

## Supports and Resources available

### [COVID-19 info & advice translated into different languages](#)

**COVID-19 Welfare Contact Cards** in English and 9 Pacific languages contains contact info for health, housing, accommodation, food, financial support.

1. [Cook Island Māori](#)
2. [Fijian](#)
3. [Kiribati](#)
4. [Niuean](#)
5. [Rotuman](#)
6. [Samoan](#)
7. [Tokelauan](#)
8. [Tongan](#)
9. [Tuvaluan](#)
10. [English](#)

### [COVID-19 Advice for Māori](#)

### [Information for whānau, hapū, and iwi Māori](#)

### [Information for Pacific Peoples](#)

### [Information for disabled people](#)

### [Support your community](#)

### **Pasifika Futures**

If you need a Whānau Ora Family Support Package, please call this number 0800 890 110, or click on the following link to connect with one of our partners – [CLICK HERE](#)

### **Golden Rules for Level 4- videos in several languages**

[Punjabi](#) [Arabic](#) [Cantonese](#) [Mandarin](#) [Spanish](#) [Hindi](#)

[Tagalog](#) [Portuguese](#) [Urdu](#) [Farsi](#)

### **Foodbank Support Auckland**

[North Auckland](#)

[Central Auckland](#)

[West Auckland](#)

[East Auckland](#)

[South Auckland](#)

[Access to food or essential items.pdf](#)

### **Agencies which offer assistance**

Support services that remain open:

Women's Refuge 0800REFUGE or 0800 733 843

Shine 0508 744 633

Alcohol and Drug Helpline 0800 787 797

Oranga Tamariki call centre 0508FAMILY

CADS 0800 367 222

Narcotics Anonymous 0800 628 632

Alcoholics Anonymous 0800 229 6757

Lifeline 0800 543 354 or free text 4357

Youthline 0800 376 633 or free text 234

Samaritans 0800 726 666

Outline (LGBT) 0800 688 5463

Depression Helpline 0800 111 757

Suicide Prevention Helpline 0508 828 865

The Fono West (Social Services) 09 837 1780

Counselling Free Call or Text 1737

Healthline for COVID-19 health advice: 0800 358 5453

### **For people with disabilities or autism and their support**

**people**-The Explore 0800 000421 phone service available to provide advice or support. This includes advice or support around challenging behaviours. To access this service, you don't need a referral and it doesn't matter whether you're new to Explore, currently on their waitlist or you've worked with them previously. The service is available Monday to Friday 9.00am–5.00pm. When you phone the 0800 number you will be connected with an administrator who will then book you an appointment with one of the specialists.