



# THE BLOKES BOOK



Unite  
against  
COVID-19

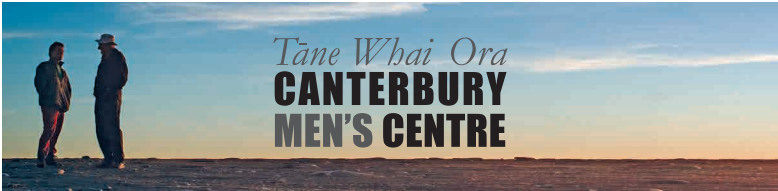
A PROJECT BY THE  
CANTERBURY MEN'S  
CENTRE: TĀNE WHAI ORA

# About the Blokes' Book

The Blokes Book Canterbury is a project of the Canterbury Men's Centre: *Tāne Whai ora*.

The purpose of this booklet is to promote men's health and well-being. Inside you will find relevant support services and resources that embrace our aim of **"Happy Healthy Canterbury Men"**.

This edition is launched during a time of immense challenge with the Covid-19 pandemic on our doorstep. The pandemic and related response present a significant global challenge. We hope this booklet is useful to you in caring for each other through the coming year. Kia Kaha Canterbury!



This resource would not be in print if it were not for the generous funders on page 52. Thank you for your continued support. Also, a special thank you to **Chucky Creative** ([www.videotestimonials.co.nz](http://www.videotestimonials.co.nz)) for his Graphic Design with this edition.

A PDF of this resource can be found at: [www.canmen.org.nz/for-men](http://www.canmen.org.nz/for-men)

**Want some FREE copies?**  
Come see us at 21 Marshland Road, Shirley or order some by contacting the Canterbury Men's Centre.

Ph: 03 365 9000 or Text: 022 3024 9660  
Email: [blokesbook@canmen.org.nz](mailto:blokesbook@canmen.org.nz)

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## Stressed? Get Help

If you are stressed, depressed, thinking about suicide or about hurting yourself, you are not alone.

- Relationship separation
- Unemployment, Loss of job / business
- Alcohol and substance abuse
- Being under a lot of pressure

### Your GP!

A GP/Doctor is the best place to get action. They can:

- screen you for physical health issues affecting your mental health
- support you to consider medication if your situation fits
- refer you to the best service for your need, or to specialist services
- in many cases they have community support on site

Page 7 tells you how to find a GP

### Need to talk?

Free call or text 1737 to speak with a trained counsellor, any time.

**Want to become more aware of your mental health and wellbeing?**

Check out the **All Right** Website: [www.allright.org.nz/tools](http://www.allright.org.nz/tools)

### Did you know?

Most people who attempt suicide don't want to die. They just want their pain to end. If you are worried that someone is suicidal, ask them. It could save their life.

NEED TO TALK?

**1737**

free call or text  
any time for  
support from  
a trained  
counsellor

### NEED URGENT HELP?

**If you or someone else is in danger right now, please call 111.**

**Crisis Resolution Service (Mental Health)**  
**Ph: 0800 920 092**

24-7 Crisis Assessment & treatment support for people experiencing a serious mental health issue.

## Counselling

### The Canterbury Men's Centre

We look at the whole picture and help you establish a plan moving forward. At the CMC all men get supported no matter their financial situation. Our counselling is specific for men but we also offer couples counselling at 21 Marshland Rd, Shirley.  
*Ph: 03 365 9000, SMS 022 302 4966*  
*Web: [www.canmen.org.nz](http://www.canmen.org.nz)*

### Canterbury Charity Hospital

Free counselling.  
349/351 Harewood Road  
*Email: [reception@charityhospital.org.nz](mailto:reception@charityhospital.org.nz)*  
*Ph: 03 360 2266*

### OUTline

Confidential, free, LGBTIQ+ affirming support line  
*Ph: 0800 688 5463*  
*Web: [www.outline.org.nz](http://www.outline.org.nz) 6-9PM*

### NZ AIDS Foundation

Free counselling for gay and bisexual men and anyone living with or affected by HIV.  
*Web: [www.nzaf.org.nz](http://www.nzaf.org.nz)*



Men are generally great at getting by. It's important at different times to stop and digest things that have happened and come up with better ways to live. Counselling is one way to do this.

## Men's Health



**Wash & dry  
your hands**

Unite  
against  
COVID-19

### Men's Health NZ

Online resources which support men to make good healthy choices and to have access to health information that relates directly to them. Check out the website for more info.

Web: [www.menshealthnz.org.nz](http://www.menshealthnz.org.nz)

### Health Navigator

New Zealanders guide to online health information with a focus on preventing disease and minimizing the effects of on-going health conditions.

Is it time to start looking after yourself, but you feel awkward about talking health with a doctor? Check out the following for support.

Web: [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

### Healthline

Free 24-7 healthcare advice. They can also tell you where the nearest GP or pharmacy is.

Ph: 0800 611 116

### Health Info

A Canterbury information resource, section on men's health.

Web: [www.healthinfo.org.nz](http://www.healthinfo.org.nz)

## Physical Health

### Register with a General Practice

Register at a GP. All it takes is a phone call. Ask your mate who they use, or look a convenient GP up at: [www.cdhb.health.nz/canterbury-gp-map-2](http://www.cdhb.health.nz/canterbury-gp-map-2)

### General Checkup

**20-29** every five years or two years if family history.

**30-39** every two years.

**40+** annually.

Before you go, think about what needs to be checked by your GP. Eg, bloods, skin, prostate, etc.

### Dentist

Find a good local dentist. Get a check-up every year. Brush twice a day and floss regularly.

### Hearing Test

Get a hearing test every five years or more often if things have changed.

### Eyes

See an optician for an initial assessment to screen for health issues. Check your glasses every two years and contact lenses annually.

## Tips for your physical health

### Sleep

Get 6-8 hours of sleep, shift workers may need two sleeps a day adding up to 8 hours.

### Food

Eat three evenly spaced meals that are not processed. Include fruit, vegetables and whole grains. Try to avoid refined sugars. When eating meat, buy low fat cuts and have vegetarian meals each week.

### Exercise

30 minutes of exercise five times a week will do wonders for your health and well-being. Walking, swimming or biking are a good place to start.

### Drinking

Remember to stay hydrated and drink water. Before drinking products check out the back label for sugar content and other additives. Also if you are drinking too much alcohol, check out pages 21-23 for some support.

**The leading causes of premature death in men include various forms of cancer, heart disease, stroke, diabetes and suicide. By taking responsibility for your physical health you could prevent this. Don't leave it too late. Book a time to see your GP.**



## Exercise - Local Support

### ACTIVE Canterbury

If you want to get active, this is the place to figure out next steps.

Web: [www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)

### Sports Canterbury

This is a further option to find activities for you and the family.

Web: [www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

### Appetite for Life Course

Free six week course that is a fun and positive approach for life. The course includes practical and enjoyable ways to prepare food and there are tastings each session. Contact your GP for a referral.

Web: [www.appetiteforlife.org.nz](http://www.appetiteforlife.org.nz)

### Got a smartphone?

Consider searching the App Store for these keywords: Exercise, Workouts, Health and Fitness. **My Fitness Pal** is a great App to start with. Also consider buying a fitness tracker (band/watch) to track your daily behaviour. They also measure calories and track sleep.

### How do you get to work?

Build exercise into your day. Bike to work. Or get off the bus/park a half hour away from work and walk. Use the stairs. Regular activity makes it easier to be well.



## Weight Loss Tips



### 1. Losing weight has benefits for health, energy, agility, stamina, back strain and self-esteem

Small steps to change is all it takes.

### 2. Weighing up the pros and cons of losing weight is a personal matter

If you are ready, weight loss information is the next step. Or do a course on the next page called "Appetite for Life".

### 3. Eating fewer calories leads to weight loss

High calorie foods include sugary foods and alcoholic drinks. Low calorie foods include coloured vegetables such as carrots, broccoli and peppers. Count calories using a diary or download MyFitnessPal from the App Store.

### 4. Burning more calories leads to fat loss

True... in theory. But men are too inclined to focus on this approach when they are served best by focusing on calories in. Go to step 3!

### 5. Getting off -track with new habits doesn't mean instant weight gain

Getting off track or having a bad day happens. Focus on the next healthy meal and exercise session.

### 6. Keeping weight off depends upon having good habits over the long haul

The more you practice healthy habits, the easier they become. Having enough good quality sleep is important for achieving a healthy weight.

### 7. Exercise

30 minutes of exercise 5 times a week for general fitness. Build up to 45-60 minutes of exercise 5-6 times a week. Include aerobic (long, low-moderate intensity) and anaerobic (short high intensity) exercises to activate fat burning hormones.

## Sleeping

Bad sleep and snoring are no joke. It leads to bad moods, angry partners, poor concentration and workplace injuries. Over the long-term this can create a higher risk of disease leading to an early death, as well as;

- Heart disease
- Diabetes / Obesity
- Erection problems

**Good Sleep and Rest is a fundamental pillar for our health and well-being.**

For options talk to your GP or the services listed on this page. Another good place to start is Guided Sleep meditation which you can find online through YouTube or Spotify.

### What is Sleep Apnoea?

Sleep apnoea affects the way you breathe when you're sleeping. It causes irregular breathing which typically lasts between 10 to 20 seconds and can occur hundreds of times a night jolting you out

of your natural sleep rhythm. As a consequence you spend less time in the deep sleep. If you think this may be happening to you see your GP. They can refer you to The CDHB Sleep Service for an assessment.

### Did you know?

More than 3 in 10 men experience sleep apnoea.

### The Sleep Well Clinic

Providing comprehensive assessment and treatment services for children and adults suffering sleep disorders such as snoring sleep apnoea, insomnia, and parasomnias.

6/10 Acheron Dr, Middleton

Ph: 03 341 8903

Web: [www.sleepwellclinic.co.nz](http://www.sleepwellclinic.co.nz)

### Can Sleep

Comprehensive service which incorporates specialist clinical assessment and state of the art sleep studies through to provision of therapy and long-term follow-up.

249 Papanui Road

Ph: 03 356 0086

Email: [info@cansleep.co.nz](mailto:info@cansleep.co.nz)

## Other Health

### Prostate Cancer Foundation

Check out the national website for peer-support and informed research around prostate cancer. For your local support group go to [www.prostate.org.nz/support-groups](http://www.prostate.org.nz/support-groups) or give Peter a call on 027 380 0782.

Want to help the cause? Think about hosting a Blue September event.

Ph: 0800 477 678

Web: [www.prostate.org.nz](http://www.prostate.org.nz)

### Erection Problems?

Erection problems could relate to physical, sleep and/or psychological issues. See your GP for support or call Menz Medical on 03 981 8181.

### Considering a Vasectomy?

These cost \$350 and up. Work and Income has a benefit for this (income tested). See the following practices for the best advice and support.

- Menz Medical Ph: 03 981 8181
- Merivale Medical Ph: 03 355 7262
- Family Planning Ph: 03 379 0514

### Hearing Association

Free online testing.

Web: [www.hearinginfo.co.nz](http://www.hearinginfo.co.nz)

### Diabetes Christchurch

Supporting all people (individuals, family and friends) living with diabetes. Glucose meters, cook books, dietary info and much more.

21 Carlyle Street, Sydenham

Ph: 03 378 6266

Email: [info.diabetesCHCH@cdhb.health.nz](mailto:info.diabetesCHCH@cdhb.health.nz)

### Sexual Health Clinic

Specialist service offering free and confidential sexual health care.

314 Riccarton Rd

Ph: 03 925 9972

### Practical Barriers to your Health Care?

Ask a GP about having a support worker for your care. These differ between practices but can help with barriers such as money, language transportation or social isolation. Again, ask your GP.

## Community - Be part of something!

Men's Groups used to be a normal part of the life of a kiwi male. The Freemasons ([freemasons.org](http://freemasons.org)) are a classic example of this along with many others.

### Men Building Relationships

An 8 week group for men (usually run twice a year) who want to improve their relationships with partners/family/friends.

Ph: 027 477 4439 - Marcel van der Weerden

Email: [marcel50@xtra.co.nz](mailto:marcel50@xtra.co.nz) for details

### Men's Positive Lifestyle Programme

A life skills course. Topics include conflict resolution, stress, assertiveness, self esteem, etc. Wed mornings for 7 weeks during terms 2 and 3. Free.

Ph: 03 366 8128 - Jeff (Salvation Army Christchurch City Corps)

### Men on a Mission

A group focusing on the strengths and skills of men- we meet on wed for 7 weeks. Includes stone carving, ropes climbing, trip to Quail Island, guest speakers and intro to other services. Free, running in terms 1 and 4.

Ph: 03 366 8128

### I'm Local

Information on the queer and gender diverse support groups available in Aotearoa.

Web: [www.imlocal.co.nz](http://www.imlocal.co.nz)

**Mensline** is an open men's group running every second Tuesday night and any man is welcome. \$5 koha suggested.

Ph: 021 947 032 (Peter)

Email: [menslinechristchurch@gmail.com](mailto:menslinechristchurch@gmail.com)

Web: [www.mensline.net.nz](http://www.mensline.net.nz)



## Men's Sheds

### What is a Men's Shed?

We are often asked what a Men's Shed is and the answer can be long! To put it in a rather large nutshell, a Men's Shed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the Shed or community).

Canterbury currently has 31 Men's Sheds running. To find out about your local shed check out: [menzshed.org.nz/canterbury-region](http://menzshed.org.nz/canterbury-region).

Or alternatively call Trevor Scott, Menz Sheds New Zealand, Canterbury Rep.

Ph: 03 960 4919

Men's Sheds offer a good place to connect and form new friendships while learning new skills and sharing yours with others. It's also a good way to help out in the community if you want to.







## Need to talk to someone who understands?

Family violence, crime, trauma, and sudden loss impact people of all genders, cultures, and backgrounds.

If you need practical advice or someone to talk to after crime, trauma, or loss, we're here for you.

**Call Victim Support on 0800 842 846 to arrange a confidential discussion with one of our Support Workers.**

## Could you be there to support other blokes?

Victim Support are always on the lookout for good blokes who want to help others as a Volunteer Support Worker. Volunteers receive comprehensive training and support from our professional team.

**Find out more: [www.victimsupport.org.nz/volunteer](http://www.victimsupport.org.nz/volunteer)**



## Volunteering

There are lots of community groups looking for men to volunteer and get involved. See the following local groups and agencies. By doing so you may change the life of someone else as well as your own.

### Volunteering Canterbury

Offering individual and group volunteering. Great chance to support your community.

**Ph:** 03 366 2442 or 0800 865 268

**Web:** [www.volcan.org.nz](http://www.volcan.org.nz)

### Big Brothers Big Sisters

Become a mentor for a young person aged 6-12 which can have a positive and lasting effect on their lives.

**Ph:** 03 358 4019

**Web:** [www.bigbrothersbigsisters.org.nz/contact-chch.html](http://www.bigbrothersbigsisters.org.nz/contact-chch.html)

### Pillars (Ka Pou Whakahou)

Our focus is working with children of prisoners. If you want more information or you are keen to get involved please contact: Joshua Joseph (Mentoring Coordinator/ Kairuruku).

**Ph:** 03 377 3990 or 027 627 2978

**Email:** [Joshua.Joseph@Pillars.org.nz](mailto:Joshua.Joseph@Pillars.org.nz)

**Web:** [www.pillars.org.nz](http://www.pillars.org.nz)

### Pathway

Become a mentor and support prisoner re-integration by helping them make a fresh start.

**Ph:** 03 982 1952

**Web:** [www.pathway.org.nz](http://www.pathway.org.nz)

### Scouts New Zealand

Find out more about your local branch and opportunities to get involved.

211 Hoon Hay Road

**Ph:** 03 982 7836

**Web:** [www.scouts.org.nz/Volunteer-Now](http://www.scouts.org.nz/Volunteer-Now)

### Volunteer Fireman

The role you play for Fire Emergency New Zealand depends both on the needs of your local Brigade and the skills that you can offer them. Find out more on the above website.

**Web:** [fireandemergency.nz/volunteering](http://fireandemergency.nz/volunteering)

### Canterbury Community Gardens

We are part of a thriving global movement which supports people to grow their own food together. This growing network is supported through newsletters, forums, social gatherings, promotion and research. There are currently 30 local community gardens.

Find your local garden and get involved;

**Web:** [www.ccca.org.nz/garden-directory](http://www.ccca.org.nz/garden-directory)



## Coping with Anxiety

Anxiety is one of the most common health conditions in New Zealand. Like depression anxiety can be a serious condition but you don't need to let it control you. Here are some tips on how to manage.

### When Feeling Anxious try the following

- Stop, pause and take a breath
- Ask yourself am I really in danger?
- Ask yourself am I mind-reading what others think?

Chances are your anxiety has been triggered by a false alarm.

### Identify your triggers, and what's driving the anxiety

NEED TO TALK?

1737

free call or text  
any time

- Is it work stress?
- Change in environment?
- Relationship issues?
- Major life change or upcoming commitment?
- Past trauma or abuse?
- Is this caused by substances?

### 5 TIPS TO TRY

#### 1. Stay in the present moment.

Anxiety can make your thoughts live in a terrible future that hasn't happened yet. Try to bring yourself back to where you are. Practicing meditation can help.

#### 2. Slow breathing.

When you're anxious your breathing becomes faster and shallower. Try deliberately slowing down your breathing. Count to three as you breathe in, pause and then count to three as you breathe out. Repeat this for one minute.

#### 3. Progressive muscle relaxation.

Find a quiet location, get comfortable and close your eyes. Slowly tense and then relax each of your muscle groups from your toes to your head. Hold the tension for three seconds and then release. This can also be useful before going to bed to help you relax.

#### 4. Healthy lifestyle.

Keep active, eat well, go out into nature, spend time with family and friends, reduce stress and find activities you enjoy. These are all effective in reducing anxiety and improving your wellbeing.

#### 5. Be kind to yourself.

Anxiety is very common and helpful at times. Remember that you are not your anxiety. You are not weak. You have anxiety.

## Coping with Depression

### Coping with depression starts with a healthy routine

- Get 6-8 hours quality sleep.
- Put structure and activities into your day.
- Eat healthy natural foods and eat at regular intervals.
- Manage stress levels and identify changes in mood.
- Get regular sunlight.
- Regular exercise and physical activity.

### Goal setting

- Setting realistic goals increases the chance of experiencing success and success brings back the drive and happiness in your life.

### Avoid self-medication

- Limit alcohol and illicit drugs. They may help relieve some of the pain initially but in the long term they will make you feel worse.

### Spend quality time with friends and family

- Talk with friends and family and tell them how you are feeling emotionally. Opening up with a friend is not burdening them. It shows how much you value and trust them. Chances are they or someone they know will be experiencing the same thing.

### Challenge negative thinking

- Ask yourself: Is this fact or opinion? How important will this be in 6 months? What am I reacting to?
- Avoid black and white thinking and jumping to conclusions. Focus on the positive aspects in your life.
- Try mindfulness techniques. Some are included in the anxiety section. Also check out the App Store and download "Headspace".

### Treat yourself

- Do something just for you. Suggestions - go fishing/hunting, see a movie, get a massage, get a haircut, join a new group or start up a hobby.

### Knowing when to get professional help

- If you feel coping with depression is too difficult and you need some professional help check out pages 4 and 19 for support.

### 1737 Need to talk?

Talk to a trained counsellor who can discuss your situation and find you the right support.  
Visit: [www.depression.org.nz](http://www.depression.org.nz) for more info.

# Te Tumu Waiora

Te Reo for 'to head towards wellness' – Te Tumu Waiora gives you quick and convenient access to health professionals who can help you achieve your health and wellness goals.

If you are visiting your nurse or GP, they can introduce you to a Health Improvement Practitioner (HIP) or Health Coach (HC). This means you will get support quickly, in the same location as your doctor or nurse appointments, at no additional cost to you.



## The HIP can help you with:

- » managing thoughts, feelings and behaviours
- » stress, anxiety, depression or feeling down
- » coping with loss
- » drug and alcohol problems
- » family or relationship issues
- » navigating gender identity, sexual orientation

## The HC can help you with:

- » living well with long-term conditions including Diabetes, Asthma, high and low blood pressure
- » improving eating habits and getting more active
- » understanding your medicines
- » connecting to others who can help with things like quitting smoking, housing, or social connection



Talk to your practice to see if Te Tumu Waiora is available



Canterbury  
Te Tumu Waiora  
to head towards wellness

## Mental Health Support Services

### Counselling

Counselling can be very useful in support of your mental health and other issues. Here are some useful counselling services who work with men. Majority of these services offer free and low cost counselling.

### Canterbury Men's Centre

Specialists at caring for men: We match you with the best counsellor for your needs. 18 counsellors on hand.

21 Marshland Rd (across from The Palms)

Ph: 03 365 9000 or Text 022 302 4966

Email: [counsellor@canmen.org.nz](mailto:counsellor@canmen.org.nz)

Web: [www.canmen.org.nz](http://www.canmen.org.nz)

### Petersgate Counselling

29 Yaldhurst Road

Ph: 03 343 3391

Web: [www.petersgate.org.nz](http://www.petersgate.org.nz)

### Home and Family

319 St Asaph Street (Corner of Barbadoes Street)

Ph: 03 944 0635

Web: [www.homeandfamily.net.nz](http://www.homeandfamily.net.nz)

### Catholic Social Services

336 Cashel Street, Ph: 03 379 0012, Web: [css.nzl.org](http://css.nzl.org)

### Yellow Brick Road Canterbury

We support families and whānau to provide the best possible quality of life and recovery to their loved one who has a mental illness and to their own self-care.

21 Birmingham Drive, Middleton, Christchurch 8026

Ph: 0800 876 682

### Mental Health Advocacy and Peer Support (MHAPS)

Peer support for mental health and addiction recovery. Connect with other people who have a shared experience.

Level 1/12 Hazeldean road, Addington

Ph: 03 365 9479 or Text 022 370 8055

Web: [www.mhaps.org.nz](http://www.mhaps.org.nz)

### Emerge Aotearoa: Mind and Body Peer Support Service

1 to 1 peer support/group support to people who are experiencing mental health and/or addiction challenges. Free and runs 8am-8pm Monday to Saturday. Meet people in their homes/community.

Email: [admin@mindandbody.co.nz](mailto:admin@mindandbody.co.nz)

Ph: 03 377 1818

### Mental Health Education and Resource Centre (MHERC)

Has a huge range of information, resources and a free library on all aspects of mental health and support services.

116 Marshland Road, Shirley

Ph: 03 365 5344 or 0800 424 399



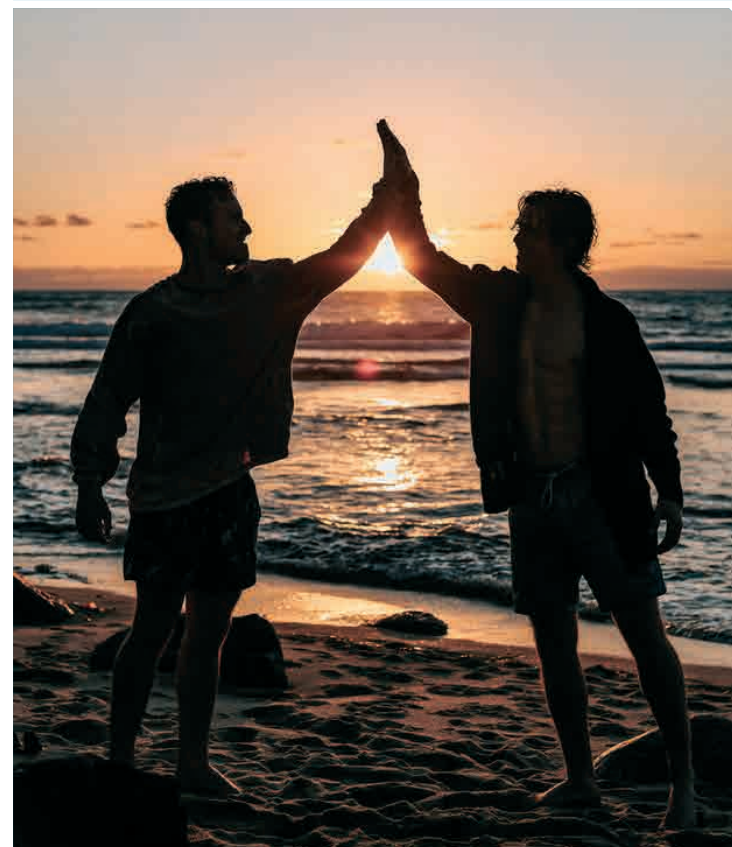
# Check your drinking habits today.

Take the quiz

Visit [alcohol.org.nz/quiz](http://alcohol.org.nz/quiz)



## Addiction and Recovery



Men often self-medicate with substances to avoid uncomfortable thoughts and feelings.

It takes a change in approach to get a different result. Sometimes that involves a support service or counselling. Contact the Canterbury Men's Centre to get them to help you come up with a plan.

Remember nothing will change unless you do.

- Ask yourself what's driving this behaviour?
- Why am I using?
- Try having some substance free days.
- Form new positive connections. For example attend a support group or talk to a trusted friend.
- Find alternate stress management tools.
- Consider exercise and physical activity.
- Find a healthy work/life balance.
- Struggling to take the first step? Contact one of the services listed on the following page.

### Did you know?

Men are twice as likely as women to experience addiction. The good news is that many people do succeed at making the personal changes involved, but (again) these requires a change in your current approach.



# Addiction Support Services - Alcohol & Drug

**AOD Christchurch Co-ordination Service**  
First point of call for all AOD Services in Christchurch and surrounding areas.  
Level 1, 55-59 Ferry Road  
Ph: 03 338 4437  
Email: [chchaod@odysseychch.org.nz](mailto:chchaod@odysseychch.org.nz)

**Alcohol Drug Helpline**  
24-7 nationwide phone service for confidential information and support, if you are concerned about you own or someone else's drinking or drug use.  
Ph: 0800 787 797 or Text: 8681  
Live Chat: [www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

**Emerge Aotearoa: Mind and Body Peer Support Service**  
1 to 1 peer support/group support to people who are experiencing mental health and/or addiction challenges. Free and runs 8am-8pm Monday to Saturday. Meet people in their homes/community.  
Email: [admin@mindandbody.co.nz](mailto:admin@mindandbody.co.nz)  
Ph: 03 377 1818

Peer Support

**Alcoholics Anonymous**  
12-Step programme for people dealing with alcohol addiction. Contact the local Service Centre for current meetings lists.  
Ph: 03 379 0860

**Narcotics Anonymous**  
12-Step programme for people dealing with drug addiction.  
Ph: 0800 365 870  
Web: [www.nzna.org](http://www.nzna.org)

**Overeaters Anonymous**  
12-Step programme for people dealing with compulsive eating, anorexia, bulimia, obesity and overeating.  
Ph: 03 365 3812

**Addictive Eaters Anonymous**  
12-Step programme for people with eating addiction-obsession, with food/overeating/controlling weight by excessive exercising etc.  
Ph: 03 662 9128  
Email: [christchurch@AEAnz.org](mailto:christchurch@AEAnz.org)  
Web: [www.AEAnz.org](http://www.AEAnz.org)

# Addiction Support Services

**Gambling**

**PGF Services**  
Qualified counsellors providing free professional and confidential support to both gamblers and others affected by gambling. Support groups also offered. The Loft, Eastgate Shopping Centre, 20 Buckleys Rd  
Ph: 03 379 2824 or 0800 664 262  
Web: [www.pgfnz.org](http://www.pgfnz.org)

**Gambling Helpline NZ**  
24/7 phone support with private and confidential support.  
Ph: 0800 654 655 or Text: 8006

**Sex Addiction**

**Counselling for Porn Addiction / Compulsive Sex?**  
The CMC has several counsellors focussed and trained in this area.

**Sexual Compulsives Anonymous**  
Working together to overcome problematic sexual behaviour. A 12-step program. Meets Tuesday 7pm.  
Email: [scanz12step@gmail.com](mailto:scanz12step@gmail.com)  
Web: [www.sca-recovery.org](http://www.sca-recovery.org)

**Sexaholics Anonymous**  
12-Step programme and peer support for people dealing with sex addiction.  
Email: [Christchurchsa@gmail.com](mailto:Christchurchsa@gmail.com)



Want to Quit Smoking?

**Quit line**  
0800 778 778

**Stop Smoking Canterbury**  
0800 425 700

## Family Violence

### Stopping Your Violence

#### He Waka Tapu

Offering support to individuals and their whānau around dealing with issues of inter-personal violence and anger.

Ph: 03 373 8150 / 0800 HE WAKA (43 9252)

Web: [www.hewakatapu.org.nz](http://www.hewakatapu.org.nz)

#### Stopping Violence Services (SVS)

"Challenging Violence, Changing Attitudes and Changing Lives". Individual and group interventions tailored to meet client needs. Emergency accommodation for men who receive a Police Safety Order (Police referred). 36 Lismore Street, Waltham  
Ph: 0800 478 778

#### Aviva-Reach Out

ReachOut offers on-going support, education, and assistance to overcome anger and violent behaviours helping men and women to develop healthier relationships and move towards violence-free lives. The Loft Eastgate, Ph: 03 378 3847  
Aviva 24hr: 0800 28482 ext. 669

### Stopping Their Violence

At the Canterbury Men's Centre (CMC) we give you time on the phone or you can come into our office at 21 Marshland Road, Shirley, to talk about options.

Ph: 03 365 9000

#### NZ Police

Call your local Police Station and ask for their Family Violence Coordinator. People at risk from domestic violence can get a Police Safety Order (PSO) from the police or a Protection Order from the court.

Web: [www.police.govt.nz/advice/family-violence/help](http://www.police.govt.nz/advice/family-violence/help)

#### Victim Support

Free 24/7 Helpline. Helping put victims of crime and trauma in control of restoring their lives.

Ph: 0800 842 846

Web: [www.victimsupport.org.nz](http://www.victimsupport.org.nz)

#### Oranga Tamariki - Ministry for Children

Worried about a child? How to identify abuse. Signs of neglect or abuse can be hard to categorize. Some of the signs can be found on their website.

Ph: 0508 326 459

Web: [www.orangatamariki.govt.nz/identify-abuse](http://www.orangatamariki.govt.nz/identify-abuse)

## Anger

Anger is a perfectly normal healthy emotion. Everybody has different triggers and what causes one person to see red might not bother the next person. Anger only becomes a problem when it gets out of control or if expressed in aggressive and violent ways.

#### Identify your triggers

Think about where and when you are more likely to get angry, and see if there is a pattern. For example do you get angry with certain people? When stressed? When drinking or using? At work? Or behind the wheel?



#### Listen to your body

Anger stimulates the adrenal response system which is the body's way of coping, resulting in the fight or flight response. You may notice increased heart rate, tense muscles, increased temperature, rapid breathing or fist and teeth clenching. When this happens try to;

- Pause and take a deep breath to avoid reacting straight away.
- Breathe in for blue and out for red.
- Walk away if you can. You can always come back and talk when things have calmed down.
- Visualise yourself dealing with the situation in a calm manner that's non-aggressive but assertive.

#### Look within

Many men experience anger due to frustration, loss/grief, pain, depression/anxiety and being treated unfairly.

#### Ask for help

If you are struggling to manage your anger there is plenty of support out there. Make a time at the CMC to discuss options, including counselling. See previous page for local resources. Act now.

## Sexual Abuse

Men are generally good at 'getting over' life's challenges. But sometimes you need external support. The people at the agencies below can help.

### Male Survivors Canterbury

Confidential peer support; one to one, and weekly group meeting (internal referral). Advocacy and guidance with ACC Sensitive claims. Part of the Canterbury Men's Centre.

21 Marshland Rd, Shirley

Ph: 03 377 6747 or SMS 027 789 8304 (we can text/call back)

### Safe to Talk

Confidential 24-7 support. "We're here for you. We'll listen. We'll find the support you need and we won't judge".

Ph: 0800 044 334 or Text: 4334

### ACC Sensitive Claims Counselling

Web: [www.acc.co.nz/im-injured/support-recovery/counselling-therapy](http://www.acc.co.nz/im-injured/support-recovery/counselling-therapy)

Ph: 0800 735 566 - ACC Sensitive Claims



### Or contact one of these below

#### START

ACC Counselling for survivors of sexual abuse in a male-friendly context. We work with all ages. 448 Innes Road.  
Ph: 03 355 4414

#### Visser & Associates

Web: [www.visser.net.nz](http://www.visser.net.nz)

Steve Brown: 027 235 7822    Khan Richardson: 027 312 9880

Gareth Hines: 027 324 3330    Marcel van der Weerden:

Michael Hill: 027 332 2656    027 477 4439

#### Canterbury Men's Centre

Based at the CMC at 21 Marshland Road is a provider. Contact John Marsden for help to with securing an ACC counsellor. Ph: 03 365 9000

Phil Taylor, 0211115732 [philtcounsellor@gmail.com](mailto:philtcounsellor@gmail.com)

## Male Survivors Canterbury

We have a team of experienced Men with lived experience who provide the following:

- One on One support
- Peer support
- Group support

For Men who have experienced sexual abuse and trauma in their lives. Please reach out if this is you.  
Ph: 36 59 000 or 027 789 304.

### Groups are held

- Monday evening
- Thursday Middy
- Thursday evening – this is a Social group mixing and listening to music
- Friday afternoon
- Friday Night – Social group – watching Movies

Please phone call 3659000 or 027789304 to register for the groups!





## Older and Wiser

### Senior Chef

Free cooking programme for those 60 and over who live on their own or with one other.

Ph: 0800 333 405

Web: [www.seniorchef.co.nz](http://www.seniorchef.co.nz)

Email: [Senior.Chef@pegasus.org.nz](mailto:Senior.Chef@pegasus.org.nz)

### Age Concern Canterbury

Support services include; information, advocacy, advice and education for those over 65.

Ph: 03 366 0903 or 0800 803 344

Web: [www.ageconcerncan.org.nz](http://www.ageconcerncan.org.nz)

### Greypower National Office

An advocacy organization promoting the welfare and well-being of all those citizens in the 50 plus age group.

Ph: 0800 473 979

Web: [www.greypower.co.nz](http://www.greypower.co.nz)

### Super Gold Card Centre

The SuperGold Card is a discounts and concessions card for seniors and veterans.

Ph: 0800 254 565

Web: [www.supergold.govt.nz](http://www.supergold.govt.nz)

### Eldernet

Information about services for older people in New Zealand.

Web: [www.eldernet.co.nz](http://www.eldernet.co.nz)

### SeniorLine

A national information service for those over 65 to help navigate the health system.

Web: [www.seniorline.org.nz](http://www.seniorline.org.nz)

### Senior Chef

Free cooking programme for those 60 and over who live on their own or with one other.

Ph: 0800 333 405

Web: [www.seniorchef.co.nz](http://www.seniorchef.co.nz)

Email: [Senior.Chef@pegasus.org.nz](mailto:Senior.Chef@pegasus.org.nz)

### 65 Alive – Senior Alcohol and Drug Services

Odyssey House Community Services. This is a mobile service giving assessments, education, support for families and based on individual needs. Two support groups. Accessible quality service for those concerned about their use of alcohol and other drugs.

Ph: 03 338 4437 or ask a medical professional.

### Presbyterian Support Services:

Providing assessment and information, co-ordination of support services, counselling, advocacy, liaison with other agencies or health professionals, support for careers and elder abuse interventions for those aged over 65.

Ph: 03 366 5472

## Family and Parenting

Becoming a parent is an exciting time. It is also the most important job you will ever have. Sometimes getting external support can really help.



### Family Works

Family-centred agency that seeks to empower children, families/whānau and communities so they can flourish and reach their full potential.  
TE KOROWAI,  
44 Bealey Ave, Christchurch Central  
Ph: 0800 477 874

### Parent Help

This is a great place to get parent and family support.  
Ph: 0800 568 856  
Web: [www.parenthelp.org.nz](http://www.parenthelp.org.nz)

### Right Service Right Time

An entry point to a range of NGO services for children, young people and their whanau to get the right service at the right time, whatever their circumstances.  
Ph: 03 378 2782  
Email: [info@rightservice.org.nz](mailto:info@rightservice.org.nz)  
Web: [www.rightservice.org.nz](http://www.rightservice.org.nz)

## Being a Dad

### Tips for supporting your partner

- Tell her she's doing a good job. The science shows you'll have a happier, healthier child because of her effort. Tell her you support her with this regularly.
- Do extra house work. That extra hour a day you put in while she is drained by breastfeeding is an investment in your relationship. So cook, clean, check with her what she needs.
- Keep her company. Make sure she's in a comfy chair and warm enough, bring her a glass of water and snacks, have a chat or just hang out with her while she's nursing.
- Take care of yourself. Too many men work extra hours when they could hold off. Schedule a night out with your friends once a week.
- Weight gain can happen for various reasons. Get walks in with baby or on the way to work.

### Kiwi Dads Chch

Run by The Neighbourhood Trust this is a Facebook group and a Community Development Worker, Don Benn. Don is able to meet Dads who need some extra support. Office hours Mon 9am-2pm and Fri 8am-2pm.  
Text: 027 956 9202  
Email: [community@nht.org.nz](mailto:community@nht.org.nz)

### Parents Centre

We work with parents to equip them with the best knowledge and skills so that they can be best parents they can possibly be. As well as providing a wealth of pregnancy, birth and postnatal information and programmes, Parents Centre's regularly run ante-natal and postnatal classes for mums and dads.  
2/2 Leacroft Street, Bishopdale  
Ph: 03 360 3381  
Web: [www.parentscentre.org.nz](http://www.parentscentre.org.nz)

**Dads are critical to the development of healthy boys and girls. At the Canterbury Men's Centre we believe dads deserve encouragement and support to acquire some of the subtle skills required in being a father.**

## Separating Dads

### Mensline

A fortnightly men's group for dads going through the separation process (and more). *Ph:* 021 947 032 - Peter  
*Email:* menslinechristchurch@gmail.com  
*Web:* www.mensline.net.nz

### Parenting Through Separation Course

Free and a prerequisite for mediation or court proceedings. This is a great course for everyone to learn better communication skills.  
*Web:* www.justice.govt.nz/family/care-of-children

### Family Dispute Resolution (Fair Way)

FDR is a nationwide mediation service that helps people to discuss their parenting arrangements. An FDR mediator works with all parties for a practical agreement. 16 Southwark Street  
*Ph:* 03 962 9000

**Want to talk to other men who have been through it?** Check out Mensline on page 12.



We are committed to raising the importance of fathers in relationships regardless of marital or relationship status. Fathers are great for children and children are great for fathers.

- Many dads don't see it coming.
- Shock, loss, grief and anger are common.
- Ignoring things and denial don't help.
- It does take time before things settle down.
- Focus on your children. Their welfare is number one.
- Stay calm, talk to mates, consider counselling.
- Try to work out a parenting plan together.
- Mediation can help.
- Your kids do need you in their lives.
- Regular contact is good for kids and dads.
- Working together is best for your kids.

The BEST parent after separation is BOTH parents.

## Separated Dads

### The Family Court

People who have separated can get help outside of the court to help them agree on how they will care for their children. Refer to FDR providers on page 32. If they can't agree, they can apply to the Family Court to resolve things.  
*Ph:* 0800 224 733 (weekdays)

### Barnardos

Working within the community to provide a range of care, education and support services for children and their families.  
*Web:* www.barnardos.org.nz

### Make a Parenting Plan

Use the workbook below to sort out your parenting arrangements and avoid the obvious mistakes. Less stressful for everyone than having to go to court.  
*Ph:* 0800 224 733  
*Email:* pcs.family@justice.govt.nz  
*Web:* www.justice.govt.nz/assets/Documents/Publications/MOJ0504-Jul16.pdf

### Family Lawyers (who support dads)

#### Portia

Level 1, BNZ Centre, 111 Cashel Street  
*Ph:* 0800 339 223  
*Web:* www.portia.law

#### Patient & Williams

192 Barbadoes Street  
*Ph:* 03 365 5790 (Clayton Williams)

#### Linwood Law

15 Buckleys Road  
*Ph:* 03 3892121 (Aileen Odgers)

#### Harmans Lawyers

Level 2 79-81 Cashel Street, Christchurch Central  
*Ph:* 03 352 2293

#### Protection Orders

To apply for a Protection Order about a current/historic domestic relationship.  
*Web:* www.justice.govt.nz



# Youth



## In The Know

A website that covers porn and young people in a way that is very helpful. Highly recommended.

*Web:* [intheknow.co.nz](http://intheknow.co.nz)

## Kidsline 24/7

A telephone counselling service for all kids up to 18 years of age. It is about kids being there for other kids and every helpline counsellor is a secondary school student.

*Ph:* 0800 543 754

*Email:* [info@rpe.org.nz](mailto:info@rpe.org.nz)

## Sex'n'Respect

An online Rape Prevention Education resource for youth and support professionals that promotes respectful relationships and the prevention of sexual violence.

*Ph:* 09 360 4001

*Email:* [info@rpe.org.nz](mailto:info@rpe.org.nz)

## Youthline

24/7 Support and information on any issue.

*Ph:* 0800 37 6633 or *Text:* 234

## 298 Youth Health

Free GP, nursing and counselling for ages 10-24. Also offering support, budgeting, careers and general guidance and advice. Amuri Park, Unit 1/25 Churchill St, Christchurch, *Ph:* 03 943 9298

## St John of God Waipuna

Their community youth and child services provide specialist support for young people aged 10 to 25 years and their family (whānau).

349 Woodham Road, *Ph:* 03 386 2159

## Aviva

Aviva Workers understand family and sexual violence and the importance of understanding and developing positive relationship and behaviours as early as possible. They offer free, confidential and individualised services for each young person whether they have experienced or used violence, or both. The Loft Eastgate.

*Ph:* 0800 28482 ext. 669

## Enabling Youth

Individual programmes to support young people aged 11 to 30 to develop skills in behaviour management and emotional regulation. Each programme is tailored to the needs of the young person. 36 Lismore Street, Waltham, *Ph:* 0800 478 778

# Tāne Ora

## He Waka Tapu

Kaupapa Māori organization. Runs a number of programmes specialising in anger management, addictions (AOD) and personal health.

161 Pages Road

Ph: 03 373 8150 / 0800 HE WAKA (43 9252)

## Tū Toka Tū Ariki - Wānanga Mau Taiaha

Email: tutokatuariiki@gmail.com (Te Mairiki Williams)

## Te Waka Pounamu Waka Ama Club

Whakaraupō / Naval Point, Lyttelton

Ph: 027 555 1292 (Paul)

## Kai Ngaru Waka Ama

Māori Outrigger Canoe Club, Naval Point, Lyttelton

Contact Tahu Stirling,

Ph: 021 042 0636

Email: tahu.stirling@gmail.com

## Te Whare Tū Taua o Waitaha

National School of Ancient Māori Weaponry.

Email: hapuku@yahoo.com (Aaron Hapuku)

## Whakaraupō Carving Centre

Lyttelton based opportunity to learn contemporary and traditional Māori wood carving, knowledge and history.

Ph: 03 741 1410, 027 352 2288

## Mana Tāne Ora O Waitaha

A group of healthcare workers with the goal of improving Māori Men's Health.

Web: [canmen.org.nz/services/community-workers](http://canmen.org.nz/services/community-workers)

## Purapura Whetū Trust

Kaupapa Māori provider, we combine clinical, cultural and community support into services that embrace the Māori view of wellbeing. Specialising in mental health and offering support for Whānau Ora, Individual counselling and day programmes.

166 St Asaph Street

Ph: 03 379 8001



**KEEPING WHĀNAU SAFE**

THIS NUMBER IS SETUP FOR MEN WHO FEEL THEY'RE GOING TO HARM A LOVED ONE OR WHANAU MEMBER

WE'RE HERE TO SUPPORT 24/7 TO LISTEN AND TO HELP

SO GIVE US A CALL NEXT TIME YOU'RE ON THE EDGE!

FOR MORE INFO VISIT  
<https://www.hewakatapu.org.nz/services/0800-hey-bro>

0800 HEYBRO (439 276)



## Pasifika Men's Health & Well-being

### Mapu Maia

Mapu Maia provides a holistic service to individuals, families and communities that is culturally appropriate and effective. Mapu Maia offers free, professional and confidential counselling services and education. The Loft – Level 1 Eastgate Shopping Centre, Linwood  
Ph: 0800 212 122  
Email: help@mapumaia.nz

### Tangata Atumotu Trust

Tangata Atumotu provides in-home nursing support for people with Diabetes, Heart and Lung problems. We provide transport, translation support and advocacy, as well as opportunities to come together for fellowship and exercise. Level 2, Knox Building, 28 Bealey Avenue  
Ph: 0800 PASIFIKA (0800 727 434)

### Etu Pasifika Clinic

Mental Health, Addiction & Smoking Cessation Services.  
173 Montreal Street  
Ph: 03 365 1002

### Vaka Tautua Christchurch

For general inquiries and information about Pacific mental health, disability, older persons health and financial advice.  
18/105 Bamford St, Woolston  
Ph: 0800 825 282

### Diabetes Nurse and Support

Providing medical advice and other support for managing Diabetes.  
Web: <https://www.cdhb.health.nz/health-services/diabetes-clinic>  
Ph: 03 364 0860

### PEETO: The Multi-Cultural learning Centre

Provides free ESOL general English classes to migrant, refugee and Pacific people who are permanent residents in New Zealand.  
20 Twigger Street, Addington  
Ph: 03 343 2890  
Email: info@peeto.ac.nz





## Refugee and Migrant

### Asian Family Services

(AFS) provides professional, confidential, nationwide face-to-face (Auckland and Wellington only) Skype or telephone support to Asians living in New Zealand. These services are offered in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi.

Ph: 0800 862 342

Email: [help@asianfamilyservices.nz](mailto:help@asianfamilyservices.nz)

Web: [www.asianfamilyservices.nz](http://www.asianfamilyservices.nz)

### Christchurch Resettlement Services

Assists men of all ages (and their families) with practical resettlement needs as well as mental health support, advocacy, and support with other organisations. Bilingual workers available.

Level 1, 283 Lincoln Road, Addington

Ph: 03 335 0311

### Need an Interpreter?

At the time of booking with any agency ask them to arrange for an interpreter.

### Interpreting New Zealand

Web: [www.interpret.org.nz](http://www.interpret.org.nz)

### Language Connect

Language Connect is a free multi-lingual service providing information and advocacy on a wide range of issues including immigration, employment, housing, income support, education, health and wellbeing.

Ph: 09 624 2550 or FREE Phone: 0800 78 88 77

Email: [language@cab.org.nz](mailto:language@cab.org.nz)

Checkout  
this website  
for more  
information:

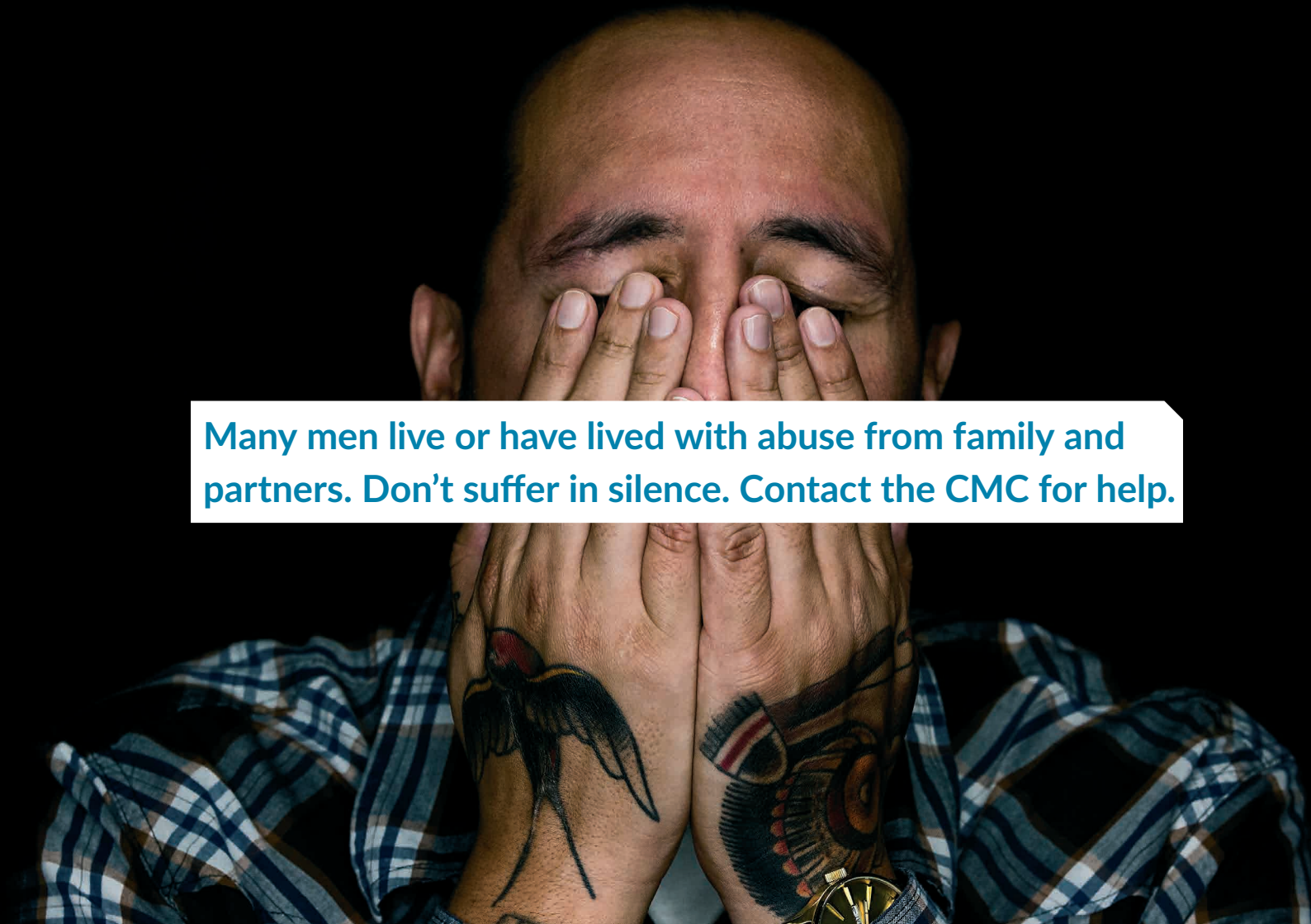
[www.immigration.govt.nz/about-us/what-we-do/our-strategies-and-projects/settlement-strategy](http://www.immigration.govt.nz/about-us/what-we-do/our-strategies-and-projects/settlement-strategy)

**NEED TO TALK?**

**1737**

**free call or text  
any time**

Many men live or have lived with abuse from family and partners. Don't suffer in silence. Contact the CMC for help.



The Canterbury Safety Charter offers advice, support and connections for your business to grow health, safety and wellbeing awareness and knowledge.

No matter what stage you or your business is at - having the right team behind you on your health and safety journey makes all the difference to how well, and how quickly, you succeed in achieving your health and safety objectives.

Working safely together, the Safety Charter provides health and safety tools and resources to ensure everyone goes home safe and healthy every night.

Contact the Charter today and let us help you on your health and safety journey.

[info@safetycharter.org.nz](mailto:info@safetycharter.org.nz) | [www.safetycharter.org.nz](http://www.safetycharter.org.nz)



## Legal & Local Advisory

### Community Law Canterbury

Free legal information and advice including family law and other court processes. At drop-in legal advice sessions they provide initial legal information and advice. In special circumstances they may take you on as an ongoing client.

198 Montreal St

Ph: 03 366 6870 or 0508 CANLAW (0508 226 529)

### Citizen's Advice Bureau

The CAB provides people with the confidence and support they need to take action and work for positive social change within communities and wider society. CAB is a free and independent service to all people so they can understand their rights and obligations to get the best possible outcomes.

Ph: 0800 367 222

### Peter Moore Employment Law

Legal advice for Employers and Employees.

Email: [pmnzlaw@gmail.com](mailto:pmnzlaw@gmail.com)

Ph: 021 947 032

### Legal Aid

Government funding to pay for legal help for people who cannot afford a lawyer. Includes civil, family and criminal.

Ph: 03 339 4730

Web: [www.lsa.govt.nz](http://www.lsa.govt.nz)

### Dr Duncan Webb

MP for Christchurch Central

☎ 03 366 5519

✉ 282-290 Durham Street North

@ [chchcentral@parliament.govt.nz](mailto:chchcentral@parliament.govt.nz)



Authorised by Dr Duncan Webb MP, Parliament Buildings, Wellington



## Budgeting / Food Banks

### Christchurch Budget Services

Non-judgmental, empathic service respects your needs and independence to become financially stable. Financial plans / advocacy.

55 Lunns Rd, Middleton

Email: enquiries@chchbudget.org.nz

Ph: 03 366 3422

### Kingdom Resources

Focuses on people struggling with money problems or needing help in their journey towards employment – sometimes both. Free support and budget advice.

285 Lincoln Rd, Addington

Ph: 03 332 1700

### Christchurch Methodist Mission

Free home-based budgeting service. The budgeter and client work together to develop a plan to cover immediate needs and to plan for the future. Money management is taught so that people develop their

own skills. Advocacy support is offered to ensure people are receiving their correct entitlements from government and community agencies.

Ph: 03 375 1470

## Food Banks (don't go hungry)

### Salvation Army

Ph: 03 366 8128

### 0800 Hungry

Ph: 0800 486 479 or (03) 384 7840

### Christchurch City Mission

Ph: 03 365 0635

### South West Baptist Church

Ph: 03 338 4163

### Saint Vincent De Paul

Ph: 03 389 7484 ext 1

### Delta Community Support Trust

Ph: 03 389 0212

## Accommodation

### Ministry for Social Development

Do you urgently need somewhere to stay tonight or in the next seven days? If so we can help. We also support you with social housing applications.

Ph: 0800 559 009

Web: check.msd.govt.nz/services/emergency-housing

### Christchurch City Mission (Emergency Accommodation)

Open 7 days 5.00pm - 8.30am to residents 17 years and over.

276 Hereford Street

Ph: 03 365 0635

### Salvation Army (Addington Supportive Accommodation for Men)

Night shelter and longer-term accommodation for men aged 18 - 65. Interviews completed prior to entry. 62 Poulson Street.

Ph: 03 338 5154 (24 hr)

### Ōtautahi Community Housing Trust

Manage council and Housing New Zealand applications in Canterbury.

Ph: 0800 624 456, Web: www.ocht.org.nz

### Tenants Protection Agency

Advice and advocacy to sort out issues with your landlord. 301 Tuam Street

Ph: 03 379 2297, Web: www.tpa.org.nz **Consider Looking Online...**

### Facebook

Search Flat mate finders Christchurch or Canterbury for local rental accommodation.

### TradeMe

Search Trade Me Property for rentals and flat mates.

### SVS's Emergency Accommodation

Short term accommodation and support for men aged 18 and over who are at risk of using violence. A risk and needs assessment will be completed prior to entry. Ph: 022 476 8633





# Reading in Mind

Book Scheme for mental  
health and wellbeing.

[www.readinginmind.org.nz](http://www.readinginmind.org.nz)



Christchurch  
City Council 



 **MHERC**  
Mental Health Education & Resource Centre

## North Canterbury

### Comcare Trust

Free Mental health and addiction services in Waimakariri and Hurunui. Community Mental Health Support and Peer Support, accessible via referral from Mental Health Provider or GP. Activelinks, mental and physical wellbeing through exercise one to one and in groups.

Web: [www.comcare.org.nz](http://www.comcare.org.nz)

Ph: 03 377 7020

### Male Survivors Canterbury

Call our peer support worker in Chch and get talking.

Ph: 021 352 051 or Email: [survivor@canmen.org.nz](mailto:survivor@canmen.org.nz)

### Hope Community Trust

Community centre, community garden, counselling, veggie co-op, food bank and other community supports.

Ph: 03 928 3066

### Victim Support

Victim Support provides a free 24 hour personalised support for all victims of crime and trauma. Our support workers can visit you and offer options available to you and also assist you in identifying your own support networks or further community support.

Ph: 363 8182

### Well-Being North Canterbury Trust

Working with families and youth. Counselling and group work offered. See the website for more.

29 High Street, Rangiora or 24 Sewell Street, Kaiapoi

Ph: 03 310 6375

Web: [www.wellbeingnc.org.nz](http://www.wellbeingnc.org.nz)

### Rural Support Trust

We are local rural people that know how pressures can all mount up. We offer support across North, South and Mid Canterbury.

Ph: 0800 787 254

### Salvation Army Rangiora

A caring service with goal to support social responsibility. Services also include Foodbanks and a low cost family store.

15 Albert Street, Rangiora

Ph: 03 313 6947

### Presbyterian Support

Comprehensive range of community services for older people and their families including social work and day programmes.

258 High Street, Rangiora,

Ph: 03 366 5472

# Under the pump?

Here are some questions that can help you get through.

Sam Whitelock  
FARMSTRONG  
AMBASSADOR



**FARMSTRONG**  
Live Well Farm Well

FOR TIPS AND IDEAS, VISIT [FARMSTRONG.CO.NZ](https://www.farmstrong.co.nz)

## Mid/South Canterbury

### Community House Mid Canterbury

A range of community supports and agencies. Give them a call and see what they offer. 44 Cass Street (Ashburton)  
Ph: 03 308 1237

### Canterbury Men's Centre

Based in Christchurch. Our support for local men includes:

- A counsellor in Ashburton. Ph: 03 365 9000 to get set up.
- Peer support for men that experienced sexual trauma (Survivors). Ph: 027 789 8304
- More copies of this booklet (order info on the back)  
Ph: 03 365 9000 or [canmen.org.nz](https://canmen.org.nz) for more info about the above services.

### Ashburton Community Alcohol & Drug Service (ACADS)

Contact them to be allocated a trained counsellor who will phone you to arrange an appointment. They will talk to you about your general health, your drinking or drug taking history and your current concerns. Your counsellor will talk about how they can help you and look at a plan to help you make the changes you need to. Ground Floor, Nurses' Hostel Building (Ashburton Hospital)  
Ph: 03 308 1270

### Geraldine Community Resource Centre

5a Peel Street, Ph: 03 693 7001

### Family Works

Wrap around social services for those who need it, regardless of culture or religion. Our focus is on growing a better New Zealand for all New Zealanders.  
Ashburton: 215 Tancred Street, Ph: 03 308 5868  
Timaru: 26 North Street, Ph: 03 688 5029

### South Canterbury District Health Board

Mental health support offered by the following teams: Community Mental Health, Alcohol And Addictions, Older Person's Mental Health, Infant, Child and Adolescent Mental Health (iCAMHS), and Maori Health.  
Free Phone: 0800 277 997 - 24/7 Helpline  
Ph: 03 687 2100 - Hospital  
Web: <https://www.scdhb.health.nz/info-for-you/mental-health/mental-health-teams>

### South Canterbury Rural Support Trust (RST)

When circumstances beyond your control lead to a rural crisis - climatic, environmental, financial or personal, contact the South Canterbury Rural Support Trust on 0800 787 254.

### Stopping Violence Services

Services available for North, Mid and South Canterbury, to support with anger management. Ph: 0800 478 778

## Men's Health Phone Apps



### Calm

Tools to meditate, sleep and relax



### Clearhead

A NZ mental health and wellbeing app and website, work through challenges and find support, create a digital wellbeing plan. Also in te reo Māori.



### CBT-I Coach

Coaching to improve sleep habits and deal with insomnia



### Headspace

Guided meditation



### High Res

Tools for managing daily stress and building resilience



### Living Well

Practical guide to living a healthier lifestyle, for men



### Lose It

Weight loss programme and calorie counter



### Virtual Hope Box

Resilience tools and personal safety plan



### Nike Plus Run

Running and motivation tips and tools



### My Fitness Pal

Calorie diary, weight/waist tracker and more



### Nike Training

Workouts and fitness plans



### Mindshift

Tools to help young people cope with stress and anxiety



### Performance triad

Tips for healthy habits - sleep, nutrition and activity



### Mentemia

Sir John Kirwan's practical tips for wellbeing



### Mood Tracker

Tool to track emotional experiences over time

## Covid-19: procedures and info

**To keep us safe and “near normal”, we need everyone to do their bit.**

- Use the COVID tracer app
- Use good hand hygiene
- Cough and sneeze into a tissue or your elbow
- Stay at home if you are sick
- And if you have cold or flu-like symptoms:

### GET THE TEST!

#### Where to get a test

You can be tested for COVID-19 at your General Practice or at the places below.

**Orchard Road CBAC (near Airport),**

174 Orchard Road, (Off Harewood Road), Christchurch.  
Open 9am-4pm, 7 days (Walk-in).

**Whānau Ora Community Clinic CBAC (Wainoni)**

250 Pages Road, Wainoni, Christchurch.

Open 9am-4pm, 7 days (Walk-in)

**Ashburton Hospital site CBAC**

28 Elizabeth Street,

Ashburton hospital site, Open 10am-2pm, Tuesday, Thursday and Saturday only. (Walk-in)



### Did you know?

Men are twice as vulnerable to C-19 death as women.





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... and to these core funders of our work...



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# Canterbury Men's Centre

## Our Vision:

## "Happy Healthy Canterbury Men"

We are a charity and sink or swim based on donations by people like you. Please consider us for your office fund raising event, your annual charitable donation or as a bequest. Contact our office to find out what would make the most difference for Canterbury men.

Email: [info@canmen.org.nz](mailto:info@canmen.org.nz), Ph: 0226 463 413.

## Your donation or other support goes toward helping with:

- Quality, accessible counselling for men, often their first experience.
- Social work support to men in a crisis.
- Men's Sheds.
- Training social workers and counsellors and do relevant research so men are cared for better overall.
- More Blokes Books, so other guys have a chance to be told their options.
- Advocacy. We see that men are cared for by the systems and challenge them when they disadvantage men.