

Young people – your health and wellbeing

HEALTH IS ABOUT MORE THAN DOCTORS AND HOSPITALS - it's about your whole wellbeing. There are people who can help with all the parts of your life when it comes to the wellness of your body and mind. They work with young people a lot and understand the different worries and problems you might have about your health.

There may be other services like these available that are not listed here. You may find more information on one of our other information sheets, or by contacting Upper Hutt CAB (ph 528 9040).

▶ **Vibe Youth Transition Service– Upper Hutt** offers free confidential health and support services for young people aged 12 – 24.

Ph 528 6261

Where? 2 Sinclair St, Upper Hutt
www.vibe.org.nz

▶ **Kidslines** offers free telephone support for young people aged up to 14.

Ph 0800 543 754

Email info@kidslines.org.nz
www.kidslines.org.nz

▶ **Youthline** provides free confidential phone, txt, and email counseling, support and information/referral services 24/7.

Ph 801 6924 / 0800 376 633

Email youthline1@xtra.co.nz
www.youthline.co.nz

▶ **Orongomai Marae Social Services** has free counselors, whanau/youth support and advocacy for all youth, Maori and non-Maori.

Ph 528 4661

Where? 1 Railway Ave, Upper Hutt
Email orongo.ss@xtra.co.nz

▶ **School's Out** is a hang out/support group for school aged and young people questioning or identifying as queer, gay, lesbian, bisexual, transgender, intersex, takaatapu, fa'afafine, and their friends.

Ph 473 78 78 / 027 763 9793

Email queer_schools_out@hotmail.com
www.gaywellington.org.nz

▶ **Upper Hutt Police Youth Aid Officers** provide justice advice, care and protection for young people.

Ph 527 2365

Where? 863 Fergusson Dr, Upper Hutt
Email justin.pescini@police.govt.nz
rosanne.wilson@police.govt.nz
www.police.govt.nz

▶ **Project K** is a foundation for Youth Development programme designed to inspire 14-15 year olds to maximise their full potential. Students do not pay to take part in this programme.

Ph 577 2070

Email projectk@ydtw.org.nz
www.projectk.org.nz

▶ **Central Region Eating Disorder Services** provide support, treatment, education and information for young people with eating disorders, their families and friends.

Ph 461 6528

Email creds@huttvalleydhb.org.nz
www.eatingdisorders.org.nz

▶ **Valley PHO** provides free counselling services from 6 to 8 sessions to people over 13 years of age enrolled with Valley or FamilyCare PHO.

Ph 577 8010

Where? 330 High St, Lower Hutt

▶ **Upper Hutt Women's Centre** provides a range of services for young women including free pregnancy testing and support/referrals.

Ph 527 0017

Where? 6 Sinclair St, Upper Hutt
Email uhwomen@xtra.co.nz
www.uhwc.org.nz



COMMUNITY SERVICES

Upper Hutt City Council