



WHAKAPĀ MAI

TAHA WAIRUA

HEALTHLINE

- 0800 358 5453 (COVID-19 health advice)
- 0800 611 116 (General health advice)

ĀTIAWA KI WHAKARONGOTAI CHARITABLE TRUST

(04) 293 1538 Any hauora advice/support, karakia

HORA TE PAI

(04) 902 7095 Any hauora advice/support

THE RONGOĀ COLLECTIVE OF THE ART CONFEDERATION

- For Level 4 Rongoā advice please email or text:
- rongoart@gmail.com 027-444-1087
- Please include:
- Your name Location Rongoa need Contact number
- Covid Rāhui Hours: Tuesday-Thursday 11am-1pm



TAHA HINENGARO

- NZ WOMEN'S REFUGE 0800 733 843: Provides information, support and advice for women experiencing family violence, as well as help in a crisis.
- HEY BRO 0800 439 276 : 24hour, 7-day support line for men who feel they're going to harm a whānau member or loved one.
- SHINE 0508 744 633 - Offers helpline, advocacy, refuges, Kidshine and safety programmes.
- LIFELINE 0800 543 354 - 24-hour, 7-day confidential support by qualified counsellors and trained volunteers.
- YOUTHLINE Provides mental health-related counselling, mentoring and advice for young people.
- 0800 376 633 Free text 234
- Webchat: <https://www.youthline.co.nz/>
- CHATLINE 1737 Lonely and need someone to korero too
- PLUNKET 0800 933 922 Any concerns on pepi

TAHA TINANA

- KAPITI FOODBANK 04 298 1907
- WAIKANAE FOODBANK 04 904 3018
- OTAKI FOODBANK 06 3640051
- LEVIN FOODBANK 06 368 8177

TAHA WHĀNAU

- WORK & INCOME Financial support
- 0800 559 009 (MSD General Line)
- 0800 552 002 (Seniors 65+)
- 0800 88 99 00 (Students)
- KAPITI COAST DISTRICT COUNCIL 0800 486 486 Any district problems
- HOROWHENUA DISTRICT COUNCIL 06 3667 0909 Any district problems

If it is an emergency and a situation requires immediate assistance, telephone 111.



KĀPITI CONTACT NUMBERS

