

COUNSELLING SERVICES (updated January 2017)

Antara Free Natural Health Clinic <i>66 Taikata Road, Te Atatu Peninsula</i> <ul style="list-style-type: none"> • Open Monday – Friday 10-3pm & Monday evenings • Offer CBT and narrative therapy • <i>Free Counselling – Limited only to those unable to pay. Family, couple and individual counselling</i> 	837-7987
Auckland Womens Centre <i>6/4 Warnock street, Grey Lynn</i> <ul style="list-style-type: none"> • Counselling and Groups • www.awc.org.nz • <i>Massage: Beneficiary \$25-Waged \$40</i> • <i>Sliding Scale - \$40 to \$80</i> 	376 3227
AUT Psychotherapy Clinic <i>Gate 2 Entry, AR Building, Akoranga Campus</i> <ul style="list-style-type: none"> • <i>Offer psychotherapy: \$50.00 or less if beneficiary</i> 	09 921 9999 ext. 7418
C.A.R.E Waitakere Trust <i>64 Waipani Road, Te Atatu Peninsula</i> <ul style="list-style-type: none"> • Provide counselling to adults, adolescents and children • Family Court, ACC & CYFS accreditation • Subsidies option possible available for clients on low incomes • <i>ACC subsidised counselling is also available</i> • <i>Fee: \$80. Interns – Donation between \$10 - \$30</i> 	834-6480 (Leave message)
CADS (Community Alcohol and Drug Service West) <i>1 Trading Place, Henderson</i> <ul style="list-style-type: none"> • Alcohol and Drug education and training • Drop in service Monday – Friday 10am – 1pm • Contact the duty counsellor • <i>Free Alcohol and Drug counselling service</i> 	836-6166
Vision West Counselling Centre <i>93 Glendale Road, Glen Eden</i> <ul style="list-style-type: none"> • Provide counselling and therapy – CBT, art and play therapy – for individuals, couples teens, children and families • Support groups, training centre, home help, community housing, free school uniform and curtain bank • <i>Fee: Min. cost \$80. Intern Counsellors – Donation. Fees are means tested. Other low cost/subsidised options available on request.</i> 	818-0760
Man Alive <i>11 Edmonton Road, Henderson</i> <ul style="list-style-type: none"> • Offer men/fathers/sons counselling one to one • Sexual abuse counselling for men • <i>Initial Assessment \$50. Ongoing counselling sliding scale \$35-\$45</i> 	835-0509
Tu Wahine Trust	

247 Edmonton Road, Te Atatu South <ul style="list-style-type: none"> Helping Maori Women, Children and Whanau to deal with violence and abuse <i>Fees are not expected, however Koha is gratefully accepted</i> 	838-8700
Phoenix House Counselling & Psychotherapy 306 Great North Road, Henderson <ul style="list-style-type: none"> Offer psychotherapy, relationship counselling, parenting skills, trauma recovery, EMDR, ACT, DBT, CBT for anxiety and depression ACC accredited Fees individually specified according to therapist 	837-1797

Clayburn House 10a Clayburn Road, Glen Eden <ul style="list-style-type: none"> Counselling & Psychotherapy for Children, Adolescents, Adults and Families Depression, Anxiety, Sexual Trauma ACC accredited Payment Options available	818 7324
Centre for Psychology Massey University, Albany Village, Albany <ul style="list-style-type: none"> CBT Cost: Intern - \$80, psychologist - \$160 	441 8175
Family Action (Formally Waitakere Abuse and Trauma Counselling) 13 Edsel St, Henderson <ul style="list-style-type: none"> Provide a confidential service for children, adolescent, women and families Family therapy to support families/caregivers Fees partly subsidised 	836-1987
Women's centre 111 McLeod Road, Te Atatu <ul style="list-style-type: none"> Personal Consultation 1 hour \$60 Family Consultation 1 hour \$80 Group Consultation 1 hour \$120 Online/Skype Consultation 30 minutes \$60 	838-6381
Autism NZ <ul style="list-style-type: none"> Groups and Support for Families available throughout Auckland. northernhub@autism.org.nz 	846 0913 9.30 -2pm Mon- Fri
ACC Website to access therapist; www.findsupport.co.nz	

Acorn Counselling – Debbie Arnold <i>Dana Wellness Centre, 30 Lincoln Road, Henderson</i> <ul style="list-style-type: none"> Eclectic approach including CBT <i>Fee: sliding scales available. Assists with WINZ paperwork.</i> 	021 1777 526
Bill & Mary Farrell (Reg. Pschotherapists) <i>11 Arama Ave, Titirangi & 48 Bellevue Road, Mt Eden</i> <ul style="list-style-type: none"> Linked with EAP – employment counselling Bill (Psychologist) - \$150 per/hour <i>Mary - \$130 per/hour (individual), \$140 per/hour (couples). Procure Registered</i> 	817-4878 Mary – 021 136 2125
Low Cost Counselling Services (Trainees): <i>We practise in the Herne bar, New Lynn & Titirangi/Laingholm areas</i> Louise Ritchie & Mary Casey. <ul style="list-style-type: none"> Anxiety / depression / trauma Grief / loss Anger / despair Relationship difficulties and managing conflict 	Louise: 027 664 4304 Mary: 021 073 2705 / 817 4701
West Psychology, 7a Woodford Ave, Henderson deanstewart@clear.co.nz <ul style="list-style-type: none"> Cognitive Behaviour Therapy & Dialectic Behaviour Therapy for anxiety, depression, stress, trauma, anger & grief ACC registered therapists available <i>Fees individually specified according to therapist</i> 	021 754 360
Ros Munro – Registered Clinical Psychologist <i>West Psychology, 7a Woodford Ave, Henderson</i> roslynmunro@gmail.com <ul style="list-style-type: none"> Special interest in Trans Gender issues <i>Fee: \$175.</i> 	021 298 1120
Emma Harris – Psychotherapist <i>Totara Health Clinic, New Lynn</i> Emma.harris@vodafone.co.nz <ul style="list-style-type: none"> Specialises in Chronic Illness. Depression, Anxiety, Trauma, Grief & Anger <i>Fee: Sliding Scale options available</i> 	021 296 7766
Peter Milne - West Auckland Counselling 552 Te Atatu Rd, Te Atatu Peninsula cnslrman@slingshot.co.nz <ul style="list-style-type: none"> Approved by ACC & Family Court 	834-7322 027 439 5957
Lynn Cooper – Registered Psychologist. - Suite 6, 3067 Great North Road, New Lynn <ul style="list-style-type: none"> ACC Accredited. 	825 0450 / 021 136 6922
Cheska Hadleigh – Clinical Psychologist 17 St, Stephens Avenue, Parnell <ul style="list-style-type: none"> Cognitive Behaviour Therapy (CBT), Dialectic Behaviour Therapy (DBT), Acceptance & Commitment Therapy (ACT) & Eye Movement Desensitising & Reprocessing (EMDR) 	021 186 3774
Celia King – Counselling for Deaf or Hearing Impaired Clients - Based in Henderson/ sliding scale fee	www.specialisedcounselling.co.nz txt 0211702874

MENTAL HEALTH RESOURCES - Auckland DHD

LOW COST COUNSELLING OPTIONS

Alcoholics Anonymous	
Peer support in recovery, obtain a sponsor for 2 years based on the 12 step abstinence/relapse model; no fee Family groups; AI Anon and AI Ateen	366-6688 0800 229 6757
Auckland Sexual Abuse Help (HELP)	
Mount Eden http://helpauckland.org.nz/ 24hours, mainly women service the telephone Face to face approximately \$35.00 and upwards; negotiable	623-1700
Auckland Womens Centre	
Auckland Womens Centre 4 Warnock Street, Grey Lynn awc.org.nz/ Counselling and Groups www.awc.org.nz Hours: Monday - Friday 9am - 4pm Massage: Beneficiary \$25-Waged \$40 Sliding Scale - \$40 to \$80	376-3227
Auckland University Psychology Clinic	
Approximately \$30.00 - \$65.00 Cognitive Behavioural Therapy orientation and Tamaki campus Massey campus at Albany costs more; the have 2 nd Year Diploma CBT students/Post Graduate Nurses	923-6535
AUT Psychotherapy Clinic	
Gate 2 Entry, AR Building, 90 Akoranga Drive, North Shore Campus www.aut.ac.nz/study-at-aut/.../psychotherapy/psychotherapy-clinic Offers psychotherapy: \$50.00 or less if beneficiary	09 921 9999 ext. 7333 (for appointments) 09 921 9999 ext. 7761 (for cancellations)

BIG WHITE WALL - Mental Health and Addictions Service	
http://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/big-white-wall/ http://www.bigwhitewall.com	
<p>Free to anyone living in the ADHB area, 24/7 online service</p> <p>Big White Wall combines social networking principles with a choice of clinically informed interventions to improve mental wellbeing.</p> <p>BWW offer a range of shorter 2 week guided support courses including:</p> <ul style="list-style-type: none"> • Managing Depression • Anxiety • Problem Solving • Managing Negative Thinking • Tune into the positive • Using activity to raise mood 	
CALM - Computer Assisted Learning for the Mind	
<p>Computer Assisted Learning for the Mind, developed by The University of Auckland covering the following topics with audio files to download free:</p> <ul style="list-style-type: none"> • Mental resilience • Managing stress, anxiety and depression • Healthy relationships • Finding meaning in life <p>http://www.calm.auckland.ac.nz/</p>	
CADS (Community Alcohol and Drug Service)	
<p>www.cads.org.nz/ Call between 9am - 4:30pm Monday-Friday</p> <p>Alcohol and Drug education and training Drop in service Monday – Friday 10am – 1pm Contact the duty counsellor Free Alcohol and Drug counselling service</p>	845-1818
CADS Youth Altered High (Community Alcohol and Drug Service)	
<p>Level, 2/409 New North Road, Kingsland, Auckland</p> <p>Duty counsellor and triage Shorter term “harm reduction” model; no fee can self- refer</p>	845 1818
Family Court Counselling - Talkingworks	
<p>http://talkingworks.co.nz/</p> <p>Counselling up to six sessions , no fees Couple counselling , child custody and access/protection orders</p>	

Glen Innes Family Centre	
122 Elstree Avenue Glen Innes http://www.gifc.co.nz 9am-5pm Free counselling Wellbeing Courses including parenting, anger management, etc	09 570 6250
Home and Family Counselling	
344 Mount Eden Road For individuals, couples and families; children and adolescents Monday – Friday 0900 – 1700, Saturday 0900 – 1300 (Mt Eden only) from \$30.00 upwards http://homeandfamily.org.nz	630 8961
Institute of Psychosynthesis	
7 Farnol St, Hillsborough, Auckland Supervised students in counselling \$15.00 - \$45.00 Email - institute@psychosynthesis.co.nz http://www.psychosynthesis.co.nz/	625 9559
Lifeline	
Telephone or face to face, phone Auckland branch to make appointment Minimum of \$45 per session, (0.1% of income. E.g. \$50K - \$50 a session) negotiable at \$10 per \$10,000 income WINZ and ACC help for face to face.	0800 543 354 - 24/7 line (09) 909 8750 - Admin line for face to face
Man Alive	
11 Edmonton Road, Henderson - West Auckland manalive.org.nz Men and youth counselling/wellbeing Anger management groups Offer men/fathers/sons counselling one to one Sexual abuse counselling for men	Main number - (09) 835-0509 0800 326 367
MoodGYM	
Online program https://moodgym.anu.edu.au/welcome Learn CBT skills for preventing and coping with depression. MoodGYM is a free, interactive internet-based programme designed to prevent and decrease symptoms of depression. MoodGYM comprises five interactive modules.	

<ul style="list-style-type: none"> • Feelings module • Thoughts module • Unwarping module • De-stressing module • Relationships module 	
Pakuranga Counselling Centre	
207 Ti Rakau Drive, Pakuranga http://www.pakcc.org.nz/ Office - 9am - 5pm Mon - Fri Counselling Appointments - Mon - Fri 8am - 6:30pm Individual: 1 st session 72.00, f/up 92.00 Couple: 2st session 80.00, f/up 100.00 Financial Hardship is considered Community Well-being workshops, Self Esteem, Blended Families, Anger management, Communication. \$70.00 x 6 week course	09 576 4248
Shakti Community Services (Women's Centre)	
3 Cardwell Street, Onehunga shakti-international.org/shakti-nz/ One to one counselling for women and telephone counselling. Provides information and advocacy services and a legal clinic. Fee: Counselling-Request a donation. Legal Issues: Free, Issues re: Custody/Children – fee associated and cost varies. Provide safe housing. Provide education sessions e.g. getting a Driver's Licence.	Crisis Line: 0800 742 584
SHINE (Domestic Abuse Prevention)	
Helpline 830am - 5pm http://www.2shine.org.nz/ 409, New North Rd, Kingsland, Auckland Mon - Fri (8:30am - 5pm)	Free line 0508 744 633
SPARX - For Youth	
SPARX is an e-therapy programme for young people (aged 12-19 years) with mild to moderate depression, anxiety and stress. https://www.sparx.org.nz/ Designed as a stand-alone self-help intervention that can be accessed online 24/7 in private. It has been designed to address the gaps in treatment options. It uses Cognitive Behavioural Therapy techniques to deal with symptoms of depression. It was developed in New Zealand for New Zealand Youth in a youth friendly animated fantasy style format and is free for all New Zealanders.	

St James Counselling Service		
114, Quay Street, Auckland City 2 – 12 sessions at a minimum of \$25.00 on a sliding scale	302 2640	
Te Waipuna Puawai Mercy Oasis Ltd.		
Glen Innes Counsellor available through Whanau Services Glen Innes Centre, 5a Waddell Avenue, Glen Innes. Fax: (09) 527 6371 Email: support@twp.org.nz	527 6380	
Women's Centre		
Grey Lynn - 4 Warnock St, Grey Lynn Sliding scale \$30 - \$80 for individual counselling Mon - Fri (9am - 4pm) http://awc.org.nz/	376-3227	
Waitakere - 111 McLeod Road, Te Atatu http://www.heartofthewest.org/ Fee: \$10 counselling sessions for women	838-6381	
Youthline		
For under 35s; telephone and face to face counselling in Ponsonby and other suburbs Telephone counsellor for 11 – 30 year old, some family therapy Sliding scale for payment. Beneficiaries pay a donation or Koha, or via disability allowance		0800 376 633 Free txt - 234 talk@youthline.co.nz