

# Need help?

## Support for West Auckland Community during Covid-19

If you need help during this time of lockdown, the following services and support groups are here for you.

### VisionWest Community Trust Services



#### FOOD

*Emergency food parcels*

VisionWest Pātaka Kai  
Phone 09 818 0781



#### HOUSING

*Emergency housing*

VisionWest Community Housing  
Phone 027 808 9222



#### HOME HEALTHCARE

*Home care for the elderly and disabled*

VisionWest Home HealthCare  
Phone 0800 222 040



#### BUDGETING

*Helping you manage your personal finances*

VisionWest Budgeting Service  
Phone 027 808 5770



#### PERSONAL WELLBEING

*Counselling service for you and your whānau*

VisionWest Counselling  
Phone 0800 227 343

### Other Services and Support

#### FINANCIAL SUPPORT

*Assistance with personal finances*

Work and Income (WINZ)  
Phone 0800 559 009

#### SUPPORT FOR WOMEN

*Keeping you safe*

Shine Women's Refuge  
Phone 0508 744 633

#### SUPPORT FOR MEN

*Keeping you and your whānau safe*

He Waka Tapu  
Phone 0800 HeyBro (0800 439 276)

#### CHILDCARE FOR ESSENTIAL WORKERS

*Home-based child care for essential workers*

PORSE  
Phone 0800 023 456

#### WELLBEING SUPPORT

*It's natural to feel emotionally or physically drained*

Contact:

- Your doctor
- Lifeline  
Phone 0800 543 354 or text 4357
- Youthline  
Phone 0800 376 633
- Whatsup  
Online support for children and teens  
[www.whatsup.co.nz](http://www.whatsup.co.nz)
- Need To Talk  
Phone or text 1737

**For any health-related questions about COVID-19 please contact the dedicated COVID-19 Healthline number 0800 358 5453.**

**You can also visit [www.covid19.govt.nz](http://www.covid19.govt.nz) for more information.**