**WHERE IS HELP AVAILABLE**

**Need someone to talk to?**

* **1737 need to talk helpline** – staffed by paid counsellors 24 hours a day,7 days a week. Free phone or text 1737.
* **Wellington Catholic Social Services social workers –** working remotely, can help identify appropriate sources of assistance, email: [reception@wn.catholic.org.nz](mailto:reception@wn.catholic.org.nz) or phone 0274055469

**Emergency food assistance**

* **Society of St Vincent de Paul:** 
  + Wellington area, Newtown office essential packs: Call 04 389 7122, Text 021 215 7098 or Email: [info@vinnieswgtn.org.nz](mailto:info@vinnieswgtn.org.nz)
  + Hutt valley: : 04-568 6408
  + Kapi-Mana: 04-237 5968
  + Blenheim: 03-577 8378
  + Nelson area: Please phone Stoke 03-538-1299 or Richmond 03-544-0893
* **Compassion Centre Soup Kitchen:** 132 Tory St, Wellington. Serving 1 meal a day, 7 days a week during the COVID-19 lockdown, 1.30-2.30pm
* **Foodbanks:** A number of foodbanks are operating during the lockdown. Please see <https://www.foodbank.co.nz/> for information on how to access foodbanks during this time.

**Assistance with benefits, hardship grants**

* **Ministry of Social Development:** 0800-559-009
* **Benefit advocacy services operating remotely:** 
  + Hutt Valley Benefit Education Service Trust (BEST) [hvbest@xtra.co.nz](mailto:hvbest@xtra.co.nz), 0284246295 or 04-529-8108
  + Wellington Benefit Rights Service 04-210-2012, 021-292-7636 or [benefitrights@gmail.com](mailto:benefitrights@gmail.com)
  + Nelson Beneficiaries and Unwaged Workers Trust  [buwtcs@xtra.co.nz](mailto:buwtcs@xtra.co.nz) 03-548-8171 or 027-548-8171
  + Kaikōura: Te Tai o Marokura Social Services 03-319-5801

**Legal advice**

* **Community law centres:** Community law centre offices are closed during the lockdown but most are continuing to offer free legal advice by phone and email.
  + Wellington and Hutt Valley Community Law: 04-499-2928 or fill out online form at <https://communitylaw.org.nz/centre/wellington-hutt-valley/>
  + Blenheim Community Law: 0800 266 529 or 03 5779919 [reception@commlawmarlb.org.nz](mailto:reception@commlawmarlb.org.nz)
  + Porirua Community Law: [info@pkclc.com](mailto:info@pkclc.com) 04 2376811
  + Wairarapa Community Law: [info@wairarapaclc.org.nz](mailto:info@wairarapaclc.org.nz) or 06-377-4134
  + Nelson Bays Community Law (including Motueka, Takaka and Westport) <https://communitylaw.org.nz/centre/nelson-bays/> (03) 548 1288, 0800 246 146
  + Manawatu Community Law (including Ōtaki and Levin): [reception@mancomlaw.org.nz](mailto:reception@mancomlaw.org.nz) (06) 356 7974, 0508 FOR LAW (0508 367 529)

**Violence in the home**

* **Women’s refuge:** 0800 REFUGE or 0800-733-843 For more information <https://womensrefuge.org.nz/contact-us/>
* **Shakti:** Support for migrant and refugee women of Asian, African and Middle Eastern origin. 0800-742-584
* **Catholic social services social workers –** working remotely, can help identify appropriate sources of assistance, email: [reception@wn.catholic.org.nz](mailto:reception@wn.catholic.org.nz) or phone 0274055469

**Support during pregnancy and for young mothers**

* Greenstone Doors (Lower Hutt): online counselling and practical support 04-566 5037 [info@greenstonedoors.co.nz](mailto:info@greenstonedoors.co.nz)
* St Vincent de Paul, Wellington area, Newtown office essential baby packs: Call 04 389 7122, Text 021 215 7098 or Email: info@vinnieswgtn.org.nz
* **Catholic Social Services social workers –** working remotely, can help identify appropriate sources of assistance, email: [reception@wn.catholic.org.nz](mailto:reception@wn.catholic.org.nz) or phone 0274055469
* Kaikōura: Te Tai o Marokura Social Services 03-319-5801

**ARE YOU ABLE TO HELP?**

Opportunities to support wellbeing and support work during the COVID-19 lockdown.

As most services are operating remotely, and because of COVID-19 restrictions, organisations are mostly unable to accept donated goods at this time. Please contact any of the organisations above if you want to discuss the suitability of any donated items.

Ways to support financially:

**Wellington St Vincent de Paul essential services response**

**Account number: 02-0576-0017817-00**

**Reference:** COVID19

<https://www.vinnies-wellington.org.nz/donate>

**Kapi-Mana St Vincent de Paul** – Plimmerton conference supplying food parcels in Porirua

**Account number: 06-0549-0128322-00**

**Compassion Soup Kitchen:** <https://soupkitchen.org.nz/donate/donate-money/>

**Upper Hutt Housing Trust:** Would appreciate donations to assist with purchasing warm winter clothes and blankets

<http://www.uhht.org.nz/?page_id=91>

**Wellington Catholic social services:**

**Account number:** 02-0560-0213864-000 Archdiocese of Wellington - Catholic Social Services

<https://wn-catholicsocialservices.org.nz/Donate>

**Challenge 2000 youth development agency:** Support to families that Challenge 2000 works with:

**Account number**: 01-0519-0057600-00

[www.challenge2000.org.nz](http://www.challenge2000.org.nz)

**Foodbanks**

Details on how to donate to a range of foodbanks are available here: <https://www.foodbank.co.nz/donate>