



## TE WHAI COMMUNITY TRUST MANGAWHAI

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[www.tewhaicommunitytrust.co.nz](http://www.tewhaicommunitytrust.co.nz)

Keep these key phone numbers in a safe place, or call us on 021 0247 8003 to talk

COVID-19 Healthline 0800 358 5453

For general health issues, please phone your doctor

For emergencies dial 111

Mangawhai Police (non-urgent calls) Office 09 423 1060

Mangawhai Police Confidential Hotline 09 423 7547

Alcoholics Anonymous (AA) 0800 22 96757 (24/7)

Alcohol Drug Helpline 0800 787 797 or text 8681,( 24/7) All calls are free and confidential.

**For anyone struggling, a reminder that all helplines are available:**

If you are a victim of family violence, sexual violence, or if there is someone that makes you fearful, threatens or harasses you, seek help as soon as possible. You have the right to be safe.

- **Safe to Talk** (external link) sexual harm helpline – 0800 044334, text 4334, email [support@safetotalk.nz](mailto:support@safetotalk.nz)
- **Rape Crisis** – 0800 88 33 00
- **Women's Refuge** - 0800 733 843
- **Shine** domestic abuse services - free call 0508 744 633 (9am and 11pm)
- **Hey Bro** helpline - supporting men to be free from violence 0800 HeyBro (439 276)
- **Family violence information line** - to find out about local services or how to help someone else 0800 456 450
- **Oranga Tamariki** line - for concerns about children and young people 0508 326 459, email: [contact@ot.govt.nz](mailto:contact@ot.govt.nz)
- **Need to talk?** Free call or text 1737 for mental health support from a trained counsellor
- **Youthline** – 0800 376 633, free text 234, email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- **Shakti** - for migrant and refugee women – 0800 742 584 – available 24 hours
- **Elder Abuse Helpline** 0800 32 668 65 – available 24 hours
- **Te Puna Oranga** – whānau crisis line – 0800 222 042 – available 24 hours