

Ka pai! Thanks! We really appreciate your time completing this survey. If answering the questions made you feel as if you need some help with your situation, please see the list below for free services that can assist you:

Welfare advocacy

Auckland Action Against Poverty (Auckland) - 09 634 0591 - <https://www.aaap.org.nz/>

Beneficiaries Advocacy Service (Auckland) - 09 444 9543 - <http://www.bais.org.nz/>

Combined Beneficiaries Union (Auckland) - 09 376 4760 - <https://www.cab.org.nz/service-provider/KB00027491>

Tairāwhiti Benefit Advocacy Trust (Gisborne) – 06 868 7730 - <https://www.cab.org.nz/service-provider/KB00009049>

Benefit Advisory Service (Christchurch) – (03) 379 8787 or (03) 377 3560 - <http://www.bas.org.nz/>

One Double Five Community House (Whangarei) - 09 437 0185 - <https://whare.org.nz/>

Benefit Rights Service (Wellington) - 04 210 2012 - <https://www.cab.org.nz/service-provider/KB00035366>

Wellington People’s Centre (Wellington) - 04 385 8596

General

Citizens Advice Bureau – 0800 367 222 <https://www.cab.org.nz/>

Community Law (for help finding free community law centres) - 0800 884 529-
<https://communitylaw.org.nz/>

National Health and Disability Advocacy Service (to find an advocate in your area) - 0800 555 050 -
<https://advocacy.org.nz/contact-an-advocate-now/>

Mental health helplines - <https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

[Healthline](https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline) – 0800 611 116 - <https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline>

Family Services Helpline (for help finding community-based health and social support services in your area) – 0800 211 211 - <https://www.cab.org.nz/service-provider/KB00024959>

Whānau Ora (for help finding whānau-centred services in your area) – 0800 929 282 -
<https://whanauora.nz/>

Foodbank New Zealand (to find a foodbank in your area) - <https://www.foodbank.co.nz/foodbanks>

MoneyTalks Helpline (for over-the-phone advice and help finding community-based budgeting services – 0800 345 123 - <https://www.govt.nz/browse/family-and-whanau/financial-help-for-your-family/getting-help-budget/>