



WEBSITE

## 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.

**Awahi 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](mailto:manukura@mahitahi.co.nz)  
**P:** 09 262 4533

**Fōlauga-Fou - Mapu Maia**

**Area of focus:** Pasifika Youth Wellbeing - 8 group sessions and/or individual sessions  
**Eligibility:** Rangatahi aged between 12-24 years  
**Contact:** Matt Max  
**E:** [matt.max@mapumaia.nz](mailto:matt.max@mapumaia.nz)  
**P:** 0211194198

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:dbt@tpgroup.co.nz) or [www.tpgroup.co.nz](http://www.tpgroup.co.nz)  
**P:** 09 535 6624