

Infant, Child and Youth Organisations and Resources Available to Support those Impacted by the Mosque Attack.

For urgent or crisis mental health care:

CAF Emergency Service at CDHB (Monday - Friday, 8.30am - 5.00pm): Freephone **0800 218 219, option 2**
OR after hours **Crisis Resolution Services** at CDHB (24 hours, 7 days a week): Freephone **0800 920 092**

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 or call **03 961 9257**.

Counselling, Psychological Treatment, GP and Specialist Mental Health Contacts

Primary Health Care - GP	Medical Centres/ Practices across Canterbury	<ul style="list-style-type: none"> • Free GP visits for 13 years and under. • Physical and/or mental health needs. • Access to Health Improvement Practitioners (HIP) and Health Improvement Coaches (HIC) and • Brief Intervention Co-ordinator (BIC)
Manu Ka Rere (formally known as Community Youth Mental Health Service, CYMHS)	(03) 281 7616 office@manukarere.org.nz nz manukarere.org.nz	A free service for young people aged 13-24 who are seeking support for their wellbeing. We offer face to face counselling sessions, group work therapy, education and other activities.
Waipuna (SJOG)	(03) 386 2159 sjog.org.nz/contact-us/st-john-of-god-waipuna	For youth 13 - 24 years. Youth Social Work and Alcohol and Other Drugs (AOD) counselling. East Christchurch area.
Purapura Whetu (PPW)	(03) 379 8001 pw.maori.nz	Muslim Wellbeing Team - Bilingual and Culturally/Religiously responsive support work Community liaison, advocacy and supporting community-based initiatives
Christchurch Resettlement Services (CRS)	(03) 335 0311 crs.org.nz	<ul style="list-style-type: none"> • Physical and holistic health / community-based programmes e.g. swimming, exercise, sports • Mental health social work, Bilingual support work • Muslim Support Workers
Victim Support	0800 842 846 victimsupport.org.nz	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.
Presbyterian Support Services/ Family Works	admin@ps.org.nz ps.org.nz	Community services and home-based support. Christchurch, Selwyn and North Canterbury areas.

298 Youth Health	(03) 943 9298 admin@298.org.nz 298.org.nz	Free medical and counselling services for those aged 10 - 24 years.
Etu Pasifika	0800 288 727 admin@etupasifika.co.nz etupasifika.co.nz	Etu Pasifika provide a range of services for the whole family including mental health
Pukemanu Centre (Dovedale Centre)	hscclinic@canterbury.ac.nz canterbury.ac.nz/ education-and-health/ schools-and-departments/ school-of-health-sciences/ pukemanu-centre/	Provides free assessments and interventions on a short-term basis for children and families/whānau not currently receiving support from other agencies. Run by the University of Canterbury's Child and Family Psychology programme.
Methodist Mission	(03) 375 1470 info@mmsi.org.nz mmsi.org.nz	Provide programmes and services that help those in need and empower those who need support, irrespective of age, ethnicity or religion.
Child Adolescent and Family (CAF) Service Access Team, CDHB	0800 218 219, option 1 (CAF link)	Phone advice, consult and triage of referrals into CAF Service via GP, organisations, schools, health professionals.
Right Service Right Time	rightservice.org.nz	The aim is for every child, young person and their family, whatever their circumstance, to get the right service at the right time.

Supports via Schools

Mana Ake	manaake.health.nz	Mana Ake -Stronger for Tomorrow provides mental health and wellbeing support for children in primary school years 1 - 8 across Canterbury.
Social Workers in School (SWiS)	(03) 332 2541 christchurch@standfor children.org.nz standforchildren.org.nz	To enhance life outcomes for children whose social and family circumstances place at risk their chances of achieving good education, social and health outcomes. Social Workers in Schools are assigned to clusters of schools in each area and work closely with the schools and other agencies.
School Counsellors (High School)	Contact via locally attended High School	Helping students to explore their difficulties and concerns, and to develop their capabilities and resilience within the High School space.
School contacts	Contact via locally attended primary, intermediate or high school	Principal, Deputy Principal, Special Education Needs Coordinator (SENCO), Year Dean, Youth worker
Public Health Nurse	phnburwood@cdhb .health.nz cdhb.health.nz/phns (non-urgent enquiries)	Support to children, young people and their families across all schools in Canterbury with nurses based at some rural facilities.

Other Supports

1737	Phone or text 1737 (Free) 1737.org.nz	People can call (free) or text any time, day or night, to talk to a trained counsellor.
Youthline	0800 37 66 33 or Free TXT 234 talk@youthline.co.nz	Support for young people facing crisis
Plunketline	0800 933922 plunket.org.nz	24/7 Plunket nurse for health concerns for 0 - 5 year olds
Smiling Mind App	smilingmind.com.au	Mindfulness app; download iTunes, Google Play etc.
Right Service Right time	rightservice.org.nz	The aim is for every child, young person and their family, whatever their circumstance, to get the right service at the right time.

Online Resources

BRAVE	brave.psy.uq.edu.au	Online, interactive programme to help young people understand and cope with worry and anxiety. For young people aged 7-19 years.
All right? Campaign	allright.org.nz	The simple things we can do every day, to look after ourselves and others.
Health information	healthinfo.org.nz	Local health information for Cantabrians.
Victims Info	victimsinfo.govt.nz	Get information and support if you have been affected by crime.
Mental Health Education and Resource Centre (MHERC)	mherc.org.nz	Canterbury Mental Health Directory and referral pathways mherc.org.nz/directory <ul style="list-style-type: none"> • E-library • Downloadable fact sheets • Workforce development and community education • COVID-19 information/updates • National helpline contact details
Ministry of Health	health.govt.nz	Coping after a traumatic event and supporting your kids after a traumatic event (resources available in multiple languages).
Right Service Right time	rightservice.org.nz	The aim is for every child, young person and their family, whatever their circumstance, to get the right service at the right time.