**Useful links and Websites (Youth Issues)**

**Bullying Information**

Find out more about bullying and cyberbullying.

www.police.govt.nz/nobully

**Central Region Eating Disorder Services (CREDS)**

Find out more about Eating Disorders.

www.eatingdisorders.org.nz

**Child, Youth and Families**

Find information about your rights, being in care and more.

www.cyf.govt.nz/info-for-teenagers/index.html

**Consumer Justice Foundation (CJF)**

The Consumer Justice Foundation is thoroughly committed to educating the public about the dangers of prescriptions and defective products. The CJF has a strong commitment to its daily blog section regarding current drug and consumer recalls, product dangers and more. The CJF also features updated information concerning current developments in the medical field.

www.consumerjusticefoundation.com

**Curious**

Curious is a hub for queer and trans\* youth in Aotearoa New Zealand. Run by youth, for youth, Curious aims to support queer and trans\* youth, and give us a place to connect with our peers nationwide. Curious is brought to you by Rainbow Youth, an Auckland-based queer and trans\* youth support and advocacy organisation. If you have any questions or suggestions, please get in touch! We’d love to hear from you.

www.curious.org.nz

**DrugWatch**

DrugWatch aims to educate the public about medications, drug recalls and side effects, including a variety of medications frequently used by young adults.

Freephone: 0800 452 0949

www.drugwatch.com

**FADE**

Foundation for Alcohol and Drug Education.

www.fade.org.nz

**Family Planning**

Sexuality, education and family planning.

www.familyplanning.org.nz

**Get the MSG**

Fast, free confidential drug information - just txt drug name to 3784. www.drugfoundation.org.nz/resources/get-the-msg

**Health Promotions Agency Alcohol**

Our mission is to lead a change in New Zealand's drinking culture.

www.alcohol.org.nz

**Mental Health Foundation**

Information and resources.

www.mentalhealth.org.nz

Modern Apprenticeships website

www.modern-apprenticeships.govt.nz/

**NetSafe**

Find out all about Cyber Safety.

www.netsafe.org.nz

**OUTLine New Zealand**

OUTLine NZ provides a free, confidential and non-judgemental telephone counselling service.

www.outline.org.nz

**Rainbow Youth**

Advocacy and education for queer and trans-gender young people and their families.

www.rainbowyouth.org.nz

**Sexual Health Information**

Ministry of Health sexual health information.

www.health.govt.nz/yourhealth-topics/sexual-health

**Skylight**

Skylight provides unique support to any person through tough times of change, loss and grief - whatever the cause.

www.skylight.org.nz

**Sorted**

Find lots of great information under the Life events section for under 25s.

www.sorted.org.nz

**SPINZ**

SPINZ stands for Suicide Prevention Information New Zealand. Suicide Prevention Information New Zealand provides high quality information to promote safe and effective suicide prevention activities. It is a non-government, national information service run by the Mental Health Foundation of New Zealand and can point people in the right direction to find help.

www.spinz.org.nz

**Tearaway**

Tearaway plays a role as a mouthpiece for youth expression and a vehicle for promoting youth issues and topics not limited to education and resources, music, entertainment, sports and sustainability within New Zealand.

www.tearaway.co.nz

**The New Zealand Drug Foundation**

Information and helpline.

www.drugfoundation.org.nz

**The Word**

Questions, answers and information regarding sex, feelings and relationships.

www.theword.org.nz

**TheLowdown.co.nz**

Information and assistance when feeling down or depressed

www.thelowdown.co.nz

**Trippin Website**

Loads of great, useful information for youth.

www.trippin.co.nz

**Which Course Where**

Are you thinking about taking up tertiary study or training? Already studying with a tertiary provider but need more information? Need advice on tertiary study for family or friends? Find important information about tertiary education providers, qualifications and courses that might help you make decisions about tertiary education.

www.whichcoursewhere.co.nz

**Work and Income**

Information for 16-19 year olds.

www.workandincome.govt.nz/individuals/how-we-can-help-you/16-19-year-olds/index.html

**Youth Justice Website**

Youth justice is for children and young people who have broken the law.

www.cyf.govt.nz/youth-justice/index.html

**Youthlaw - Tino Rangatiratanga Taitamariki**

Free confidential legal advice service for young people under 25yrs. Also covers your legal rights and responsibilites.

www.youthlaw.co.nz

**Youthline**

Health information for young people.

www.youthline.co.nz

**Youth Publications**

Youth Publications on all issues facing youth and also on topics youth are interested in, especially in the Horowhenua District.

**Aids Foundation**

Freephone: 0800 802 437

**Charting a Healthy Course**

Latest MidCentral DHB Currrent Youth Strategy.

**FADE**

Foundation for Alcohol and Drug Education.

PO Box 33 1505

Takapuna

Auckland

Phone: 09 444 1705

Fax: 09 444 1715

Email: colin@fade.org.nz

Website: www.fade.org.nz

**Horowhenua Parent Pack**

For parents to help you by providing you with some tools for the teenage years.

**NetSafe**

Find out all about Cyber Safety.

Phone: 09 362 0971

Freephone: 0508 638 723

Email: queries@netsafe.org.nz

Website: www.netsafe.org.nz

**Tearaway**

Website and magazine. Plays a role as a mouthpiece for youth expression and a vehicle for promoting youth issues and topics not limited to education and resources, music, entertainment, sports and sustainability within New Zealand.

47b Birmingham Dr

Christchurch

Email: editor@tearaway.co.nz

Website: www.tearaway.co.nz

**Whats up Health Line**

What’s Up is a free, national telephone counselling service for New Zealanders aged 5 to18 years.

Freephone: 0800 942 878

Youthline

National Youth Helpline.

Phone: TXT 234

Freephone: 0800 376 633

Email: talk@youthline.co.nz

Website: www.youthline.co.nz

Life to the Max

Offers Alcohol and Drug counselling, youth coach, social workers, strengthening families coordinator.

12a Exeter Street

Levin 5510

Phone: 06 368 8005

Fax: 06 368 8009

Email: jacqui.moynihan@lttm.org.nz

Nationwide Health & Disability Advocacy Service

Covers Horowhenua.

The Square Edge Building

Palmerston North

PO Box 1004

Palmerston North 4440

Phone: 06 353 7236

Freephone: 0800 555 050

Fax: 06 353 7232

Email: advocacy@hdc.org.nz

Website: www.advocacy.hdc.org.nz

**Rainbow Youth**

Advocacy and education for queer and trans-gender young people and their families.

281 Karangahape Road

Newton

Auckland

Phone: 09 376 4155

Website: www.rainbowyouth.org.nz

**Te Runanga O Raukawa Inc**

Provide a large range of services between Otaki and Bulls.

3 Keepa Street

Levin 5510

Phone: 06 368 8678

Freephone: 0800 364 113

Website: www.kapitihealth.org.nz

**YOSS - Youth One Stop Shop**

Youth One Stop Shop Palmerston North. Social worker, health services, information, support and advocacy.

7 Edgeware Road

Palmerston North 4440

PO Box 575

Palmerston North

Phone: 06 355 5906

Fax: 06 355 5907

Email: info@yoss.org.nz

**Child, Youth and Family Services - Care and Protection**

A service of the Ministry of Social Development. Supporting families to keep their children safe. Care and protection of children and young persons who are at risk of being hurt or neglected.

Corner Chamberlain and Queen Street

Levin 5510

PO Box 149

Levin 5540

Phone: 06 9494 230

Freephone: 0508 326 4590

Fax: 06 367 5129

Website: www.cyf.govt.nz

**Child, Youth and Family Service - Youth Justice**

Youth Justice teams work closely with the Police and Community to support young people who have offended. Responsible for delivering Restorative Family Group Conferences and monitoring plans which hold young people accountable and encourage changes to turn their lives around. A service of the Ministry of Social Development.

Kent & Little Building

Cnr Queen & Chamberlain Streets

Levin 5510

Phone: 06 9494 230

Freephone: 0508 326 4590

Email: aroha.parker005@cyf.govt.nz

Website: www.cyf.govt.nz

**Community Law Horowhenua**

28 Queen Street

Levin 5510

PO Box 36

Levin 5540

Phone: 06 368 3554

Email: comlaw.horowhenua@xtra.co.nz

**Community Probation Service**

To reduce the risk of re-offending by those 17 years and over who have been convicted by the District or High Court.

Cnr Exeter and Bristol Streets

Levin 5510

PO Box 421

Levin 5540

Phone: 06 367 6700

**Foxton Beach Police**

Reduce crime and prevent road crash trauma.

2 Ocean Beach Street

Foxton

PO Box 6

Foxton

Phone: 06 363 5172

Fax: 06 363 5177

**Foxton Police**

Reduce crime and prevent road crash trauma.

1 Main Street

Foxton

PO Box 17

Foxton

Phone: 06 363 8084

Fax: 06 363 8098

**Levin Police**

Policing and community safety.

7 Bristol Street

Levin 5510

PO Box 242

Levin 5540

Phone: 06 366 0500

Fax: 06 368 6788

**Police Youth Aid Officer**

7 Bristol Street

Levin 5510

Phone: 06 366 0500

**Shannon Police**

25 Ballance Street

Shannon

PO Box 2

Shannon

Phone: 06 362 9780

Fax: 06 362 9781

**Youthlaw - Te Rangatiratanga Taitamariki**

Free confidential legal advice service for young people under 25 years. Also covers your legal rights and responsibilites.

Phone: 09 309 6967

Freephone: 0800 884 529 (0800 uth law)

Email: info@youthlaw.co.nz

Website: www.youthlaw.co.nz

**Youthlaw - Te Rangatiratanga Taitamariki - Your rights on the road**

Free confidential legal advice service for young people under 25 years.

Freephone: 0800 884 529 (0800 uth law)

Email: info@youthlaw.co.nz

Website: www.youthlaw.co.nz

**Youthlaw**

- Te Rangatiratanga Taitamariki - Your rights with Police

Free confidential legal advice service for young people under 25 years.

Phone: 09 309 6967

Freephone: 0800 884 529 (0800 uth law)

Email: info@youthlaw.co.nz

Website: www.youthlaw.co.nz

**Youthlaw - Te Rangatiratanga Taitamariki**

Free confidential legal advice service for young people under 25 years.

Phone: 09 250 2670

Freephone: 0800 884 529 (0800 uth law)

Email: info@youthlaw.co.nz

Website: www.youthlaw.co.nz