



# Connection. Guidance. Resilience. Hope.

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

## GROWING RESILIENCE SKILLS

These five services focus on supporting personal development, self esteem, and self determination skills within and outside schools.

## INTENSE SUPPORT

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

## CONNECTION & WELLBEING SUPPORT

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



### Awhi Rito

Rangatahi Māori - 10-week reconnection kaupapa

✉ manukura@mahitahi.co.nz  
☎ 09 262 4533



### Fōlauga-Fou

Pasifika Youth Wellbeing – 8 group sessions and/or individual sessions

✉ matt.max@mapumaia.nz  
☎ 021 119 4198



### Youth Community Living Support (YCLS)

Mobile, community based support for rangatahi with mild to moderate wellbeing concerns or challenges - Individual sessions.

✉ info@emergeaotearoa.org.nz  
☎ 09 265 0255



### Stand Up!

School based group or individual sessions for rangatahi using alcohol and other drugs. Only in select East or South Auckland high schools, alternative educations or private training establishments (PTE).

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



### Te Awa Ora

Kaupapa Māori alcohol and other drug - 10-week group programme

✉ manukura@mahitahi.co.nz  
☎ 09 262 4533



### Stand Up Community!

Alcohol and other drug support for rangatahi wanting to learn skills to reduce harm and/or get support around their alcohol and other drug use.

✉ standup@odyssey.org.nz  
☎ 09 638 4957 ext:766



### B.R.A.V.E Personal Development Programme

Personal development for high school students.

✉ youths@youthline.co.nz  
☎ 0800 296 884



### Counselling Service

Individual counselling - In person, telephone, video appointments

✉ youthlinecounselling@youthline.co.nz  
☎ 0800 361 416 or text 579



### Real Talk

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 to better manage mild to moderate wellbeing concerns or challenges.

✉ realtalk@real.org.nz  
☎ 027 251 0873



### Surfing the Wave Dialectical Behaviour Therapy (DBT) Skills Group

DBT Skills Group program for rangatahi who would benefit from learning to manage emotions. The DBT Skills Group program is a 16 week program and consists of 4 skills modules - Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness (relationship) skills.

✉ dbt@tpgroup.co.nz or www.tpgroup.co.nz  
☎ 09 535 6624



For more information about all the services we provide get in touch.

0800 929 76468  
askme@waypoint.org.nz  
waypoint.org.nz