8/30/2021



**Migrant and Refugee Support Team / Ministry of Education**

**Support services for Afghan communities in Aotearoa**

Below you will find a compiled list of available national and regional support services (some of the below contacts have already been provided by various organizations including Ministry of Ethnic Communities, RSNZ, and Red Cross). We encourage you to contact any of these organizations in your time of need.

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| **For Mental Health, Wellbeing, and community Support** | From **anywhere in the country,** call or text **1737** 1737 is a free service for people feeling down, anxious, a bit overwhelmed or who just need to chat to someone. You can call or text them for free 24/7 and talk to (or text with) a trained counsellor or talk to a peer support worker. Interpreters in Farsi, Dari and Pashto are available on request.In **Auckland,** contact**Refugee as Survivors New Zealand**[rasnz.co.nz](https://rasnz.co.nz/)– [09 270 0870]Refugee as Survivors New Zealand is New Zealand’s leading mental health and wellbeing service for people from refugee backgrounds living in Aotearoa.**āhui Tū Kaha**[kahuitukaha.co.nz](https://kahuitukaha.co.nz/) – [0800 559 592] Kāhui Tū Kaha is a not-for-profit provider of housing and mental health services. Social workers, counsellors and specialist Mental Health staff are available. They are a Ngāti Whātua organization and have experience working with Afghan and Muslim communities.**Starship Community - Child Development Service**<https://www.ecald.com/resources/migrant-and-refugee-services/starship-community-child-development-service/>The Starship Community Child Development Service provides cultural caseworkers and child disability services for groups from Asian, refugee and migrant backgrounds. **Starship Community - Regional Refugee Community Health Worker Team** <https://www.ecald.com/resources/migrant-and-refugee-services/regional-refugee-community-health-worker-team-starship-community/>Starship Community Service mental health and well-being support to people from refugee backgrounds (including asylum seekers) through the co-ordination of health and related services that impact on their health and well-being.In **Hamilton**, contact **Diversity Counselling New Zealand**[dcnz.net](https://dcnz.net/) – [021 0262 5587]Diversity Counselling New Zealand (DCNZ) offers culturally responsive counselling and psychological services to all communities, including migrants and former refugees (all age groups, all genders). Farsi and Dari interpreters available. In **Wellington**, contact **Refugee Trauma Recovery (RTR)**Francesca.Faggioli@redcross.org.nz – [04 805 0353]RTR provides clinical and therapeutic support to former refugees who have experienced torture and/or trauma. Farsi and Dari interpreters available**ChangeMakers Resettlement Forum**<https://crf.org.nz/contact/> – [04 801 5812]A grassroots non-governmental organisation (NGO) representing 17+ refugee background communities in the greater Wellington region offering various community development activities.In **Palmerston North**, contact **ACROSS Te Kotahitanga O te Wairua**<http://www.across.org.nz/> – [0800 227 677]ACROSS is staffed by both social workers and counsellors who provide a range of services to children and families. (Counselling and mental health support for Afghan families available.)**YOSS**<http://www.yoss.org.nz/counselling.html>– [06 355 5906]YOSS provides youth-friendly, non-judgemental, confidential, and free counselling for people between the age of 10-24. **Parentline Manawatu** <https://www.parentlinemanawatu.org.nz/>– [0800 432 6459]Parentline offers counselling and parenting groups and are committed to promoting healthy family relationships.**Manline**[https://www.manline.co.nz/ – [063581211]](https://www.manline.co.nz/%2006-3581211%20)Manline provides counselling and mental health services to men in an individual, whanau or community context.**Manawatu Multicultural Council**<https://www.mmcnz.org.nz/home> – [+64 6 358 1572]MMC provides information, advice, support and education to the multicultural community.In **Christchurch**, contact **Christchurch Resettlement Services** <https://crs.org.nz/>– [022 658 5068 (During lockdown only) /03 335 0311 ext 22 (After lockdown)]They provide counselling support services for migrants and former refugees.**Purapura Whetu**<https://www.pw.maori.nz/> – [Free helpline 0800 4 WHETU (94388) is available Mon to Fri 8:30am-4:30pm]Purapura Whetu provides Mental Health and Social Support Services (including Muslim Wellbeing Services)In **Ashburton**, contact **Safer Mid Canterbury**kathy.harrington-watt@safer.org.nz– [027 296 0003]Safer Mid provides free and confidential community services for the Ashburton community, such as supporting vulnerable families and working with children, youth justice and adult offenders, former refugees (including Afghan families) and new migrants. In **Otago**, contact **WellSouth Mental Health and Wellbeing** <https://wellsouth.nz/community/mh-concerns/> – [Freephone for Dunedin: 0800477115 / Freephone for Invercargill: 032146436]WellSouth provides a diverse range of mental health service for individuals and families experiencing mental health difficulties |
| **For Family Restoration**  | **New Zealand Red Cross**<https://www.redcross.org.nz/> – [0800 RED CROSS (733 2767)]The International Committee of the Red Cross (ICRC) are responding by assisting the wounded and disabled, making prison visits, helping detainees maintain contact with their families, supporting hospitals, preventing violations of International Humanitarian Law (IHL) and supporting the Afghan Red Crescent.**Restoring Family Links**If contact has been lost with family members in Afghanistan please call Restoring Family Links at 0800 733 2767 or email familylinks@redcross.org.nz |
| **For Current Advice on the Situation in Afghanistan** | The situation in Afghanistan is highly uncertain and changing rapidly. The New Zealand government has advised they are no longer accepting applications from Afghan nationals for resettlement in New Zealand and the current evacuation operation has drawn to a close.**If family members remain in Afghanistan and are eligible to travel to New Zealand or have applied for a visa to travel to New Zealand**:Contact **MFAT Consular Services**

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| <https://safetravel.govt.nz/contact>✆ 0800 30 10 30 🖂 cons@mfat.govt.nz |

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| **For Associations and Councils supporting Muslims and Afghan Communities** | **Umma Trust**[ummatrust.co.nz](http://www.ummatrust.co.nz/) – [09 815 0153] Umma Trust works mainly with Muslim women in Auckland. They provide support and resources for refugee, migrant and Muslim families. They also support families with Halal emergency food parcels.**New Zealand National Refugee Association**[facebook.com/NZNationalRefugeeAssociation](https://www.facebook.com/NZNationalRefugeeAssociation)The New Zealand National Refugee Association motivates, assists, and connects refugee families using rights and needs-based strategies.**Asylum Seeker Support Trust**[aucklandrefugeecouncil.org](http://aucklandrefugeecouncil.org/) – [09 378 7434]The Asylum Seeker Support Trust works to create a New Zealand where Asylum Seekers and Convention Refugees are welcomed, supported and thriving.**Islamic Council of New Zealand**[iconz.org](http://www.iconz.org/) – [021 234 7168]The Islamic Council of New Zealand is a faith-based organisation which represents the Muslim communities that follow the teachings of the Prophet (PBUH) and his Ahlul-Bayt [Prophetic progeny] (PBUTH).**Islamic Women’s Council of New Zealand**[iwcnz.org.nz/contact](https://www.iwcnz.org.nz/contact) – [021 0293 6557]The Islamic Women’s Council of New Zealand is providing support to Afghani women. They are a national organisation based in Hamilton, with reach in Auckland, Wellington**United Afghan Association of Canterbury**[facebook.com/uaac.nz](https://www.facebook.com/uaac.nz/) – uaac.nz@gmail.com The United Afghan Association of Canterbury provides support and information to the Afghan community.**The Federation of Islamic Associations of New Zealand**[fianz.com](https://fianz.com/)– [04 387 8023]The Federation of Islamic Associations of New Zealand is a federation of several regional New Zealand Muslim associations. They provide Islamic communities and centres of worship with support, so they are able to integrate well with the mainstream New Zealand community.**Afghan Association of New Zealand**[afghanistan.org.nz](https://afghanistan.org.nz/)The Afghan Association of New Zealand is the oldest and largest established Afghan organisation that represents the Afghan Diaspora of New Zealand. They help Afghan communities adapt, integrate and become active members of the wider New Zealand society and economy.**The Otago Muslim Association**<https://www.otagomuslim.com/>Established in 1995, the OMA caters for the needs of the growing numbers of Muslims permanently residing in the city of Dunedin and the provincial regions of Otago and Southland. Contact: <https://www.otagomuslim.com/contact-us> |