

## Recovery Pathways to Support

For further advice or to connect with any of these services, call the **Canterbury Support Line - 0800 777 846**

### Community Education

**All Right?**  
An initiative to support Cantabrians to think about and improve their mental health and wellbeing, including printed resources.

**Mental Health Education & Resource Centre (MHERC)**  
A free mental health library and service directory.

**New Zealand Red Cross**  
Holds workshops providing practical tips and tools to understand and support each other through the recovery process.

### Accommodation and Housing

#### Canterbury Earthquake Temporary Accommodation Service (CETAS)

Assists people to find temporary accommodation while their home is being repaired or rebuilt as a result of the Canterbury earthquakes.

#### No Fixed Abode and Support Services

Christchurch City Council provides information about accommodation and support services for people without safe, secure and affordable housing.

#### Residential Advisory Service (RAS)

Provides free, impartial help to residential property owners who are facing challenges in getting their home repaired or rebuilt after it has been damaged by the Canterbury earthquakes.

#### Tenants Protection Association

Protects, promotes and advances the rights, interests, and welfare of tenants.

### Wellbeing

**Aviva - family violence prevention**  
A family violence prevention service working with children, women and men.

**Lifeline Aotearoa**  
24/7 telephone counselling.

**Relationships Aotearoa**  
Provides professional counselling and relationship education.

**Pacific Trust Canterbury**  
Provides information, advice, assessments, programmes, advocacy and access to other services that can help aiga/whānau.

**He Oranga Pounamu**  
Provides leadership and advocates whānau capability to achieve quality outcomes for earthquake recovery.

### Financial and Legal Assistance

#### Citizen's Advice Bureau

Provides free, confidential information and advice about any query or problem.

#### Community Law Canterbury

Provides quality, free legal help to people in Canterbury who face barriers in accessing justice.

#### Work & Income

Provides employment services and financial assistance throughout New Zealand.

#### Budgeting services

A number of services provide personal and household budgeting assistance. Contact the Canterbury Support Line to be referred to the most appropriate for you.

### Health (Mental and Physical)

#### 298 Youth Health

Provides free medical care and counselling services to young people aged 10-24.

#### Alcohol Drug Helpline

Offers free and confidential information, insight and support about your own or someone else's drinking or drug taking.

#### HealthInfo

A health information website with a mix ranging from fact sheets and descriptions of local health services and supports to links to recommended websites for further reading and research.

#### Mental Health Advocacy and Peer Support (MHAPS)

Provides peer support, advocacy, education, information and other services for people who experience mental illness or mental distress.

**Your health care provider, general practitioner, school counsellor, church support/pastoral care**

*See overleaf for support service contact details*



## Community in Mind

Hei Puāwai Waitaha – a flourishing Waitaha

<http://cera.govt.nz/community-in-mind>

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## Wellbeing

### Contact

Aviva – family violence prevention	0800 28482 669	<a href="http://www.avivafamilies.org.nz">www.avivafamilies.org.nz</a>
Lifeline Aotearoa	0800 543 354	<a href="http://www.lifeline.org.nz">www.lifeline.org.nz</a>
Relationships Aotearoa	03 741 9201	<a href="http://www.relationships.org.nz">www.relationships.org.nz</a>
Pacific Trust	03 366 3900	<a href="http://www.pacifictrust.co.nz">www.pacifictrust.co.nz</a>
He Oranga Pounamu	03 353 4370	<a href="http://www.hop.org.nz">www.hop.org.nz</a>

## Financial and Legal Assistance

Citizen's Advice Bureau	0800 367 222	<a href="http://www.cab.org.nz">www.cab.org.nz</a>
Community Law Canterbury	0508 226 529	<a href="http://www.canlaw.org.nz">www.canlaw.org.nz</a>
Work & Income	0800 559 009	<a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a>

## Health (Mental and Physical)

298 Youth Health	03 943 9298	<a href="http://www.facebook.com/298YouthHealth">www.facebook.com/298YouthHealth</a>
Alcohol Drug Helpline	0800 787 797	<a href="http://www.alcoholdrughelp.org.nz">www.alcoholdrughelp.org.nz</a>
HealthInfo		<a href="http://www.healthinfo.org.nz">www.healthinfo.org.nz</a>
Mental Health Advocacy Peer Support (MHAPS)	0800 424 399	<a href="http://www.mhaps.org.nz">www.mhaps.org.nz</a>
Your GP (please fill in their contact details)		

## Accommodation and Housing

Canterbury Earthquake Temporary Accommodation Service (CETAS)	0800 673 227	<a href="http://www.quakeaccommodation.govt.nz">www.quakeaccommodation.govt.nz</a>
No Fixed Abode and Support Services	03 941 8999	<a href="http://www.ccc.govt.nz/homeliving/socialhousing/emergencyhousing.aspx">www.ccc.govt.nz/homeliving/socialhousing/emergencyhousing.aspx</a>
Residential Advisory Service (RAS)	0800 777 299	<a href="http://www.advisory.org.nz">www.advisory.org.nz</a>
Tenants Protection Association	03 379 2297	<a href="http://www.tpa.org.nz">www.tpa.org.nz</a>

## Community Education

All Right?		<a href="http://www.allright.org.nz">www.allright.org.nz</a>
Mental Health Education & Resource Centre (MHERC)	0800 424 399	<a href="http://www.mherc.org.nz">www.mherc.org.nz</a>
New Zealand Red Cross	0800 468 873	<a href="http://www.redcross.org.nz/recoverytraining">www.redcross.org.nz/recoverytraining</a>