



ORANGA DIRECTORY

THIS DIRECTORY IS TO SUPPORT OUR MEMBERS
IN MAKING AN INFORMED DECISION WHEN SEEKING SUPPORT FOR THEIR WELLBEING.

WE ENCOURAGE OUR MEMBERS TO UTILISE OUR [PŪTEA TAUTOKO](#).

PLEASE NOTE THIS DIRECTORY IS UPDATED FROM TIME-TO-TIME.
IF YOU KNOW OF, OR PROVIDE SIMILAR SERVICES PLEASE [CONTACT US](#).

CLICK ON THE "DOCUMENT OUTLINE" ICON
IN THE TOP LEFT-HAND CORNER TO FIND SERVICES NEAR YOU.

TE TAI TOKERAU

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Rachael Littley</u>	Ages: 4 years + Counsellor - in person & online Specialist: ASD, FASDs, ADHD / Neurodivergent (for Uri and Kaimahi).	rach@haerengahauora.com	\$110 per session
<u>Awahi Te Tangata - Explore</u>	Positive behaviour support Autism Services, Positive Behaviour support training / embedding.	Tünde Lendvai (she/her) Specialist Services Manager tunde.lendvai@explore.org.nz Mobile: 021 879 567 DDI: 09 282 4533	Free
<u>Caroline Ripley</u>	Counsellor, Social worker, Therapist, Cultural & Clinical Supervisor (in person & online)	caroline.ripley3028@gmail.com 0204 119 3537	\$150 per session
<u>Ngati Kahu Social & Health services</u>	Kaimahi Rangatahi main goals are to help provide mentors to work with year 9 & 10 tamariki , who are at risk or have disengaged from school and/or learning.	reception@ngatikahu.org.nz	
Te Hiku Hauora Whakapiki ora Team	Mental Health Support.	35 Puckey Ave Kaitaia 0410 PO Box 693 Kaitaia 0441	

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
Hokianga Health Enterprise Trust Ngāti Hine Health Trust	Māori Health Providers / Services.	6652 Far North Road Te Kao (09) 435 4586	
Te Ha Oranga o Ngāti Whātua	Māori Health Providers / Services.	(09) 439 3013	
Te Hau Awhiowhio o Otangarei Trust	Māori Health Providers / Services.	(09) 437 0908	
Whakawhiti Ora Pai	Māori Health Service.	(09) 409 7880	
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	
<u>Youthline NZ</u>	Counselling, mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	

TAINUI

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Anihera Tahu-Hepworth</u>	Counsellor - Online Zoom Counselling (for Uri and Kaimahi).	aniherac@gmail.com 0204 18 737 81	\$120 per 1 hour session
Hinengaro Mental Health	Immediate Response Hotline.	508111555	
<u>Mana Services LTD</u>	Mentorship - Kaiwhakaako Mentor-Led Care (Kaimahi Taiohi). Our kaimahi provide 24/7 care while acting as mentors and positive role models for tamariki . We work with the community to create programmes that are relevant and engaging for rangatahi .	Cyril Gudgeon Deputy Chief Executive Care Services cyril@manaservices.nz	Costs negotiable
<u>Raukura Hauora o Tainui</u>	Rangatahi at risk support a parent or brother / sister who has a psychotic disorder and finds it difficult to cope with life .	0800 472 858	
<u>Te Whatu Ora Health NZ</u>	Youth Health Services - Youth Contraception and Sexual health.	Phone: (09) 276 0044 Freephone: 0800 266 513	
<u>Puawaitanga -Whakarongorau</u>	Individual Counselling - Telehealth services speak with a counsellor over	communications@whakarongorau.nz	

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
	the phone and use the web portal to book sessions and complete questionnaires.	(09) 354 7774	
<u>Te Kohao Health</u>	Mental health support and addiction services.	admin@tekohaohealth.co.nz 07 856 5479 0800 483 564	
<u>Te Runanga o Kirikiriroa</u>	Whai Marama Youth service. Support referrals to more appropriate service if required.	reception@terunanga.org.nz 0800 787 733	
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	

MATAATUA

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Anihera Tahu-Hepworth</u>	Counsellor - Online Zoom Counselling (for Uri and Kaimahi).	aniherac@gmail.com 0204 18 737 81	\$120 per 1 hour session
<u>Kiri Rua</u>	Mentor/Healer: Matakite, Reiki Master, Hypnotherapist - Online and Ā Tinana (for Uri and Kaimahi).	whetumanawa@gmail.com 0275899389	\$111 per 1 hour session
<u>Yvette Atkinson</u>	Counsellor - Online Zoom Counselling (Kaimahi only).	yvette.atkinson1002@gmail.com 0278089121	\$120 per 1 hour zoom session
<u>Caroline Ripley</u>	Counsellor, Social worker, Therapist, Cultural & Clinical Supervisor (Online)	caroline.ripley3028@gmail.com 0204 119 3537	\$150 per session
<u>Te Puna Ora o Mataatua Trust</u>	Counselling , Rangatahi Hub, Health Services.	0800 MATAATUA	(referrals)
<u>Tuhoe Hauora</u>	Rangatahi services, Kaupapa Māori Early Intervention Services, Kaupapa Maori Tamariki / Rangatahi Alcohol and Drug Support.	tari@tuhoe Hauora.org.nz (07) 312 9874	
<u>Waiariki Whanau Mentoring</u>	Mentoring services.	0800 699 426	(referrals)
<u>Mana Services LTD</u>	Mentorship - Kaiwhakaako	Koro Samuels	Costs

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
	<p>Mentor-Led Care (Kaimahi Taiohi). Our kaimahi provide 24/7 care while acting as mentors and positive role models for tamariki.</p> <p>We work with the community to create programmes that are relevant and engaging for rangatahi.</p>	<p>Mentor/ Kaitautoko Services</p> <p>korosamuels2412@gmail.com</p>	negotiable
<u>Awahi Te Tangata - Explore</u>	<p>Counselling for tamariki, Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, Supervision coaching for teachers and support people.</p>	<p>Colleen Barry Specialist Services Manager</p> <p>(027) 572-4851</p> <p>colleen.barry@explore.org.nz</p>	
<u>Aunty Dee</u>	Online support for Rangatahi .	https://www.auntydee.co.nz/	

TAURANGA MOANA

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Michelle Frank</u>	Counsellor - Therapy and online therapy counselling (all Uri inclusive).	Freedomlifecounselling@protonmail.com (021) 121 3201	\$100 per 1 hour session
<u>Yvette Atkinson</u>	Counsellor - Online Zoom Counselling (Kaimahi only).	yvette.atkinson1002@gmail.com 0278089121	\$120 per 1 hour session
<u>Rangianiwaniwa Pehikino</u>	Counsellor - Online Zoom Counselling (all Uri inclusive).	rangipehi@ruamata.school.nz 021 1902 665	\$150 per session
<u>Mana Services LTD</u>	Mentorship - Kaiwhakaako Mentor-Led Care (Kaimahi Taiohi). Our kaimahi provide 24/7 care while acting as mentors and positive role models for tamariki . We work with the community to create programmes that are relevant and engaging for rangatahi .	Koro Samuels Mentor/ Kaitautoko Services korosamuels2412@gmail.com	Costs negotiable
<u>Awahi Te Tangata - Explore</u>	Counselling for tamariki , Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, Supervision coaching for teachers and	Tracey Widdup- Specialist Services Manager Tauranga/Rotorua/Lakes: tracey.widdup@explore.org.nz	

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
	support people.	0211931721	
<u>Te Puna Hauora ki Uta ki Tai</u>	Mental Health services available for children to adolescents 4+ to 18 years in Western Bay.	07 5718024	
<u>Te Akau Hauora GP Clinic</u>	Community based service which provides support, education, information and advocacy to a person who has, or may be developing, a major mental illness or addiction.	HOADMIN@TEMANUTOROA.ORG.NZ 07 577 4911 0800 800 508	
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	
<u>Aunty Dee</u>	Online support for rangatahi .	https://www.auntydee.co.nz/	
<u>Youthline NZ</u>	Counselling, mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	

TE ARAWA / TUWHARETOA

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Yvette Atkinson</u>	Counsellor - Online Zoom Counselling (Kaimahi only).	yvette.atkinson1002@gmail.com 0278089121	Costs negotiable
<u>Rangianiwaniwa Pehikino</u>	Counsellor - In Person and Online Zoom Counselling (all Uri inclusive).	rangipehi@ruamata.school.nz 021 1902 665	\$150 per session
<u>Real Youth Services</u>	Mental wellbeing, life skills, resilience.	lakes@real.org.nz 073482944 (Rotorua) 079055060 (Taupō)	
<u>Awahi Te Tangata - Explore</u>	Counselling for tamariki , Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, Supervision coaching for teachers and support people .	Tracey Widdup- Specialist Services Manager Tauranga/Rotorua/Lakes: tracey.widdup@explore.org.nz 0211931721	
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Aunty Dee</u>	Online support for rangatahi .	https://www.auntydee.co.nz/	
<u>Youthline NZ</u>	Counselling, Mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	

TAIRAWHITI

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Awahi Te Tangata - Explore</u>	Counselling for tamariki , Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, Supervision coaching for teachers and support people .	Tünde Lendvai (she/her) tunde.lendvai@explore.org.nz DDI: 09 282 4533 021 879 567	
<u>Youthline NZ</u>	Counselling, mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	
<u>Aunty Dee</u>	Online support for rangatahi .	https://www.auntydee.co.nz/	
<u>Te Whatu Ora Health NZ</u>	Mental Health Services / Te Whare o te Rito Various types of counselling Indigenous approaches such as Mahi-a-Atua.	terito@tdh.org.nz 06 869 0541	Referrals through School provider, GP or self-referred
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	

TE UPOKO O TE IKA

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Awahi Te Tangata - Explore</u>	Counselling for tamariki , Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, supervision coaching for teachers and support people .	Lotte Bouter- Specialist Services Manager: Wgtn-Kapiti lotte.bouter@explore.org.nz 022 041 5404	
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	
<u>Aunty Dee</u>	Online support for rangatahi .	https://www.auntydee.co.nz/	
<u>Youthline NZ</u>	Counselling, mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	

WHANGANUI / MANAWATU

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Awahi Te Tangata - Explore</u>	Counselling for tamariki , Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, Supervision coaching For teachers and support people .	Lynley Willocks- Specialist Services Manager: Whanganui / Wairarapa / Horowhenua lynley.willocks@explore.org.nz +64 27 491 0723	
<u>Umbrella</u> (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	
<u>Aunty Dee</u>	Online support for rangatahi .	https://www.auntydee.co.nz/	
<u>Youthline NZ</u>	Counselling, Mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	
<u>Whaioro Trust</u>	Kaiwhakapuaki Hauora - Health coaches work alongside whānau and individuals with mental health, addictions and other wellbeing challenges.	admin@whaioro.org.nz 06 354 0670	

OTAUTAHĪ

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
Purapura Whetu Trust	Māori Health services: link to available services	office@pw.maori.nz 03 379 8001	
Verity Armstrong	Counsellor - Online and in person	verityarmstrong@gmail.com 021 027 01644	\$120 per session
Te Ora Hou Otautahi	Rangatahi Ora youth worker mentoring - our geographical area is Burnside / Papanui and our target group is Māori / Pasifika rangatahi .	sroberts@teorahou.org.nz Phone: 03 3521057 Mobile: 0272889729	
Awahi Te Tangata - Explore	Counselling for tamariki , Positive behaviour support, Autism Services 1:1 and/or group sessions to support positive change and build resilience, supervision coaching For teachers and support people .	Heather Brunton Specialist Services Manager: Canterbury heather.brunton@explore.org.nz Mobile: 0220231033 DDI: 035951451	
Umbrella (Kaimahi only PPTA endorsed organisation)	Wellbeing services - Psychologists who develop robust mental health and wellbeing at work strategies also navigate employee mental health.	office@umbrella.org.nz 0800 643 000	

ORGANISATION	DESCRIPTION	CONTACT DETAILS	COSTS
<u>Aunty Dee</u>	Online support for rangatahi .	https://www.auntydee.co.nz/	
<u>Youthline NZ</u>	Counselling, mentoring and advice hubs.	supportcentre@youthline.co.nz Free call 0800 376 633 Free text 234	