



Need a hand?

Auckland City Services

Map Key

- 1** Lifewise Merge Café 453 Karangahape Rd
- 2** Auckland City Mission 140 Hobson St
- 3** Urban Vineyard Church 19 Newton Rd
- 4** James Liston Hostel 135 Howe St
- 5** Work and Income NZ 450 Queen St
- 6** Auckland City Mission Calder Centre 136 Hobson St
- 7** Auckland City Mission Social Detox 203 Federal St
- 8** ADIO Needle Exchange 10 East St
- 9** Presbyterian Support 70 Khyber Pass Rd
- 10** New Zealand Prostitutes Collective Unit 3/2 Canada St
- 11** Outline 35/31-35 Hargreaves 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