



Finding Alcohol, Drug & Gambling Support

NORTHERN REGION

Kia ora!

Congratulations on taking the first step to getting support for yourself, or someone you love with alcohol, drug or gambling challenges. It can be a courageous step to start this process. This information will help you find the services that best suit your needs.



It's cool to be with other people who have had the same problems as myself, and be able to talk freely about it.

Choosing a service

What do you want to do?

- **Explore options:** See Self-help and Starting out services
- **Make a change for court:** See Support for people in court
- **Use alcohol, drugs or gambling more safely:** See Community services
- **Stop alcohol, drugs or gambling:** See Community or Residential services

What type of support?

- **Counselling** helps you to understand challenges and change what you want in life. It is provided by people qualified in these approaches
- **Peer Support** is provided by people who have had alcohol, drug or gambling challenges and have made life changes. They are trained to provide support
- **Choose services focused** on supporting youth, specific cultures or the rainbow community
- **Choose from services which support** individuals, families and/or groups

Generally these services are **confidential** (*private*) and **free** as they are funded health services. Private services may also be available.

You can contact services directly or someone can refer you.

Self help

Self-help groups and resources allow people who have an issue in common to provide each other with information, mutual support, care and services.

DRIVE Consumer Direction Manukau

- ☎ (09) 263 6508
- ✉ hello@drivedirection.org
- 🌐 drivedirection.org.nz

Peer-driven activities, workshops and training for people who have experience of alcohol, drug and mental health issues

Alcoholics and Narcotics Anonymous

- 🌐 aa.org.nz ☎ 0800 229 6757
- 🌐 nzna.org ☎ 0800 628 632

Living Sober

- 🌐 livingsober.org.nz

A friendly online community where you can talk safely and honestly about your relationship with alcohol

The Level

- 🌐 thelevel.org.nz

A straight-up guide for people to learn, think and talk about their use of drugs.

Recovery Church - The Salvation Army Bridge

- | | | |
|------------------------------|-------------------------------|----------------------------|
| ☎ (09) 630 1491 | ☎ (09) 261 0887 | ☎ (09) 438 8335 |
| 📍 7-15 Ewington Ave, Mt Eden | 📍 16B Bakerfield Pl., Manukau | 📍 3-7 Aubrey St, Whangārei |
| 🕒 Tuesday 7:00pm | 🕒 Thursday 7:00pm | 🕒 Friday 6:00pm |

Starting out

These free services provide information, support, and can help you explore your options.

Alcohol Drug Helpline

- ☎ 0800 787 797 or txt 8681
- 📍 alcoholdrughelp.org.nz

Community Alcohol and Drug Services (CADS) Auckland

- ☎ Free phone 0800 845 1818
- 📍 cads.org.nz
- 🕒 Walk-in clinics open Mon-Fri 10am-1pm
(Manukau, Kingsland, Henderson, Takapuna)

Healthpoint

- 📍 healthpoint.co.nz


A directory of health services

Community Mental Health & Addiction Services - Te Tai Tokerau

- ☎ (09) 408 9187 Far North
- ☎ 0800 643 647 Mid North/Kaikohe
- ☎ (09) 430 4101 Extn 3537 Whangārei area
- ☎ (09) 439 3330 Extn 65401 Kaipara Area

Help for whānau

Support for families and whānau is important in this process. These organisations provide information, support, and advice for whānau dealing with a loved one's substance use.



I feel grateful to be part of the group, and be encouraged to take control of my life.

Al-Anon and Alateen

▶ al-anon.org.nz

☎ 0508 425 266

12-Step support for family members

Brave Hearts NZ

▶ bravehearts.nz

Support for family members provided by people who have a family member with an addiction

Community Alcohol and Drug Services (CADS)

Manukau, Kingsland, Henderson, Takapuna, Pt. Chevalier

☎ Free phone 0800 845 1818

Family support group and individual counselling for family members

CareNZ Ltd. Manukau

☎ (09) 276 7193 or 0800 682 468

Individual and group counselling for family members

Family Drug Support Aotearoa

☎ 0800 337 877

▶ fds.org.nz

Provides support and resources for family and friends based on science, compassion and human rights

Kina Trust

▶ kina.org.nz

Information, support and advice for coping with someone else's substance use issues

Odyssey

☎ (09) 638 4957

- Be SMART support groups for families (online and in person).
- Te Puawai Aroha, a holiday programme for children (8-17 years) with a caregiver attending addiction or mental health services (South Auckland)

MAKING CHANGES

Community Services

Community based programmes are the most commonly used alcohol, drug and problem gambling services. Attending these services enables people to change or reduce harm from their substance use or gambling while continuing with their family or work commitments.

Types of Services

- M** **Mobile** can meet wherever suits you
- F** **Walk-in** you can visit without an appointment
- P** **Peer Support** services included
- Y** **Youth** services included
- G** **Problem Gambling** services included

Location

- N** North Auckland
- C** Central Auckland
- W** West Auckland
- S** South Auckland




Each week I come to group I have time to check in and share my thoughts, feelings, and how I'm doing.

Cultural Community Services-Auckland


Use various languages and cultural approaches

Piritahi Hau Ora Trust

 (09) 372 0022

A marae-based primary health care clinic on Waiheke, which includes alcohol and drug services

Raukura Hauora

 (09) 267 2899


Te Oho Ake Youth Programme, Ka Awatea Adult Programme, Kaupapa Māori Services, Whānau Advocate (Adult AOD Addictions), gambling

Te Ātea Marino

 (09) 845 1820 or 0800 845 1818


A team of Māori workers who are available to support tangata whaiora and their whānau whose lives are affected by the use of alcohol and/or drugs
Services include: assessment, counselling, support and consultation

Te Hā Oranga - Te Rūnanga Ngāti Whātua

 0800 698 342


Support for whānau who struggle with drug and/or alcohol addiction and or are in recovery. Provide counselling, peer support, aftercare, and Kaupapa Māori support services.

Te Whānau O Waipareira Trust

 0800 924 942


Provides whānau with information, education and support to deal effectively with alcohol and drug problems.

Penina Trust

 (09) 269 7989

Support for Pacific families, the aiga and fanau who are affected by alcohol and drug (AOD) problems, to access AOD treatment services and other support services


Tuʻu

 (09) 845 1810 or 0800 845 1818

A team of Pacific Island workers who support Pacific people and their aiga/fanau/magafaoa who have alcohol, other drugs and/or gambling issues, problems or questions. Services include: consultation, assessment, individual counselling and group support.


Ola Monū'ia/Gambling Service- Southseas Healthcare



 (09) 273 9017


Support for Pasifika families to address gambling harm through providing information and support to access services.

Mapu Maia

 0800 21 21 22

Talatalanoa (counselling) provided in English, Samoan and Tongan for gambling harm either in person, online or by phone.




Asian Family Services

 0800 862 342 Mon-Fri 9am-8pm

Helpline available in ten languages to assist Asian people access appropriate counselling support for gambling harm.



Community Services-Auckland

ADIO Trust Needle Exchanges

-  (09) 263 0344, Manukau
-  (09) 356 7373, Auckland CBD
-  (09) 945 2536, Wellsford




Peer-based advice and needle exchange to reduce harms associated with injecting drugs. Hepatitis C testing, medication and peer support.

Auckland Bridge - The Salvation Army

-  Referral or self-referral enquiries
-  (09) 638 0824



A day programme for 8-12 weeks, as well as pre-entry and aftercare services
Uses a 12 Step Community Reinforcement approach. Recovery Church twice a week.

Community Alcohol and Drug Services (CADS)



-  0800 845 1818
-  cads.org.nz
-  Walk-in clinics, Mon-Fri 10am-1pm

CADS Counselling Services offer free information, individual counselling or group sessions for people across Auckland. Includes services for Asian and LGBT communities.

CADS Regional Services

-  0800 845 1818
-  cads.org.nz

CADS also provides services across Auckland region:


- Altered High Youth Service 
- Auckland Opioid Treatment Service
- Pregnancy & Parental Service 
- Dual Diagnosis Services to support people accessing community mental health services

CareNZ Ltd.

 (09) 276 7193 or 0800 682 468

AOD Clinician & Peer Support, language translators available
Group therapy or individual counselling, WRAP classes, Variable programme length, mobile and office based services

Drug Checking - NZ Drug Foundation

 (04) 801 6303

 thelevel.org.nz/drug-checking-clinics


A free, legal and confidential service that checks what is in drugs and provides non-judgemental information.

EaseUp: Emerge Aoteaora

 0800 4 EASEUP (0800 4327 387)

Brief Intervention for people aged 12-24 years, with mild-moderate alcohol and other drug or mental health issues. Peer and clinical support.
Call for a chat.

Harmony Trust

 0800 183 975


Counselling for a range of issues, particularly repeat drink or drug: driving charges and associated AOD problems. Includes Tongan language programmes. NZTA assessments.

Haven

 Merge Café - 453 Karangahape Road, Auckland CBD


Peer led after hours drop-in support service located within a Central Auckland café.

Mahi Marumarū: Ember

 (09) 523-2790

A mobile Peer Support service, individual and group support, self-referral.


Oasis Centre - The Salvation Army

 (09) 638 0801

 oasis.salvationarmy.org.nz

Gambling harm reduction services. Webchat available.


Odyssey

 (09) 638 4957

 odyssey.org.nz


A community hub offers a range of services and options including weekly SMART Recovery groups (in person and online). Community youth services are available, including Stand Up! a school-based programme.

Phoenix Centre: Emerge Aotearoa

 (09) 296 0983

Peer Support and AOD Clinician partnership. Mobile and office based service. Variable programme length. For people with high risk AOD use, 18-65 yrs and live in South Auckland.

PGF Services

 0800 664 262 Mon-Fri 8.30am-5.00pm

 pgf.nz

Professional counselling for gamblers and families affected by someone's gambling. Counsellors are available in person, by phone, email, text, or live chat to answer your questions and provide immediate support.

Te Tai Tokerau (Northland) Services

Community Mental Health & Addiction Services - Te Whatu Ora

- ☎ (09) 408 9187 Far North
- ☎ 0800 643 647 Mid North/Kaikohe
- ☎ (09) 430 4101 Extn 3537 Whangārei area
- ☎ (09) 439 3330 Extn 65401 Kaipara Area

NINE (Needle Exchange)

- ☎ (09) 430 6524, Whangārei

Peer-based advice and needle exchange to reduce harms associated with injecting drugs. Hepatitis C testing, medication and peer support.

Ngā Manga Pūriri Addiction Services

- ☎ 022 317 1580

Kaupapa Māori regional service with mobile counsellors, supporting people with gambling problems and other co-existing addiction and mental health issues. Community wānanga groups are available in Whangārei and Kaipara.

Northland Bridge - The Salvation Army

- ☎ (09) 408 1078 Kaitaia
- ☎ (09) 401 2865 Kaikohe
- ☎ (09) 430 7500 Whangārei

Odyssey Community Hub

☎ (09)982 8054, Whangārei

Offers group programmes, such as SMART Recovery, a mutual aid group, in person and online.

Rubicon

☎ (09)438 2340, Whangārei

A mentoring and counselling service for youth to help reduce substance harm and create a positive future. Available in Whangārei, Kaipara and Far North.

Te Ara Oranga

☎ Kaitaia (021) 847 299 or (09) 408 1078

▶ kaitaia.bridge@salvationarmy.org.nz

☎ Mid North (021) 113 0989 or (09) 404 1551

▶ thh@nhht.co.nz

☎ Whangārei (09) 982 8054

▶ northlandodyssey@odyssey.org.nz

A methamphetamine harm reduction service. Includes assessment, support to connect with help, the Choice programme (a one-day course) and support for whānau members.

Te Hononga Hou Services - Ngati Hine Health Trust

☎ (09) 404 0375 Mid Northland

Kaupapa Māori community based mental health and AOD support within the mid-north, Te Tai Tokerau.

Extra support to stop

Managed Withdrawal Services provide extra support to people who experience withdrawal symptoms, so they can stop using substances more comfortably and safely.

CADS Community and Home Detox Service

- 📍 Visit a CADS walk-in clinic to find out more. Mon-Fri between 10am-1pm
- 📞 (09) 815 5830 ext 45028

Medically supported withdrawal at home or elsewhere in the community, for people with physical dependence on alcohol and other drugs.

CADS Medically Managed Withdrawal Service

- 📞 0800 845 1818 Auckland

Medically supervised in-patient detox for people who have significant dependence on alcohol or other substances

Managed Withdrawal Services-Social Detox

- 📞 (09) 303 3016 or (027) 294 0066
- 📍 Level 3 HomeGround, 140 Hobson St, Auckland Central

Residential detox services for adults.

Timatanga Hou-New Beginnings: Detoxification Service

- 📍 Dargaville Hospital Awakino Road
- 📞 (09) 439 3330

Medical support for withdrawals from substances, along with activities and education sessions to support recovery

MAKING CHANGES

Residential Services

Residential Treatment is a 24-hour, live-in option for people who want to stop using alcohol and other drugs, while living in a community focused on recovery

The services with a  support both youth and adults

NB: Most charges for these services will be covered if you are eligible for a benefit. Services will help you work this out.



Coming here has opened my eyes to my problems. It's woken me up.

Higher Ground

☎ (09) 834 0017 West Auckland

Based on 12-Step approach. Family support available. Programme length from 18 weeks residential, with on-going continuing care.

Odyssey Y

☎ (09) 638 4957 Auckland (South, Central) and Whangārei

Separate programmes for youth and adults using the Therapeutic Community model. Includes services for people with co-existing mental health issues, and a Family Centre.

Puna Whakataa - Ember & The Salvation Army

☎ (09) 266 2702 South Auckland

AOD respite and treatment service. Peer Support and AOD clinicians available. Up to 14 days per visit, 18-65 years, must have current Counties Manukau address. Initial referral through AOD providers, and past guests can self-refer.

Salvation Army Bridge Centre

Referral or self-referral enquiries

☎ (09) 638 0824, Mt Eden, Waitākere, Manukau

A residential programme for 8-12 weeks, as well as pre-entry and aftercare services. Uses a 12-Step Community Reinforcement approach

Te Hurihanga - Ngāti Hine Health Trust

☎ (09) 404 0375 Te Tai Tokerau

A 16-week Kaupapa Māori AOD residential wananga programme based in Waitangi.

Wings Trust

☎ (09) 815 1631 Tāmaki Makaurau/Auckland region

Residential therapeutic support pre- and post-treatment for clients detoxed from alcohol and other drugs. Based on the 12-Step approach.

Support for People in Court

If you are involved with court, you might like to consider these services pre-sentence.

RecoverRing Alcohol & drug support line

☎ 0800 678 789 Support for people involved with courts and prison (and whānau helping them) regarding alcohol or drug use.

Drink Driving Programmes

Harmony Trust

☎ 0800 183975 Auckland

CareNZ

☎ 0800 682 468 Auckland

Impaired Driving Programme

☎ (09) 470 2706 Northland

Stop Alcohol Impaired Driving (SAID)

☎ (021) 942 262 Northland

AOD Support in Court

Alcohol and Drug Treatment Court

☎ 0800 268 787 Auckland and Waitemata District Courts.
Discuss with your lawyer.

Court Liaison – AOD Clinician Service

☎ (021) 446 758 or (09) 470 2706 Whangārei Court.

Helplines

These helplines provide free support and are available 24 hours a day, 7 days a week.:

Alcohol Drug Helpline

- 📞 0800 787 797 or 📱 TXT 8681
- 📞 Māori Line 0800 787 798
- 📞 Pasifika Line 0800 787 799
- 📞 Youth Helpline 0800 787 984

Gambling Helpline Services

- 📞 0800 654 655 txt 8006
- 24/7 support. Specialist support for Māori, Pasifika, Asian and youth.

1737 Need to Talk

- 📞 Call or text 1737 to speak with a trained counsellor. Call 1737 and select the 'Peer Support' option to speak to someone with lived experience of mental health and/or addiction challenges who is trained to provide support. Available 2pm-10pm daily.

Youthline

- 📞 0800 376 633 or 📱 TXT 234

Healthline

- 📞 Call 0800 611 116 for nursing support

Shine

- 📞 0508 744 633 24/7 information and support for family violence

Need Help NOW?

EMERGENCY CALL 111 IF SOMEONE

**is in danger of harming
themselves or other people;**

OR

**has severe symptoms from alcohol
/drug overdose or withdrawal.**

These symptoms may include (but are not limited to):

- Vomiting
- Shaking
- Racing heart beat
- Heavy sweating
- Depression
- Hallucinations
- Unresponsive
- Diarrhoea
- Seizures
- High blood pressure
- Confusion
- Suicidal thoughts
- Delusions
- Unconscious

All quotes are from
CADS' client surveys

Updated August 2022
For latest version, visit:

aodcollaborative.org.nz



AOD Provider
Collaborative

Supported by Odyssey and Counties Manukau Health