

# Health Sector Organisations and Resources Available to Support Mosque Attack Victims and Affected Community

**For urgent or crisis mental health care:** Single Point of Entry/Crisis Resolution services at CDHB: Freephone **0800 920 092** (24 hours, 7 days a week)

## MSD Kaiwhakaoranga Specialist Case Management Service

Support for people affected by the terror attacks to access the services and help needed. This may include help with employment, financial assistance, immigration, social support and other needs. You do not have to be receiving income assistance from MSD to be part of the service. People who do not have a case manager can email [support@msd.govt.nz](mailto:support@msd.govt.nz) or call **03 961 9257**.

## Support

<b>1737</b>	Phone (free) or text 1737 <b>1737.org.nz</b>	People can call (free) or text any time, day or night, to talk to a trained counsellor
<b>Purapura Whetu (PPW)</b>	(03) 379 8001 <b>pw.maori.nz</b>	<ul style="list-style-type: none"> <li>• Muslim Wellbeing Team - Bilingual and Culturally/ Religiously responsive support work</li> <li>• Community liaison, advocacy and supporting community-based initiatives</li> </ul>
<b>Christchurch Resettlement Services (CRS)</b>	(03) 335 0311 <b>crs.org.nz</b>	<ul style="list-style-type: none"> <li>• Physical and holistic health / community-based programmes e.g. swimming, exercise, sports</li> <li>• Mental health social work, Bilingual support work</li> <li>• Muslim Support Workers</li> </ul>
<b>Victim Support</b>	0800 842 846 <b>victimsupport.org.nz</b>	<i>For people affected by the terror attacks:</i> Victim Support provides, free, 24 hour ongoing support to victims of the Christchurch terror attacks and information; access to counselling and support through the court and sentencing process
<b>ACC</b>	0800 101 996 (claims) 0800 222 070 (providers) <b>acc.co.nz</b>	<i>For those physically injured in the attacks:</i> Facilitate referral to specialist assessment and rehabilitation for injury related physical and/or mental health needs

## Counselling, Psychological Treatment, GP and Specialist Mental Health

<b>1737</b>	Phone (free) or text 1737 <b>1737.org.nz</b>	People can call (free) or text any time, day or night, to talk to a trained counsellor
<b>Purapura Whetu (PPW)</b>	(03) 379 8001 <b>pw.maori.nz</b>	In addition to Muslim Wellbeing Team support work also includes; Afyia group therapy - refer using online referral to PPW
<b>Christchurch Resettlement Services (CRS)</b>	(03) 335 0311 <b>crs.org.nz</b>	In addition to supports above includes: <ul style="list-style-type: none"> <li>• Multi-cultural counselling service</li> <li>• Afyia group therapy - refer using online referral to social work at CRS</li> </ul>

<b>Victim Support</b>	0800 842 846 <b>victimsupport.org.nz</b>	<i>For people affected by the terror attacks:</i> Access to professional counselling, funded by Victim Support
<b>ACC</b>	0800 101 996 (claims) 0800 222 070 (providers) <b>acc.co.nz</b>	<i>For those physically injured in the attacks:</i> Injury related Psychological services if required
<b>Canterbury Charity Hospital Trust</b>	(03) 360 2266 (self-referral) <b>charityhospital.org.nz</b> reception@charityhospital.org.nz	Free brief counselling services
<b>Primary Health Care</b>	<b>All Medical Centres</b>	At GP discretion, funding can be made available to enable free GP visits for physical and/or mental health needs
	<b>Pegasus Health PHO</b> 0800 246 099 <b>pegasus.org.nz</b>	<ul style="list-style-type: none"> <li>• Facilitate referral to specialist care</li> <li>• Brief Intervention Talking Therapy (BITT)</li> </ul>
	<b>Waitaha PHO</b> 0800 800 743 <b>waitaha.health.nz</b>	<ul style="list-style-type: none"> <li>• Facilitate referral to specialist care</li> <li>• Brief Intervention Coordination (BIC)</li> <li>• Rural Mental Health Specialists (RMHS)</li> <li>• Clinical Psychologist</li> </ul>
	<b>Christchurch PHO</b> 0800 746 242 <b>chchpho.org.nz</b>	<ul style="list-style-type: none"> <li>• Facilitate referral to specialist care</li> <li>• Brief Intervention Coordination (BIC)</li> </ul>
<b>Specialist Mental Health Services</b>	<b>Crisis Resolution</b> Services at CDHB Freephone 0800 920 092 (24 hours, 7 days a week)	For urgent or crisis mental health care
	<b>Referral to Single point of Entry</b> for CDHB Specialist Mental Health Services Monday to Friday, 8:30am – 4:00pm	<p>The Single Point of Entry (SPOE) is a person's initial contact with mental health services 8:30am – 4:30pm. SPOE takes all calls including crisis calls during these hours and triages for the Crisis Teams for risk assessment where needed, provides advice about other resources and agencies</p> <p>SPOE also triages and processes GP referrals and advises of outcomes including setting up assessments with the Adult Community Mental Health Services</p> <p>Community mental health services provide assessment, treatment and support services</p>
	<b>Anxiety Disorders Service</b> part of CDHB Specialist Mental Health Services (03) 364 0421	The Anxiety Disorders Service is a community-based team that provides treatment for people with severe anxiety related to mosque attacks

## Online Resources

<b>Canterbury Resilience Foundation</b>	<b><a href="http://crfoundation.org.nz">crfoundation.org.nz</a></b>	Information and activities available to the Muslim community
<b>All right? Campaign</b>	<b><a href="http://allright.org.nz">allright.org.nz</a></b>	The simple things we can do every day, to look after ourselves and others
<b>Healthinfo</b>	<b><a href="http://healthinfo.org.nz">healthinfo.org.nz</a></b>	Local health information for Cantabrians
<b>Victims Info</b>	<b><a href="http://victimsinfo.govt.nz">victimsinfo.govt.nz</a></b>	Get information and support if you have been affected by crime
<b>Mental Health Education and Resource Centre (MHERC)</b>	<b><a href="http://mherc.org.nz">mherc.org.nz</a></b>	<ul style="list-style-type: none"> <li>• Canterbury Mental Health Directory and referral pathways - <a href="http://mherc.org.nz/directory">mherc.org.nz/directory</a></li> <li>• eLibrary</li> <li>• Downloadable fact sheets</li> <li>• Workforce development and community education</li> <li>• COVID-19 information/updates</li> <li>• National helpline contact details</li> </ul>
<b>Ministry of Health</b>	<b><a href="http://health.govt.nz">health.govt.nz</a></b>	Coping After a Traumatic Event and Supporting Your Kids After a Traumatic Event [resources available in multiple languages]
<b>Mentemia</b>	<b><a href="http://mentemia.com">mentemia.com</a></b>	App that coaches mental wellbeing. Free to all New Zealanders

## Covid-19 Resources

<b>Information for Muslim Community</b>	<b>Canterbury Resilience Foundation</b>	Information and activities available to the Muslim community - <b><a href="http://crfoundation.org.nz">crfoundation.org.nz</a></b>
<b>Wellbeing Information</b>	<b>All Right?</b>	<u><a href="#">Getting through together</a></u>
	<b>Health Navigator</b>	<u><a href="#">COVID-19 Care Package</a></u>
	<b>Mental Health Foundation</b>	<u><a href="#">Looking After Mental Health and Wellbeing During COVID-19</a></u>
	<b>Depression New Zealand</b>	<u><a href="#">COVID-19 Depression.org</a></u>
	<b>Ministry of Health</b>	<u><a href="#">COVID-19 Mental Health and Wellbeing Resources</a></u>
	<b>Refugee Health and Wellbeing (RASNZ)</b>	<u><a href="#">COVID-19 Resources</a></u>

<b>Wellbeing Information</b>	<b>Mental Health Education and Resource Centre (MHERC)</b>	<a href="#"><u>COVID-19 Resources</u></a> 0800 424 399
	<b>Mentemia</b>	<a href="#"><u>Helping kiwis cope and thrive through COVID-19</u></a> App that coaches mental wellbeing. Free to all New Zealanders
<b>Financial Support</b>	<b>New Zealand Government</b>	<a href="#"><u>New Zealand Government COVID-19 Website</u></a> <a href="#"><u>Financial Support</u></a>
	<b>Work and Income</b>	<a href="#"><u>COVID-19 (Novel Coronavirus)</u></a> 0800 559 009
	<b>Ministry of Social Development</b>	<a href="#"><u>Where to go for Services and Support</u></a> <a href="mailto:support@msd.govt.nz">support@msd.govt.nz</a>