

For temporary accommodation	Contact the Temporary Accommodation Service if you urgently need a place to stay.	0508 754 163 (Temporary Accommodation Service) https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/
For renting and tenancy advice	Contact Tenancy Services for information about your legal rights.	0800 836 262 (Tenancy Services) www.tenancy.govt.nz
For financial support <i>If you are struggling financially, it's ok to ask for support.</i>	Visit the Work and Income website for financial support for emergency and ongoing needs. You can apply for a main benefit online and check your eligibility for food assistance.	www.workandincome.govt.nz https://my.msd.govt.nz/ (Food grant & benefit app) 0800 559 009 (MSD General Line) 0800 552 002 (Seniors 65+) 0800 88 99 00 (Students)
For employment advice and support <i>Know your rights as an employee and keep yourself safe.</i>	Contact Work and Income if you're looking for work or have a vacancy that needs to be filled. Contact Employment NZ or visit their website for information on your rights as an employee. Contact Worksafe for information on working safely.	0800 779 009 (Work and Income's Job Search line) www.workandincome.govt.nz 0800 20 90 20 (Employment New Zealand) www.employment.govt.nz 0800 030 040 (Worksafe) www.worksafe.govt.nz
For further information on other support <i>There are a number of organisations working to make sure everyone is looked after.</i>	Visit the Unite Against COVID-19 website or contact the New Zealand Government Helpline .	0800 779 997 (New Zealand Government Helpline) www.Covid19.govt.nz www.govt.nz/about/about-us/contact-us/

Information taken from the Covid-19 website, which is updated regularly. Current as of April 2020.



Services and support

Unite
against
COVID-19

It's OK to ask for help. As we work through this together, there are people and agencies able to support you. Here's a range of advice, help, or support if you need it.

In an emergency	Call 111 for Fire and Emergency, Police, Ambulance or Civil Defence.	111 (Emergency Line)
For health advice <i>It's as important as always to get medical support if you're unwell. You don't need to wait.</i>	Call your Doctor, or contact Healthline for free health advice and information provided by trained professionals.	0800 611 116 (Healthline) www.healthpoint.co.nz
For health advice about babies or children	Call Plunket to speak to a Plunket nurse. PlunketLine is a free parent helpline and advice service available to all families, whānau and caregivers.	0800 933 922 (PlunketLine)
For mental health or addiction support <i>However you feel, there's someone to talk to if you need it.</i>	Call or text 1737 to talk to someone trained to help. For specific help, you can contact the Depression Helpline or Alcohol Drug Helpline .	1737 (1737 Helpline) 1737.org.nz 0800 111 757 (Depression Helpline) 0800 787 797 (Alcohol Drug Helpline)
For support with family violence or sexual violence <i>It's ok to leave your bubble to keep yourself or someone else safe. If you need to leave, help will be there.</i>	Call 111 if you or someone else is in immediate danger of being harmed or may harm themselves. Find local social support services in your area, call the Family Services 211 helpline . Call Women's Refuge for advice, support and safe accommodation when you're dealing with violence in your life. Call the Elder Abuse Helpline is a free service that older people can contact if they or someone they know are experiencing elder abuse.	111 (Emergency Line) 0800 211 211 (Family Services 211 Helpline) www.familyservices.govt.nz/directory/ 0800 733 843 (Women's Refuge) 0800 32 668 65 (Elder Abuse Hotline)

For concerns about the wellbeing or safety of a child	Call Oranga Tamariki if a child or young person is unsafe, not being cared for, or separated from their parents or caregivers.	0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz
For access to food or essential items <i>We all need food and essential items such as medicine, so please don't try to go without. There are plenty of ways to get this to you.</i>	<p>Talk to your support networks like family, whānau, friends, iwi and neighbours to see if they could deliver essential items to you.</p> <p>If you don't have support networks, or they are unable to help you, you can order groceries online from some stores.</p> <p>If the options above don't work for you, or you don't have internet access, you can contact your Civil Defence Emergency Management Group to deliver essential items, including:</p> <ul style="list-style-type: none"> > Food > Water > Groceries > Pet Food > Medication > Cooking > Fuel > Clothing > Bedding 	<p>shop.countdown.co.nz/shop/content/priority-assistance (Countdown)</p> <p>ishopnewworld.co.nz (New World)</p> <p>shop.sva.org.nz (Student Volunteer Army)</p> <p>www.civildefence.govt.nz</p> <p>Civil Defence Emergency Management Groups</p> <p>Northland – 0800 790 791</p> <p>Auckland – 0800 222 296</p> <p>Waikato – 0800 800 405</p> <p>Bay of Plenty – 0800 884 222</p> <p>Tairāwhiti – 0800 653 800</p> <p>Taranaki – 0800 900 077</p> <p>Manawatū-Whanganui – 0800 725 678</p> <p>Hawke's Bay – 0800 422 923</p> <p>Wellington – 0800 141 967</p> <p>Nelson - Tasman – 0800 50 50 75</p> <p>Marlborough – 03 520 7400</p> <p>West Coast – 03 900 9329</p> <p>Canterbury – 0800 24 24 11</p> <p>Otago – 0800 322 4000</p> <p>Southland – 0800 890 127</p> <p>Chatham Islands – 03 305 0033 ex 715</p>
For rural and farming support	Contact your local Rural Support Trust . They can point you in the right direction for the support you need.	0800 787 254 (Rural Support Trust)
For animal welfare matters	Call Ministry for Primary Industries for animal welfare concerns and enquiries and to report cruelty.	0800 00 83 33 (MPI)