



Connection. Guidance. Resilience. Hope.

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

GROWING RESILIENCE SKILLS

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

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.

CONNECTION & WELLBEING SUPPORT

Community-based services are available to support Maori & Pacific young people to build their connection with extended whanau & their cultural identity.



Awahi 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



Ka Puta Ka Ora
Emerge Aotearoa

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



te ara talahi whakatapu kia ora ai
youthline

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

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youthline

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

Personal development for high school students.

✉ youthservice@youthline.co.nz

☎ 0800 296 884

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youthline

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

