



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 - Ten week reconnection kaupapa
Eligibility: Rangatahi who identify as Māori, aged between 12-24 years
Contact: Mita Tupaea
E: referrals@mahitahi.co.nz
P: 027 255 0153

Changes underway with MYSTORY (by South Seas Healthcare Trust) ending 27/11/2024. A new Pacific service will start 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 House 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 who identify as Māori, aged between 12-24 years
Contact: Jody Babbington **E:** referrals@mahitahi.co.nz **P:** 09 262 4533

Stand Up Community! - Odyssey House

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: csa@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: supportcentre@youthline.org.nz
P: 09 376 6645

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: 027 900 4038 or 027 291 1581

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 - 15 week programme
Eligibility: Any rangatahi who would benefit from learning to manage emotions and can commit to a 15 week programme
Contact:
E: dbt@tpgroup.co.nz or www.tpgroup.co.nz
P: 09 535 6624