

Skills4Work Support and Guidance Directory - Christchurch

Emergency

Police/Fire /Ambulance	111
Civil Defence	0800 222 200

Alcohol and Drug Support

Community Support Services Access Pathway (CAP)	03 377 7020
Comcare	0800 537 3464
Stepping Stone Trust	03 338 6390
Purapura Whetu	0800 494 388
Kakakura Health Services	03 379 7200
Emerge Aotearoa	03 371 5599
Alcoholics Anonymous	0800 787 797
Community Alcohol and Drug Service	0800 787 792
Narcotics Anonymous	0800 628 632
Quitline (smoking)	0800 778 778
Salvation Army	03 389 3723

Counselling & Health

AIDS Hotmail	0800 802 437
Fale Pasifika o Aoraki	03 687 7585
STOP (Therapy - Harmful Sexual Behaviour)	03 353 0257
NZ Police Adult Sexual Assault Team - Canterbury	03 379 4208
La Vida Counselling Service	03 974 2465
START (Therapy - Sexual Violence)	03 355 4414
Palmer Psychological Solutions Ltd	03 339 0033
APT Services Limited	03 376 4640
South Coast Psychology	027 2468437
Child, Parent and Family Counselling Limited	03 337 8151
Te Kupenga - National Network of Stopping Violence	03 337 8151
Bespoke Counselling & Family Therapy	03 326 5893
Mindfree	03 384 7405
Braided Therapies Ltd	03 383 7478

Graeme Stuart Clarke	03 348 5595
Optimum Solutions	03 358 4447
Main Road Partners (Sexual Harm Support)	03 329 9868
Kezia O'Callaghan Counselling	03 388 7910
Catholic Social Services	03 379 0012
Lifeline	0800 111 777
Youthline Crisis Phone Counselling	0800 376 633
Birthingright Christchurch - Single Parent Support	0800 457 146
CareNZ - Addiction Support	0800 365 87
Battered Womens Trust Crisis	03 364 8900
Pillars Inc.- Christchurch	0508 745527

Accommodation

West Christchurch Women's Refuge	03 379 0575
Sue Sidey Psychologist	03 371 7575
Waitaha Consultants	03 351 0799
Mid-South Island Women's Refuge & Family Safety Services	03 684 828

Banks

ANZ	0800 269 296
ASB	0800 803 804
BNZ	0800 800 468
Westpac	0800 400 600
Kiwibank	0800 113 355

Government Agencies

Births, Deaths & Marriages	0800 225 252
Employment Relations Infoline	0800 800 863
Human Rights Commission	0800 496 877
Inland Revenue	0800 227 774
StudyLink	0800 889 900

Food Banks

Christchurch City Mission	03 365 0635
Delta Community Support	03 389 0212
Beulah Fellowship	03 355 4528
Ellesmere Food Bank	03 324 3576
City Harvest Food Rescue	03 9301065
Red Cross	03 365 2051