

**OP STAND DRUG AND ALCOHOL SUPPORT DIRECTORY**

<b>Northern</b>		
<b>CareNZ</b>	Support services for addiction, treatment and recovery.	<a href="http://www.carenz.co.nz/">http://www.carenz.co.nz/</a>
<b>Tupu Services (CADS)Pacific</b>	Pacific Island practitioners, supporting people with drug and alcohol issues and addictions.	<a href="http://cads.org.nz/services/tupu/">http://cads.org.nz/services/tupu/</a>
<b>Odyssey house</b>	Support services and safe spaces.	<a href="http://odyssey.org.nz">http://odyssey.org.nz</a>
<b>Higher Grounds</b>	Tools and programmes to support people with addiction.	<a href="https://highergrounds.org.nz/referrer-information/">https://highergrounds.org.nz/referrer-information/</a>
<b>Kete Hauora Wellness</b>	Wellness directory for the Counties Manukau DHB.	<a href="https://countiesmanukau.health.nz/assets/For-health-professionals/Kete-Hauora-Wellness-Service-Directory.pdf">https://countiesmanukau.health.nz/assets/For-health-professionals/Kete-Hauora-Wellness-Service-Directory.pdf</a>
<b>Tupu Service - Waitematā DHB</b>	Pacific alcohol and other drug and gambling service. Henderson, Kingsland and Otahuhu.	(09) 845 1810 <a href="https://www.waitematadhb.govt.nz">https://www.waitematadhb.govt.nz</a>
<b>Health Point</b>	Health provider directory for mental health and addictions. You can browse providers by region and programme areas.	<a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>
<b>The Salvation Army Bridge (SAB) Programme</b>	They have three residential programmes in Auckland, Mt Eden, Waitakere and Manukau. They also offer a respite Puna Whakataa, short stay in Manurewa. SAB has centres in Northland and Hamilton.	0800 53 00 00 <a href="https://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support">https://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support</a> <a href="https://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support/our-centres">https://www.salvationarmy.org.nz/get-help/alcohol-and-drug-support/our-centres</a> <a href="https://www.kinnectgroup.com/puna-whakataa.html">https://www.kinnectgroup.com/puna-whakataa.html</a>

<b>Central</b>		
<b>Atareira</b>	Support for family members supporting people with addiction and MH.	<a href="https://www.atareira.org.nz/">https://www.atareira.org.nz/</a>
<b>Health Point</b>	Health provider directory for mental health and addictions. You can browse providers by region and programme areas.	<a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>

<b>Nelson / Marlborough</b>		
<b>Nelson Marlborough Health Addictions Services. Wairau Hospital</b>	Screening, brief intervention, community detox, outpatient programmes, seminars and workshops for workplaces/community groups, referrals to inpatient treatment facilities.	03 520 9908 <a href="https://www.Addictionswairau@nmdhb.govt.nz">https://www.Addictionswairau@nmdhb.govt.nz</a> After hours – 03 520 9999
<b>St Marks Addiction Residential Treatment Centre.</b>	Residential treatment, crisis respite care, supportive detoxification	<a href="mailto:admin@stmarks.co.nz">admin@stmarks.co.nz</a> 03 578 0459
<b>Te Piki Oranga</b>	Kaupapa Māori alcohol and drug assessment, and treatment service.	03 543 7016 0800 672 642 <a href="https://www.tpo.org.nz">https://www.tpo.org.nz</a>
<b>Nelson Marlborough Health Addictions Services. Wairau Hospital</b>	Screening, brief intervention, community detox, outpatient programmes, seminars and workshops for workplaces/community groups, referrals to inpatient treatment facilities	03 520 9908 <a href="mailto:Addictionswairau@nmdhb.govt.nz">Addictionswairau@nmdhb.govt.nz</a> After hours – 03 520 9999
<b>Health Point</b>	Health provider directory for mental health and addictions. You can browse providers by region and programme areas.	<a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>

<b>Southern</b>		
<b>ADAS</b>	Alcohol and Other Drug Assessment & Treatment Services offered through Odyssey House	POC for BMC: 'Murray McEachen' <a href="mailto:murray.m@odysseychch.org.nz">murray.m@odysseychch.org.nz</a> <a href="https://www.odysseychch.org.nz/adas">https://www.odysseychch.org.nz/adas</a>
<b>Michelle Fowler</b>	Private AOD and MH Practitioner	<a href="https://www.michellefowlernz.com">https://www.michellefowlernz.com</a> <a href="mailto:michellefowlernz@gmail.com">michellefowlernz@gmail.com</a>
<b>He Waka Tapu:</b>	Kaupapa Māori organisation providing Alcohol and other Drug services	<a href="https://www.hewakatapu.org.nz/services">https://www.hewakatapu.org.nz/services</a>
<b>City Mission along with Salvation Army</b>	Bridge programme provide detox and group based AOD support. However ADAS, Michelle Fowler and He Waka Tapu tend to be the main referral routes at BMC.	<a href="https://www.citymission.org.nz">https://www.citymission.org.nz</a> <a href="https://www.salvationarmy.org.nz/centres/nz/canterbury/chrstchurch">https://www.salvationarmy.org.nz/centres/nz/canterbury/chrstchurch</a>

<b>Alcohol.org.nz</b>	Can be used for information and drink checking	<a href="https://www.alcohol.org.nz">https://www.alcohol.org.nz</a>
<b>Te Pou</b>	Bridging the Gap doc through Te Pou is a great resource as well and worth a read. There are also some great resources through Te Pou in general such as their Brief Intervention Guide for clinicians.	<a href="https://www.tepou.co.nz">https://www.tepou.co.nz</a>
<b>Health Point</b>	Health provider directory for mental health and addictions. You can browse providers by region and programme areas.	<a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>
<b>Family Drug Support Aotearoa</b>	A NGO running from Christchurch with great on line support for families who have a loved one experiencing harm from AOD use. They have a Helpline and online support groups. They also have resources, courses and events.	0800 337 877 <a href="https://www.fds.org.nz/">https://www.fds.org.nz/</a>

<b>Nationwide</b>		
<b>Drug Foundation</b>	This is a key website providing education, advice and resources – Standing up for healthy approaches to alcohol and other drugs.	<a href="https://www.drugfoundation.org.nz">https://www.drugfoundation.org.nz</a>
<b>Living Sober</b>	Tools, resources and support. They also have an online support community.	<a href="https://livingsober.org.nz">https://livingsober.org.nz</a>
<b>The Inside Word (six-episode tv series)</b>	Six-episode television series. Jehan Casinader listens to stories from people who have beaten life's toughest challenges.	<a href="https://www.tvnz.co.nz/shows/the-inside-word">https://www.tvnz.co.nz/shows/the-inside-word</a>
<b>Alcohol Drug Helpline</b>	24/7 support to speak with a trained counsellor. Free, confidential, non-judgemental professional advice. Provides information, insight and support.	0800 787 797 Text 8681 <a href="https://alcoholdrughelp.org.nz">https://alcoholdrughelp.org.nz</a>
<b>Al-Anon</b>	Support when a loved one is experiencing harm from alcohol or drug use. Help and support for families and friends of alcoholics.	0508 425 2666 <a href="https://al-anon.org.nz">https://al-anon.org.nz</a>

<b>Alcohol.org.nz - Run by Te Hīringa Hauora/Health Promotion Agency</b>	Information, advice, research, resources to help prevent and reduce alcohol-related harm and inspire New Zealanders to make better decisions about alcohol.	<a href="https://www.Alcohol.org.nz">https://www.Alcohol.org.nz</a>
<b>Health Point</b>	Health provider directory for mental health and addictions. You can browse providers by region and programme areas. There are options for a variety of cultural communities as well.	<a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>
<b>The Level</b>	A guide for people who use drugs and alcohol. Information, resources and support.	<a href="https://thelevel.org.nz">https://thelevel.org.nz</a>
<b>Drug Help</b>	Advice, guidance, information. Also has a section about gaining support through kaupapa Māori.	<a href="https://drughelp.org.nz">https://drughelp.org.nz</a> <a href="https://drughelp.org.nz/making-a-change/treatment-options/kaupapa-maori">https://drughelp.org.nz/making-a-change/treatment-options/kaupapa-maori</a>
<b>Alcoholics Anonymous</b>	Meetings, events, resources, membership and professional support.	<a href="https://www.aa.org.nz/#AA">https://www.aa.org.nz/#AA</a> 0800 229 6757
<b>Family Drug Support Aotearoa</b>	A NGO running from Christchurch, with great on line support for families across the country who have a loved one experiencing harm from AOD use. They have a Helpline and online support groups. They also have resources, courses and events.	0800 337 877 <a href="https://www.fds.org.nz/">https://www.fds.org.nz/</a>
<b>Māori Services</b>	Drug help has a section about gaining support through kaupapa Māori. Also the Health Point directory has a list of local community providers.	<a href="https://drughelp.org.nz/making-a-change/treatment-options/kaupapa-maori">https://drughelp.org.nz/making-a-change/treatment-options/kaupapa-maori</a> <a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>
<b>Asian Family Services</b>	Counselling, public health education, workshops, events and support for all Asians. Nationwide and confidential. Services are offered in: English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi	0800 862 342 <a href="https://asianfamilyservices.nz">https://asianfamilyservices.nz</a>
<b>Pasifika Helpline</b>	Support designed specifically for Pacific people.	0800 787 799 Text 8681 Or search for local support using Health Point: <a href="https://www.healthpoint.co.nz/mental-health-addictions/">https://www.healthpoint.co.nz/mental-health-addictions/</a>

<b>Need to Talk? 1737</b>	Drug and alcohol addiction self-help service. Support for people from a variety of cultures.	1737 call or text <a href="https://www.1737.org.nz">https://www.1737.org.nz</a>
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