

NZ guide

all kinds of help!



ACC
0800 101 996
www.acc.co.nz

Age Concern
04 801 9338
www.ageconcern.org.nz

Al-Anon
0508 425 2666
www.al-anon.org.nz

Alcoholics Anonymous
0800 229 675
www.aa.org.nz

Alcohol Drug Helpline
0800 787 797
www.alcoholdrughelp.org.nz

Allergy NZ
0800 340 800
www.allergy.org.nz

Alzheimer's New Zealand
0800 004 001
www.alzheimers.org.nz

ANZMES
09 269 6374
www.anzmes.org.nz

Aphasia NZ
0508 274 274
www.aphasia.org.nz

Arthritis New Zealand
0800 663 463
www.arthritis.org.nz

Asthma Foundation
04 499 4592
www.asthmafoundation.org.nz

Autism NZ
0800 288 476
www.autismnz.org.nz

Balance NZ
03 366 3631
www.balance.org.nz

Cancer Society
0800 226 237
www.cancernz.org.nz

Carers New Zealand
0800 777 797
www.carersair.net.nz

Carers Society Otago
03 471 6204
www.carersotago.org.nz

Caring for Carers Canterbury
03 386 1863
www.caringforcarers.org.nz

Caring for Carers Hawkes Bay
06 877 8193
www.caringforcarersec.co.nz

CCS Disability Action Mobility Parking Scheme
0800 227 2255
www.mobilityparking.org.nz

Cerebral Palsy Society NZ
0800 503 603
www.cpsociety.org.nz

Chinese Lifeline
0800 888 880
www.chineselifeline.org.nz

Citizens Advice Bureaux
0800 367 222
www.cab.org.nz

Community Law Centres
www.communitylaw.org.nz

Complex Care Group
0800 852 693
www.complexcaregroup.org.nz

Cystic Fibrosis Assoc of NZ
0800 651 122
www.cfnz.org.nz

Deaf Link FreeFax
0800 621 621

Depression Helpline
0800 111 757
www.depression.org.nz

Diabetes New Zealand
0800 369 636
www.diabetes.org.nz

Epilepsy New Zealand
0800 202 122
www.epilepsy.org.nz

Gambling Helpline
0800 654 655
www.gamblinghelpline.co.nz

Grandparents Raising Grandchildren
0800 472 637
www.raisinggrandchildren.org.nz

The Head Injury Network
07 839 1191
www.thinknz.org.nz

Health and Disability Advocacy Service
0800 555 050
http://advocacy.hdc.org.nz

Health and Disability Commissioner
0800 112 233
www.hdc.org.nz

Healthline
0800 611 116
www.health.govt.nz/healthline

Hearing Association NZ
0800 23 34 45
www.hearing.org.nz

@Heart
0800 543 943
www.heartnz.org.nz

Hospice NZ
04 381 0266
www.hospice.org.nz

Housing New Zealand
0800 801 601
www.hnzc.co.nz

IHC
0800 442 442
www.ihc.org.nz

Kidney Kids
0800 215 437
www.kidneykids.org.nz

LifeLine (if calling from the Auckland area)
09 522 2999

If calling from outside Auckland
0800 543 354
www.lifeline.org.nz

Leukaemia & Blood Cancer NZ
0800 151 015
www.leukaemia.org.nz

Lysosomal Diseases NZ
07 544 8868
www.ldnz.org.nz

Ministry of Health: Carer Support Inquiries
0800 281 222 (Press 1)
www.health.govt.nz

MND Association NZ
09 624 2148
www.mnda.org.nz

Multiple Sclerosis Society
0800 675 463
www.msnz.org.nz

Muscular Dystrophy NZ
0800 800 337
www.mda.org.nz

NZ Continence Association Free Helpline
0800 650 659
www.continence.org.nz

New Zealand Down Syndrome Association
0800 693 724
www.nzdsa.org.nz

NZ Federation of Disability Info Centres
0800 693 342
www.nzfdic.org.nz

NZ Organisation for Rare Disorders
04 471 2226
www.nzord.org.nz

NZ Spinal Trust
03 383 6881
www.nzspinaltrust.org.nz

Parent to Parent
0508 236 236
www.parent2parent.org.nz

Parents of Vision Impaired
0800 312 019
www.pvi.org.nz

Parkinsons NZ
0800 473 463
www.parkinsons.org.nz

Phobic Trust of NZ
0800 142 694
www.phobic.org.nz

Relationships Aotearoa
0800 735 283
www.relationshipsaotearoa.org.nz

Rescare NZ
06 344 7690
www.rescarenz.org.nz

Retina NZ Inc
0800 233 833
www.retina.org.nz

SAMS
0508 726 769
www.sams.org.nz

SeniorLine
0800 725 463
www.adhb.govt.nz/seniorline

skylight
0800 299 100
www.skylight.org.nz

Stroke Foundation
0800 787 653
www.stroke.org.nz

St John Caring Caller
0800 780 780
www.stjohn.org.nz

Supporting Families in Mental Illness NZ
0800 732 825
www.supportingfamiliesnz.org.nz

TOA Pacific
09 276 4596
www.toapacific.org

Work and Income General Enquiries
0800 559 009
www.workandincome.govt.nz

YouthLine
0800 376 633
www.youthline.co.nz