

Support Services and Food Banks

Support Services:

Support services that remain open:

- Women's Refuge 0800REFUGE
- Shine 0508 744 633
- Alcohol and Drug Helpline 0800 787 797
- Oranga Tamariki (call centre) 0508FAMILY
- CADS 09 845 1818
- Narcotics Anonymous 0800 628 632
- Alcoholics Anonymous 0800 229 6757
- Lifeline 0800 543 354 or free text 4357
- Youthline 0800 376 633
- Samaritans 0800 726 666
- Outline (LGBT) 0800 688 5463
- Depression Helpline 0800 111 757
- Suicide Prevention Helpline 0508 828 865
- The Fono West (Social Services) 09 837 1780
- Counselling (free call or text) 1737
- Healthline for COVID-19 health advice 0800 358 5453.

Work and Income services centres are closed. However, you can apply for assistance via MyMSD or phone the contact centre on 0800 559 009.

For people with disabilities or autism and their support people, the Explore 0800 000421 phone service available to provide advice or support. This includes advice or support around challenging behaviours. To access this service, you don't need a referral and it doesn't matter whether you're new to Explore, currently on their waitlist or you've worked with them previously. The service is available Monday to Friday 9.00am–5.00pm. When you phone the 0800 number you will be connected with an administrator who will then book you an appointment with one of the specialists.

Food Bank info:

[Food Bank](#) | [Free Food Parcels](#) | [Prepare Pacific](#)

ga Whare Waatea – Food Bank:

This food bank is open for collection of kai on Friday 20th August – The public are encouraged to ring the number below to book a pick up appointment today from 11am onwards

0800 686 232 (0800 MUMAFB)

- Please bring PHOTO ID and proof you live in the Mangere, Otara, Otahuhu, Papatoetoe, Manukau, Wiri, Hillsborough, Penrose, Onehunga, Mt Wellington and Royal Oak areas and have a vehicle for collection. Unfortunately we can't take walk-ins so please make sure you call first. Once you have been accepted for a parcel you will be given a time for collection. Parcels can be collected from:

31 Calthorp Close

Mangere

[Yesterday 1:24 pm] Joanna Vivash

Hi all,

Raumati has just shared this information with us. Apologies if I'm duplicating information:

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Manurewa Marae:

The Manurewa Marae Foodbank is OPEN for DELIVERIES ONLY. This will commence 18-Aug-2021. At this time we can only deliver to Manurewa residence at this time.

Our form will be turned off once we reach our daily limit and go live again the following day at 9am.

Once we receive your application a staff will contact you within 24 hours to confirm. It is one application per household.

Upon delivery we ask that you all stay inside. DO NOT OPEN YOUR DOOR. Our team will ring and knock at the door and leave your parcel at your doorstep. Be kind, be safe and stay home whanau

Please fill out the link to apply for a food parcel:

<https://forms.gle/a27RNPdKRxC5fgCE6>.

Papakura Marae:

The public are encouraged to ring the phone number(s) below prior to going to the marae

Papakura Marae Clinic - (09) 297 2160

Papakura Marae Pharmacy - (09) 298 6502

Papakura Marae Foodbank - (09) 297 2036

Pukekohe:

Salvation Army, 3 Tobin Street Pukekohe

(09) 238 5641 – They need to verbally fill out a referral when they ring this number and a pick up appointment time will be arranged for them either the same day or the following day.

MSD/WINZ clients:

MSD clients with a payment card can ring the call centre and ask for an additional top up to be added to their card to purchase food.