National Toll Free)

Youthline

Telephone counselling service for all young people from ages 11 to 30.

Operates 7 days a week, 8am to midnight

Phone: 0800 376 633

Website: www.youthline.co.nz

Lifeline

Telephone counselling and support services for all people

Operates 24 hours a day, 7 days a week

Phone: 0800 5430354

Website: www.lifeline.org.nz

Odyssey House (alcohol, drug problems)

Offers treatment programmes (outpatient and residential) for adolescents who have difficulty with drug and alcohol abuse/addiction.

Phone: 638 4957

Website: www.odyssey.org.nz

Man Alive

Provides counselling, specialising in male youth issues including anger management, violence, low self-esteem, loneliness, bullying, loss and grief, depression, phobias.

Phone: 835 0509.

Website: www.manalive.org.nz

Chinese Youth trust

Provides a number of cultural programmes, holiday programmes and clubs, including Sea Scouts, St John Youth

Phone: 0201000168.

Website: nzcyt.org.nz/

Bully Free NZ

To know what bullying is about and how to get help

Phone: 0201000168.

Website: www.bullyfreenz/students/

Eating Awareness Team

Provides support, help, resources and contacts around Eating Disorders

Phone: 0800 2 EDANZ

Websites: www.everybody.co.nz/support/eating
www.eatingdisorders.org.nz

Child Abuse Foundation

Provides education and awareness and prevention about Child Abuse and a contact

Phone: 0508 100 105

Website: www.capf.org.nz