



# Need a hand?

## Auckland City Services

### Map Key

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|--|---|
| <b>1</b> Lifewise Merge Café 463 Karangahape Rd            | <b>7</b> Auckland City Mission Social Detox 203 Federal St      |
| <b>2</b> Auckland City Mission 140 Hobson St               | <b>8</b> ADIO Needle Exchange 10 East St                        |
| <b>3</b> Urban Vineyard Church 19 Newton Rd                | <b>9</b> Presbyterian Support 70 Khyber Pass Rd                 |
| <b>4</b> James Liston Hostel 135 Howe St                   | <b>10</b> New Zealand Prostitutes Collective Unit 3/2 Canada St |
| <b>5</b> Work and Income NZ 450 Queen St                   | <b>11</b> Outline 35/31-35 Hargreaves St                        |
| <b>6</b> Auckland City Mission Calder Centre 136 Hobson St |   |



## Food

### Auckland City Mission

Free hot drinks and dinners  
140 Hobson Street  
Mon to Fri, 8am–9am and 5pm–8pm  
Sat, Sun and Public Holidays 9.30am–7.30pm

### Lifewise Merge Café

Low cost meal options (\$2 Breakfast, \$4 Lunches).  
453 K'road | Mon to Fri, 7am–9am and 11.30am–1.30pm

### Urban Vineyard Church

19 Newton Rd | 09 361 6077  
Wed community lunch from 11:30am



## Access to emergency accommodation

### James Liston Hostel

\$20 Board per night. Referrals through:  
Lifewise: 7am–1.30pm, 453 Karangahape Road  
Auckland City Mission: 8am–8pm



## Social workers and housing support

### Auckland City Mission

140 Hobson Street | 09 303 9200  
Support workers available Mon to Fri, 8.30am–5pm

### Lifewise

Housing and Crisis Response Hub. Youth support available  
453 Karangahape Road | 09 379 6932  
Mon to Fri, 7am–1.30pm

### Work and Income NZ

Assessments for Social Housing  
450 Queen Street | 0800 559 009 | 8.30am–5pm



## Showers and clothing

### Auckland City Mission (Clothing)

8.30am–9am

### James Liston Hostel

135 Howe Street | Mon to Fri, 9am–11am



## Affordable Health Care

### Calder Centre, Auckland City Mission

136 Hobson Street | 09 303 9266  
Doctors, nurses and pharmacy: Mon to Fri, 9am–5pm

### Youthline Health Service — free for anyone under 25

Testing, Prescriptions, General Check ups  
13 Maidstone St, Ponsonby | 09 361 4168  
Wed, 3pm–6pm | To make appointments:  
supportcentre@youthline.co.nz | free text 'f2f' to 234



## Mental health and addictions

### Salvation Army Bridge programme

15 Ewington Ave, Mt Eden | 09 630 1491

### Auckland City Mission Social Detox

203 Federal Street | 09 303 3016

### CADS Homeless Outreach clinic

Tues and Thurs, 10am–2pm  
(Enquires through Lifewise homeless team)  
CADS enquires | 09 845 1818

## Mental Health Urgent Response Service

0800 800 717



## Budgeting and banking

### Presbyterian Support Services

70 Khyber Pass Road, Grafton (St David's Church) | 09 838 1426  
Mon to Thurs 9am–4pm, Fri 9am–12pm



## Information and support

### Auckland City Mission

140 Hobson Street | 09 303 9200

### James Liston Hostel

135 Howe Street, Freemans Bay | 09 376 3885

### Lifewise & Merge Café

453 Karangahape Road | 09 379 6932

### New Zealand Prostitutes Collective (NZPC)

Sex worker support  
Unit 3/2 Canada Street | 09 366 6106  
auckland.nzpc@xtra.co.nz | www.nzpc.org.nz  
Mon to Fri, 10am–6pm (Thurs until 8pm)  
Sexual health Clinic: Thurs, 4pm–7.30pm

### Outline Support

Confidential service has been provided to the  
GLBT community, friends and families  
35/31-35 Hargreaves Street, St Marys Bay | 0800 688 5463

### Salvation Army Epsom Lodge

Residential support for people experiencing homelessness  
along side mental health and addiction issues  
8 Margot Street, Epsom | 09 524 0252

### Warmline

A peer support helpline for past and present users  
of Auckland DHB Mental Health services  
8pm–12am | 0508 WARMLINE / 0508 927 654

### Work and Income NZ

450 Queen Street, Auckland Central | 0800 559 009

### Youthline face to face counselling

Counselling based on a sliding scale – some eligibility  
for free counselling  
09 361 4168 | free text 'f2f' 234 | supportcentre@youthline.co.nz

### Youthline Helpline

0800 37 66 33 | free text 234 | email talk@youthline.co.nz



## Locations of needle exchanges

### ADIO

10 East Street, Newton | 09 356 7373

### ADIO SOUTH

605D Great South Road, Auckland | 09 263 0344

### ADIO WEST

5b/64 Henderson Valley Road | 09 822 5160

### New Zealand Prostitutes Collective (NZPC)

Unit 3/2 Canada St, Newton | 09 366 6106

### Unichem Eden Quarter Pharmacy

Level 2, 296A Dominion Road, Mt Eden | 09 630 0388