



Connection. Guidance. Resilience. Hope

Wellbeing support for rangatahi aged 12-24 years living in the Counties Manukau rohe

Connection & Wellbeing Support

Community-based services are available to support Māori and Pacific young people to build their connection with extended whānau and their cultural identity.

Awhi Rito - Mahitahi Trust

Area of focus: Rangatahi Māori - 10-week reconnection kaupapa

Eligibility: Rangatahi Māori, aged between 12-24 years

Contact: Benjamin Neho

E: manukura@mahitahi.co.nz

P: 09 262 4533

Mapu Maia

We are finalising two youth programmes:

- 8-week Group Programme
- 4-week Individual Mentoring Programme

More information will be updated soon!

Growing Resilience Skills

Five services will focus on supporting personal development, self-esteem, and self determination skills within and outside schools.

Youth Community Living Support (YCLS) - Emerge Aotearoa

Area of focus: Mobile, community based supports - Individual sessions

Eligibility: Any rangatahi with mild to moderate wellbeing concerns or challenges

Contact:

E: info@emergeaotearoa.org.nz

P: 09 265 0255

Stand Up! - Odyssey and Youthline Auckland

Area of focus: Youth AOD - School based group or individual sessions

Eligibility: Attending an East or South Auckland high school, alternative education or private training establishments (PTE)

Contact: Contact your school pastoral care team or lead tutor to see if Stand Up! is available in your school or PTE

Te Awa Ora - Mahitahi Trust

Area of focus: Kaupapa Māori AOD - 10-week group programme

Eligibility: Rangatahi Māori, aged between 12-24 years

Contact: Benjamin Neho **E:** manukura@mahitahi.co.nz **P:** 09 262 4533

Stand Up Community! - Odyssey

Area of focus: Youth AOD - group or individual sessions

Eligibility: Aged 12-24, are using alcohol or other drugs and are open to having a conversation about their options

Contact:

E: standup@odyssey.org.nz

P: 09 638 4957 EXT:766

B.R.A.V.E Personal Development Programme - Youthline Auckland

Area of focus: Personal Development for high school students

Eligibility: Aged 12-24, living in Counties Manukau

Contact:

E: youthservice@youthline.co.nz

P: 0800 296884

Intense Support

Three services will focus on more in-depth therapeutic support to further advance social skills, self-determination, and management of mild to moderate distress.

Counselling Service - Youthline Auckland

Area of focus: Individual counselling - In person, telephone, video

Eligibility: Aged 12-24 living in Counties Manukau

Contact:

E: youthlinecounselling@youthline.co.nz

P: 0800 361 416

Real Talk - REAL

Area of focus: Rangatahi who need extra support around managing anxiety, depression and/or stress-related behaviours. 10 week skill based program aimed at equipping rangatahi with a range of tools

Eligibility: Any rangatahi with mild to moderate wellbeing concerns or challenges

Contact:

E: realtalk@real.org.nz

P: 027 251 0873

Surfing the Wave Dialectic Behaviour Therapy (DBT) Skills Group - The Psychology Group

Area of focus: DBT divided into 4 skills groups - Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness (relationship) skills - 16 week programme

Eligibility: Any rangatahi who would benefit from learning to manage emotions and can commit to a 16 week programme

Contact:

E: dbt@tpgroup.co.nz or www.tpgroup.co.nz

P: 09 535 6624