

Been here before?

You can change direction. We're here to help.

For alcohol and drug support contact us at:

Mahi Marumarū

☎ 09 263 5923, 8.30am-5pm weekdays

For free, confidential peer support from people who also have experienced alcohol and drug challenges, and who have successfully managed the path to recovery.

CareNZ Ltd.

☎ 09 276 7193 or 0800 682 468,
8.30am-5pm weekdays

For free, confidential peer support and counselling for alcohol and drug challenges.

Phoenix Centre

☎ 09 296 0983,
8:00am to 4:30pm weekdays

For free, confidential peer support and counselling for alcohol and drug challenges.

Alcohol Drug Helpline

☎ 0800 787 797 or text 8681
Available 24hrs, 7 days a week

For free, confidential discussion with counsellors about information and options.

See this brochure for
more information

Download at
bit.ly/aodsupport



Alcohol and drugs causing you problems?

You're not alone – you can talk to us.

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Is your family member here because of their alcohol and drug use?

**Talk to us.
We can help.**

Kei konei too whanaunga naa ana mahi inu waipiro me te whakapeto whakapooauau?

**Me koorero mai.
Ka taea e maatou te aawhina.**

CONTACT US for free, confidential alcohol and drug support.

WHAKAPAA MAI moo ngaa tautoko koreutu moo te waipiro me te whakapooauau.

Te Ātea Marino

☎ 09 263 2023 or 09 845 1818,
8.00am-4.30pm weekdays

**Raukura Hauora O Tainui
Addiction Services**

☎ 09 263 8040, 8.30am-5pm weekdays

See this brochure for more information

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Ua āfaina lou auaiga
i le inu ava malosi
pe o le fa'aaogā o
vailaau fa'asāina?

**Logo mai matou.
Matou te
fesoasoani atu.**

'Oku 'i heni ha
mēmipa ho fāmili,
koe'uhī ko 'enau
ngāue'aki 'a e kava
mālohī mo e faito'o
kona tapū?

**Talanoa mai. Te mau
lava ke tokoni.**

Vili mai ia matou:

Fetu'utaki mai he:

Penina Trust

☎ 09 269 7989, 8.30-5.00pm weekdays

Free support for Pacific families to link with alcohol and drug treatment services and other services.

**Tupu Pacific Alcohol Drug
& Gambling Services**

☎ 09 845 1810, 8.30-5.00pm weekdays

For free, confidential Pasifika counselling service for alcohol, drug and gambling challenges.

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more information

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