



Further support resources for Parents, Caregivers and Whānau

A comprehensive list of supports available for you and your whānau .

Get in-person help:

Christian counsellors within the Waikato

<https://nzcca.org.nz/find-a-counsellor/>

Support groups/ 1-1 counselling for parents and children

<https://www.parentline.org.nz/>

Single parent support services - subsidised counselling and groups (parenting alone)

<https://spsw.nz/>

Parent / child programmes 1-1 / groups for parents and children

<https://www.familyworksnorthern.org.nz/>

Tough Love Parent support group Hamilton

<https://www.cab.org.nz/community-directory/KB00011792>

Support 1-1 and groups for families with children with disability /neurodiversity

<https://parent2parent.org.nz/>

Buddy support (for families of children without a dad)

<https://www.bigbuddy.org.nz/buddy-up/find-a-big-buddy/>

Support groups for families supporting loved ones with Addiction

<https://www.bravehearts.nz/about-us/>



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Food security

The serve trust - Non judgemental free meal service for whānau
<https://www.cab.org.nz/community-directory/KB00033877>

Food parcels

<https://www.cab.org.nz/community-directory/KB00011785>
<https://vinnieshamilton.co.nz/food-assistance/>
<https://www.salvationarmy.org.nz/get-help/welfare>
<https://www.heretohelpu.nz/>

Financial help

<https://www.capnz.org/>
<https://www.communitylinktrust.nz/contact>
<https://www.heretohelpu.nz/>

Online support Mental / Emotional wellbeing :

Holistic Christian family support resources for wellbeing (wide range)
<https://family.org.nz/>

Free CBT- based therapy programmes online
<https://www.justathought.co.nz/>

Free self -regulation online toolkit for calm/ de-stress
<https://www.smallsteps.org.nz/>

Support for young people (rangatahi) mental health
<https://www.thelowdown.co.nz/>



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Help by topic :

Anxiety

<https://www.kidshealth.org.nz/anxiety>

Depression

<https://kidshealth.org/en/parents/understanding-depression.html>

Gaming alternative for youth (E-therapy providing effective help with feelings of moderate anxiety and depression

<https://www.sparx.org.nz/>

Helping the young person in your care

<https://www.hearmeeme.nz/ways-to-help>

Identity through a Christian lens

<https://www.faithcentral.org.nz/wp-content/pdfs/10A-Discovering-our-Identity.pdf>

Online safety

<https://www.keepitreonline.govt.nz/parents/keeping-your-family-safe-online/>

Pornography use

<https://thefreedomfight.org/health/talking-to-kids-about-porn/>
<https://thelightproject.co.nz/>

Self harm (written content warning- may be triggering)

<https://mentalhealth.org.nz/conditions/condition/self-harm>

Screen time/ Screen usage

<https://www.betterscreentime.com/free-download/>

<https://screenstrong.org/>

<https://netsafe.org.nz/screen-time/>



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Suicide prevention

<https://mentalhealth.org.nz/conditions/condition/suicide-worried-about-someone>

Vaping

<https://vapingfacts.health.nz/vapefree-schools/supporting-students.html>