



Student
Services

Ngā Ratonga Ākonga

Tai Poutini Polytechnic
 West Coast
NEW ZEALAND

Student Services at Tai Poutini Polytechnic

Kia Ora, Welcome!

Student Services staff provide support, advice and advocacy for any problems you may encounter while studying at Tai Poutini Polytechnic (TPP). Services provide may include:

- Access to free independent counselling service
- Advice and support with StudyLink applications
- Coping with all aspects of student life
- Information on discounted medical services
- Course information
- **Disability support**
- **Learning support**
- Finance and budgeting help
- Health and wellbeing
- **Maori and Pasifika support**
- Referrals to external agencies
- Scholarship information
- StudyLink support



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**Please text, call, email or drop in to see us at student services
located in the Atrium**

Social Service Providers

NAME	ADDRESS	CONTACT	DESCRIPTION
Pact	54, Tainui Street, Greymouth	03 768 6660 http://www.pactgroup.co.nz	Residential, vocational, Child and Youth, Alcohol and Drug support and Crisis Respite services.
Mental Health West Coast Primary Health Organisation	Mental Health Reception Te Nīkau, Grey Hospital & Health Centre 71, Water Walk Rd, Greymouth, 7805.	0800 757 678 03 768 6182 (counselling for mild to moderate mental health issues, for youth adults and families) https://www.wcdhb.health.nz/health-services/mental-health/	General mental health, Community mental health, Drug and alcohol services, Māori mental health
The Mental Health Foundation of New Zealand		mentalhealth.org.nz	Support in accessing mental health support services, wealth of resources in all things mental health.
Salvation Army and Salvation Army Bridge programme	77 Shakespeare Street, Greymouth 7805	Bridge Programme 021 519 469 03 768 5045 greymouth.corps@salvationarmy.org.nz	Foodbank, Financial Mentoring, Addiction services. Counselling for adults
Studylink		0800 88 99 00 www.studylink.govt.nz	Connect you with the information you need to make considered educational decisions. Also provide financial information and support, helping you to achieve a better future.
Balance Aotearoa		06 345 4488 www.balance.org.nz	Depression and bipolar support network

Counselling Service - Tari Whakapakari Ngākau

Through this service you will be able to address issues such as:

- Personal or study stress
- Conflict situations
- Grief / loss
- Harassment
- Addictions
- Relationship problems
- Anxiety / depression
- Harassment
- Addictions



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Budgeting		www.sorted.org.nz	Free, impartial information & calculators to help manage money throughout life.
Alcohol and Drug Helpline		088 229 6757 www.alcoholdrughelp.org.nz	24-hour helpline, information and support for addressing alcohol and drug issues.
Anxiety Line		0800 2694389 www.anxiety.org.nz	Self help and professional services. Financial support may be available through Studylink.
ADD information services		Robyn Wynne Williams 027 335 5381 addinfoservice@gmail.com	
CCS Disability Action	90 Tainui Street Greymouth 7805	Robert Miedema 03 768 4014 Greymouth@ccsDisabilityAction.org.nz	Offering a broad range of support services for disabled people, family and whānau.
Family Planning Association		www.familyplanning.org.nz	Family Planning

Diabetes New Zealand West Coast branch		Patricia Stanley 03 738 5659 billstanley@xtra.co.nz	Diabetes support
New Coasters Inc	38, Albert Street, Greymouth	Cassandra Struve 027 407 0302 Birte@newcoasters.co.nz	Settling in Services
Coastal Foot Care		Kimble Upfold Greymouth 03 7687799 footdoctorkimble@yahoo.co.nz	Specialist of the foot and ankle
Workbridge	26, Mackay Street, Greymouth.	0508-858-858 https://workbridge.co.nz	We support jobseekers with disabilities or health conditions, as well as employers and workplaces across the country, with more than 75 employment consultants in 22 centres nationwide.
Whare Manaaki o te Tai Poutini	141, Tainui Street, Greymouth.	027 337 4206 Kiaora@wharemanaaki.com https://www.wharemanaaki.co.nz	A kaupapa Māori space for all Mawhera whānau - regardless of whakapapa - to come together, receive support and collectively build community.
Poutini Waiora	62, Shakespeare Street, Greymouth, 7805	0800 333 170 03 755 6572 enquiries@poutiniwaiora.co.nz	A Māori Health and Social Service provider that delivers holistic care to whānau across Te Tai o Poutini.
West Reap	72 Tudor Street, Hokitika 7810 PO Box 264, Hokitika 7842	03 755 8700 reception@westreap.org.nz www.westreap.org.nz	Adult and youth learning Drive West Learners licence \$20 course fee including test, restricted and full options available. Kia Kaha Te Reo Māori , Digital literacy, Kapa Haka, Cooking course, Sewing etc

Emerge Aotearoa		0800 000 029	Community based mental health and addiction support for adults.
Family violence it's not OK information line		0800 456 450 7 days a week 9am-11pm for adults and families	Information for people who are experiencing family violence.
Male survivors Aotearoa		Male survivors Aotearoa	Peer support for men who have survived adult or childhood trauma. For adult men.
Grey District Youth Trust		www.greйдitricityouthtrust.com info@greйдitricityouthtrust.com	Supporting youth in Greymouth to be connected, heard and engaged. Youth support groups, arts and wellbeing and other youth events and activities.
SASH sexual abuse support network		03 548 2407 sash@sash.co.nz	Crisis response, counselling and support for survivors of rape and sexual abuse. For adults and youth.
Shakti Ethnic Women's Support		0800 742 584	Help and support for ethnic woman and children who experience sexual abuse and family violence. Available 24/7.
Snapshot youth services		027 544 0048	Short term support for "at risk" youth up to 17, strength-based mentoring and working alongside youth to see what can be improved.
Farming Grey Valley Young Farmers Club		03 738 0225 jrogatski@hotmail.com	

" Need to talk? 1737" is the national mental health and addictions helpline

1737 is a free and confidential service that connects people with a trained mental health and addictions counsellor. It is available any time 24/7 by text or phone call. More information is available at: www.org.nz



STOP		03 353 0257 info@stop.org.nz	Community based assessment and intervention for adult, youth and children who engage in harmful or concerning sexual behaviours. For adults, youth and children.
Victim Support		0800 842 846	Supporting victims after a crisis or trauma. Link with services, help with court processes for victims. Grants and counselling for victims of crime and families. For adults and families.
Work and Income		0800 684 290 03 768 4290	Support, education, advocacy for families of people living with mental illness, addiction and neurological disorders.
Cornerstone Family Support		0800 684 290 03 768 4290	Support, education, advocacy for families of people living with mental illness, addiction and neurological disorders.

Te Nikau Health Centre	71 Water Walk Road, Greymouth 7805	03 769 7400 www.healthpoint.co.nz	Medical centre in Greymouth currently taking new enrolments.
Westland Recreation Centre Student discounts apply	83 High Street, Greymouth 7805	03 768 9076 https://www.greycdc.govt.nz/wrc westlandrec@greycdc.govt.nz www.facebook.com/WestlandRec	The Westland Recreation Centre is the sports and recreation hub of Greymouth and the wider region. It has swimming pools, hydro slides, hot tub, sauna, gym, group fitness classes, sports stadium for multi-sporting codes, an activity/meeting room and much more.
West Coast Alpine Club Student discounts apply		www.westcoastalpineclub.org 03 755 8811	Indoor climbing wall in Greymouth, Arthurs Pass hut accommodation, tramping, mountaineering, skiing, snowboarding, caving, climbing, mountain biking, diving, kayaking other water sports.
Kahuna Board Riders Club		Jon Blacktopp 027 355 9321 Or Rasela Barrow 027 723 7744	
Blaketown Body Boarding Club		Kevin Rodden 03 768 6929	
The Regent Theatre Student discounts apply		https://www.regentgreymouth.co.nz 03 768 0920	Live shows, school performances and of course the latest blockbuster films

Left Bank Art Gallery	1 Tainui Street, Greymouth 7805	www.leftbank.org.nz 03 768 0038	Located on the left bank of the Grey River / Māwheranui in the heart of Greymouth, the Left Bank Art Gallery is housed in the former Bank of New Zealand, a historic building constructed in 1924. The main gallery displays regular exhibits of contemporary New Zealand paintings, prints, photography, sculpture and crafts, with an emphasis on local content. <i>Workshop and events throughout the year.</i>
New Life Church	8 Leonard Street, Greymouth Sunday 10:30am Service	office. greymouthnlc@gmail.com	All Welcome <i>Pastoral support</i>
Greymouth Elim Church	41 Guinness Street Greymouth 7805	www.greymouthelim.nz elimcoach@gmail.com	All Welcome <i>Pastoral support</i> Sunday 10.30am service
Catholic Church St Patricks		40 High Street, Greymouth 7805 03 768 5263	
Greymouth Churches Community "The Shed"		Nicky Mora 03 768 9605 nikimora@xtra.co.nz 186 Main South Road, Karoro, Greymouth 7805	The Shed offers a safe place for high school students to engage in fun activities on Friday nights from 7-9:30pm during term time. Occasional weekend and school holiday activities also occur.

National Helplines

National Hotlines

The hotlines listed below offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified (retrieved from Mental Health Foundation of New Zealand).

Need to talk? Free call or text 1737 any time for support from a trained counsellor

Lifeline – 0800 543 354 or (09) 5222 999 within Auckland

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

Samaritans – 0800 726 666

Depression-specific Helplines

Depression Helpline – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions)

www.depression.org.nz – includes The Journal online help service.

SPARX.org.nz – online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.

Sexuality or Gender Identity Helpline

OUTLine NZ – 0800 688 5463 (OUTLINE) provides confidential telephone support.

Helplines for Children and Young People

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat

thelowdown.co.nz – or email team@thelowdown.co.nz or free text 5626

What's Up – 0800 942 8787 (for 5–18 year olds). Phone counselling is available Monday to Friday,

midday–11pm and weekends, 3pm–11pm. Online chat is available 7pm–10pm daily.

Kidsline – 0800 54 37 54 (0800 kidsline) for young people up to 18 years of age. Open 24/7.

Help for Parents, Family and Friends

Commonground – a website hub providing parents, family, whānau and friends with access to

information, tools and support to help a young person who is struggling.

Parent Help – 0800 568 856

Family Services 211 Helpline – 0800 211 211 for help finding (and direct transfer to) community-based health and social support services in your area.

Skylight – 0800 299 100 (for support through trauma, loss and grief; 9am-5pm weekdays)

Supporting Families In Mental Illness - 0800 732 825 (for families and whānau supporting a loved one who has a mental illness)

Other Specialist Helplines

Alcohol and Drug Helpline – 0800 787 797 or online chat

Are You OK – 0800 456 450 family violence helpline

Gambling Helpline – 0800 654 655

Anxiety phone line – 0800 269 4389 (0800 ANXIETY)

Seniorline – 0800 725 463 A free information service for older people

Shine – 0508 744 633 confidential domestic abuse helpline

Quit Line – 0800 778 778 smoking cessation help

Vagus Line – 0800 56 76 666 (Mon, Wed, Fri 12pm– 2pm). Promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members and stop family violence.

Women's Refuge Crisisline – 0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family)

Shakti Crisis Line – 0800 742 584 (for migrant or refugee women living with family violence)

Rape Crisis – 0800 883 300 (for support after rape or sexual assault)

Student Services

Ngā Ratonga Ākonga

"Ngā Ratonga Ākonga" essentially translates to "The Student Services" in te reo Māori. It encompasses the various support, facilities, and assistance provided to students in an educational context.

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