

## Methamphetamine Help Team

### Referral process

A referral can be either self or made from other agencies or sources

### Services offered:

We are available for anyone who is experiencing a problem related to methamphetamine - those that use and those who have concerns regarding someone else's use. Service users are assigned their own Counsellor and can be supported at any stage of their journey.

### Contact

To self-refer, please contact the Meth Help Team on 0800 METH HELP (0800 638 443)

**Website:** [www.odysseychch.org.nz/meth-help](http://www.odysseychch.org.nz/meth-help)

## Ashburton Community Alcohol & Drug Service

### Referral Process

A referral can be either self or made from other organisations

### Services offered:

One on one face to face and phone support is available for both adults and young people concerned about someone else's alcohol or drug use. When you call or come into the service we'll talk through your worries and concerns and offer you some strategies to deal with those concerns. We can help you find ways to help the person you are concerned about.

### Contact

**Phone:** (03) 308 1270

**Address:** Ground Floor, Nurses' Hostel Building  
Ashburton Hospital, Elizabeth Street,  
Ashburton, Canterbury 7700

**Website:** [www.acads.co.nz/](http://www.acads.co.nz/)

For all referrals from either self or agency, for a person experiencing alcohol and other drug difficulties, please contact:

### Christchurch Central Coordination Service (CCS)

**Phone:** 03 338 4437

**Email:** [chchaod@odysseychch.org.nz](mailto:chchaod@odysseychch.org.nz)

**Website:** [www.odysseychch.org.nz/chch-central-service](http://www.odysseychch.org.nz/chch-central-service)

**Address:** Level 1, 55-59 Ferry Road,  
Christchurch Central 8011

Christchurch Central Service is the access point for all Canterbury Alcohol and Other Drug services as listed below.

## Other Christchurch Alcohol and Other Drug services:

The Canterbury Alcohol & Drug services listed below are available for those who have a substance dependence. Access is through Christchurch Central Service (CCS) as above. These services have whanau and loved one support as options when the person with the addiction has engaged with the service.



Te Ope Whakaora



### Canterbury

District Health Board

Te Poari Hauora o Waitaha

### HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau



## Supports for Whanau/Family of people with Alcohol or Drug Concerns

### Support for whanau and friends of anyone suffering from a substance dependence or behavioural addiction

There is no requirement to have a loved one engaged with any of the services listed here before seeking support.

Inside are open support groups and other support options for Whanau/Families

Promoting recovery through our community

03 338 4437

[chchaod@odysseychch.org.nz](mailto:chchaod@odysseychch.org.nz)

[www.odysseychch.org.nz/chch-central-service](http://www.odysseychch.org.nz/chch-central-service)

## The Familial Trust

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### Referral Process:

A referral can be either self or made from other agencies or sources

- Services and support available to any person who is affected by a loved ones addictions.
- Age: 5 years and above
- Non time limited

### Services offered:

- One to one face to face counselling, support and information provision
- Couples counselling/support
- Advocacy
- Family group counselling/support
- Full structured family interventions
- Intensive adult outpatient programmes (18+)
- Phone support/Information
- Skype Internet support/counselling
- Children and young persons groups & programmes
  - Weekly Wednesday night group for 5-13 to year olds closed group for each school term
  - STAR Holiday programme for those aged 5-12
  - Discovery Programme for teenagers

**Aftercare:** Ongoing by negotiation with client/whanau

### Contact

**Phone:** 03 9811-093

**Email:** info@familialtrust.org

**Website:** www.familialtrust.org

**Address:** 6 Wilsons Road South, Christchurch 8022

## He Waka Tapu

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### Referral Process:

A referral can be either self or made from other agencies or sources

### Services offered:

- Services and support available to any person who is affected by a loved ones addictions.
- Age: 18 years and above
- Non time limited

Our services are predominately 18+ however we do we work with all of whānau and can navigate out to appropriate services where applicable.

### Contact

**Free Phone:** 0800 HE WAKA (43 9252)

**Phone:** 03 373 8150

**Website:** www.hewakatapu.org.nz

**Address:** 161 Pages Road, Christchurch 8061

## Central Coordination Service

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### Referral Process:

A referral can be either self or made from other organisations

### Services offered:

- Be Smart - Self-management and recovery training for family and friends. 7 educational sessions held
  - Monday 6-7.30 pm at CCS. Open Group
- Family Days at CCS - arranged several times a year
- Ages catered for: 18+

**Referral Process:** A referral can be either self or made from other agencies or sources

### Contact

**Phone:** 03 338 4437

**Email:** chchaod@odysseychch.org.nz

**Website:** www.odysseychch.org.nz/chch-central-service

**Address:** Level 1, 55-59 Ferry Road,  
Christchurch Central 8011

## The Salvation Army Bridge Programme Christchurch

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### Referral Process:

A referral can be either self or made from other agencies or sources

### Services offered:

The open Methamphetamine Support Group the first Tuesday of every month from 5.30-7pm for anyone affected by someone else's use of methamphetamine. Age 18+. This is open, anonymous, and no registration is necessary.

### Contact

**Phone:** (03) 338-4436

**Email:** christchurch.bridge@salvationarmy.org.nz

**Website:** www.salvationarmy.org.nz

**Address:** 35 Collins Street, Addington,  
Christchurch 8024

## MHAPS

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### Referral Process:

A referral can be either self or made from other agencies or sources

You can phone MHAPS for advice or information during office hours (9am to 4:30pm, Monday to Friday), or call in person between 10am and 1:30pm, Monday to Friday. We will listen compassionately, and can advise in general terms about your situation. We can also receive information you wish us to know about your significant other.

The age group we work with is 17 years and above.

### Contact

**Phone:** (03) 365-9479

**Email:** reception@mhaps.org.nz

**Website:** www.mentalhealthadvocacypeersupport.org

**Address:** 357 Madras Street (Beside The Heart  
Foundation), Christchurch, Canterbury 8013