



**Places to contact if you need support  
Covid-Alert Level Changes 2021**

| Latest Information About Covid 19          |   |
|--|---|
| Organisation                               | Contact Details   |
| <b>COVID-19 Information in Aotearoa</b>    | Website: <a href="http://www.covid19.govt.nz/COVID-19/NZ">www.covid19.govt.nz/COVID-19/NZ</a>   |
| <b>COVID-19 Education Updates</b>          | Website: <a href="https://www.education.govt.nz/covid-19">https://www.education.govt.nz/covid-19</a>  |
| <b>COVID-19 Information for Māori</b>      | Website: <a href="https://www.tpk.govt.nz/en/whakamahia/covid-19-information-for-maori">https://www.tpk.govt.nz/en/whakamahia/covid-19-information-for-maori</a>                            |
| <b>Ministry for Pacific Peoples</b>        | Website: <a href="https://www.mpp.govt.nz/covid-19/translated-covid-19-information/">https://www.mpp.govt.nz/covid-19/translated-covid-19-information/</a>                                  |
| <b>Pacific Health Service, Hutt Valley</b> | Website: <a href="https://www.pacifichealthhutt.co.nz/">https://www.pacifichealthhutt.co.nz/</a><br>Phone: 04 577 0394<br>Email: <a href="mailto:info@phshutt.co.nz">info@phshutt.co.nz</a> |
| <b>Waiwhetu Marae (Vaccination Centre)</b> | Email: covid19@atiawa.com<br>Phone: 04 595 5920 or 0800 123 VAX   |

| Care and Food Parcels |   |
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| Organisation          | Contact Details   |
| <b>Challenge 2000</b> | Website: <a href="https://www.challenge2000.org.nz/">https://www.challenge2000.org.nz/</a><br>Phone: 04 477 6827<br>Email: <a href="mailto:info@challenge2000.org.nz">info@challenge2000.org.nz</a> |
| <b>Kokiri Marae</b>   | <a href="http://kokiri.org.nz">kokiri.org.nz</a><br>Email: <a href="mailto:teresa@kokiri-hauora.org.nz">teresa@kokiri-hauora.org.nz</a><br>Phone: 04 939 4630 Fax: 04 939 4640                      |
| <b>Koraunui Marae</b> | Email: <a href="mailto:kmtrust@koraunuiarae.co.nz">kmtrust@koraunuiarae.co.nz</a><br>Phone: 04 939 6662 Fax: 04 939 6660<br>Address: 152N Stokes Valley Road, Stokes Valley, Lower Hutt             |



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| <b>Orongomai Marae<br/>Upper Hutt</b>                 | Email: <a href="mailto:uppervalleymarae@xtra.co.nz">uppervalleymarae@xtra.co.nz</a><br>Phone: 04 528 9639<br>Address: 5-7 Railway Avenue, Upper Hutt                                     |
| <b>Pomare Community<br/>House</b>                     | Phone: 04 939 8345<br>Address: 55 Farmer Crescent, Taita, Lower Hutt 5011  |
| <b>Salvation Army</b>                                 | Email: <a href="mailto:Wellington.foodbank@salvationarmy.org.nz">Wellington.foodbank@salvationarmy.org.nz</a><br>Phone: 04 528 6745  |
| <b>Stokes Valley Food<br/>Bank</b>                    | <a href="https://www.facebook.com/StokesValleyFoodbank/">https://www.facebook.com/StokesValleyFoodbank/</a><br>027 557 0248  |
| <b>Wainui Food Bank</b>                               | <a href="https://www.foodbank.co.nz/wainuiomata-foodbank">https://www.foodbank.co.nz/wainuiomata-foodbank</a><br>04 972 8799<br><a href="mailto:admin@tuatahi.com">admin@tuatahi.com</a> |
| <b>Wellington City<br/>Mission</b>                    | Phone: 0800 245 0900<br>Email: <a href="mailto:enquiries@wgtncitymission.org.nz">enquiries@wgtncitymission.org.nz</a> .  |
| <b>Wellington Region<br/>COVID-19 Helpline</b>        | Phone: 0800 141 967<br>Press '2' for Upper Hutt and '3' for Lower Hutt   |
| <b>Upper Hutt<br/>Emergency<br/>Operations Centre</b> | Email: <a href="mailto:upp.welfare@wrem.nz">upp.welfare@wrem.nz</a><br>Phone: 0800 141 967   |

| <b>Wellbeing Support</b> |  |
|--------------------------|--|
| <b>Organisation</b>      | <b>Contact Details</b>   |
| <b>Atareira</b>          | Address: 60A Victoria Street, Alicetown, Lower Hutt<br>Email: <a href="mailto:emma@atareira.org.nz">emma@atareira.org.nz</a><br>Website: <a href="https://www.atareira.org.nz">https://www.atareira.org.nz</a> |
| <b>Barnados</b>          | Website: <a href="https://barnardos.org.nz/">https://barnardos.org.nz/</a><br>Phone: 04 801 1710<br>Email: <a href="mailto:hutt.amu@barnardos.org.nz">hutt.amu@barnardos.org.nz</a>                            |
| <b>Birthright</b>        | Website: <a href="https://www.birthright.org.nz/">https://www.birthright.org.nz/</a><br>Phone: (04 567 7123<br>Email: <a href="mailto:admin@birthrighthutt.nz">admin@birthrighthutt.nz</a>                     |



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| <b>Catholic Social Services</b>     | Website: <a href="https://wn-catholicsocialservices.org.nz">https://wn-catholicsocialservices.org.nz</a><br>Phone: 04-385-8642<br>Email: <a href="mailto:reception@wn-catholicsocialservices.org.nz">reception@wn-catholicsocialservices.org.nz</a>   |
| <b>Challenge 2000</b>               | Website: <a href="https://www.challenge2000.org.nz/">https://www.challenge2000.org.nz/</a><br>Phone: 04 477 6827<br>Email: <a href="mailto:info@challenge2000.org.nz">info@challenge2000.org.nz</a>   |
| <b>COVID-19 counselling service</b> | Website:<br><a href="https://covid19.govt.nz/health-and-wellbeing/mental-wellbeing/looking-after-your-mental-wellbeing/#don%E2%80%99t-be-afraid-to-seek-support">https://covid19.govt.nz/health-and-wellbeing/mental-wellbeing/looking-after-your-mental-wellbeing/#don%E2%80%99t-be-afraid-to-seek-support</a><br>Text: 1737 |
| <b>Daily Chinese Lifeline</b>       | Website: <a href="http://www.chineselifeline.org.nz">www.chineselifeline.org.nz</a><br>Phone: 0800 888 880  |
| <b>Family Works</b>                 | Website: <a href="https://familyworkscentral.org.nz">https://familyworkscentral.org.nz</a><br>Phone: 0800 FAM WORKS<br>Email: <a href="mailto:familyworks@psc.org.nz">familyworks@psc.org.nz</a>  |
| <b>Just a Thought</b>               | Website: <a href="https://www.justathought.co.nz/">https://www.justathought.co.nz/</a>  |
| <b>Lifeline Aotearoa</b>            | Website: <a href="http://www.lifeline.org.nz">www.lifeline.org.nz</a><br>Phone: 0800 543 354<br>24hrs Kidsline Phone: 0800 kidsline (0800 543 7546)   |
| <b>Skylight</b>                     | Website: <a href="http://www.skylight.org.nz">www.skylight.org.nz</a><br>Phone: 0800 299 100  |
| <b>The Low Down</b>                 | Website: <a href="https://thelowdown.co.nz">https://thelowdown.co.nz</a><br>Phone: 0800 111 757<br>Text: 5626   |
| <b>Youthline</b>                    | Website: <a href="http://www.youthline.co.nz">http://www.youthline.co.nz</a><br>Phone: 0800 376 633<br>Text: 234<br>Free app: <a href="https://www.youthline.co.nz/good2great-app.html">https://www.youthline.co.nz/good2great-app.html</a>   |