

0800 HELPLINES

Need to Talk? Freephone or text 1737

Barnados Parent Helpline **0800 472 736**

Citizens Advice Bureau **0800 367 222**

Lifeline **0800 543 354**

Quitline (smoking) **0800 778 778**

Depression Line **0800 111 757**

Healthline **0800 611 116**

Gambling Problem Helpline Service **0800 654 655**

Alcohol Drug Association **0800 787 797**

Alcoholics Anonymous **0800 229 6757**

Alcohol Hotline **0800 787 797**

Rape Survivor Helpline **0800 88 33 00**

Youthline **0800 376 633**

Samaritans **0800 72 66 66**

Gay Line / Lesbian Line **0800 802 437** (HIV line staffed by Gay Line / Lesbian Line counsellors)

No Bully Helpline—**0800 NO BULLY** (66 28 55)

Phobic Trust anxiety help line—**0800 14 ANXIETY** (0800 14 269 4389)

Parent Helpline **0800 568 856**

Family Violence Info line **0800 456 450**

Cancer Helpline **0800 CANCER** (226 237)

Suicide prevention Helpline **0508 828 865** (0508 TAUTOKO)

Safe to talk—sexual harm helpline **0800 044334** txt **4334**

or online chat www.safetotalk.nz

Mental Health Crisis Assessment Team (London St) **0800 50 50 50**



**Just reach out,
ask for help.**

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CHEAP & FREE

Health Clinics

Directory

May 2023



Please contact reception if any of the information needs to be updated or added.

LOW COST GP PRACTICES

Name	Address
Anglesea Clinic - A & E	Cnr Thackeray & Anglesea
Avalon Medical Centre	6 Avalon Dr
Beerescourt Medical Practice	31 Vercoe Rd
Chartwell Health Centre Ltd	9 Lyndon Ct
Clarence Medical Centre	129 Pembroke St
Dinsdale Medical Centre	21 Whatawhata Rd
Fairfield Medical Centre	1021 Heaphy Tce
Flagstaff Medical Centre	2 Endeavour Ave
Glenview Medical	1 Urlich Ave
Grey St Family Health Centre	531 Grey St
Hamilton East Medical Centre	16 Beale St
Hamilton Lake Clinic - Grey St	226 Grey St
Hamilton Lake Clinic - Pembroke St	31 Pembroke St
Hillcrest Medical Centre	153 Cambridge Rd
Little London Medical Clinic	6 Little London Lane
Northcare Grandview Rd	107 Grandview Rd
NorthCare Pukete Rd	10B Pukete Rd
NorthCare Thomas Rd	107 Thomas Rd
Rata Health	284 Peachgrove Rd
Raukura Hauora o Tainui - Te Rengarenga	341 Whatawhata Rd
Raukura Hauora o Tainui - Enderly	66 Tennyson Rd
Redicare Family Practice	130 Rostrevor St
River Road Family Practice	554 River Rd
Rototuna Family Health	240 Thomas Rd
South City Health	91 Kahikatea Dr
Te Kohao Health	931 Wairere Dr
Te Rengarenga Medical Centre	2/41 Whatawhata Rd
Tui Medical - Borman	1/60 Hare Puke Dr
Tui Medical - Central	960 Victoria St
Tui Medical - Davies Corner	13 Hukanui Rd
Tui Medical - Parkwood	6 Gordonton Rd
Tui Medical - Rototuna	Rototuna Shops
Tui Medical - Te Rapa	26 Bryant Rd
Victoria Clinic Ltd	173 Anglesea St
Westend Health Centre	38 Tuhikaramea Rd



ABOUT CENTRE 401

Centre 401 Trust is a Peer & Self Help Centre for people with mental illness. We operate on a membership basis; you need to become a member to use our services. We assist people on their recovery journey with information, support and help to move forward with their plans. We offer one to one help, workshops, events, initiatives and an informal peer support hub. To become a member of Centre 401 just make an appointment via reception.

Peer Support means that we offer a range of ways to benefit from the unique wisdom which we all bring to the Centre from our own experiences of recovery.

People can learn and share this wisdom at some of our weekly workshops or by making an appointment with a Quest worker to have regular catch ups to move forward in recovery and work through challenges you are experiencing.

You can use your creative skills to help with our initiatives such as our Mad Pride Gig, Matariki celebration or Planet 401 Magazine which are creative ways of sharing our stories of recovery.

Or you may just want to enjoy an informal cup of coffee with another person who has come into the Centre for that very same thing in one of our conversation areas.

To join Centre 401 Trust just make an appointment to become a member by calling 838 0199.

www.centre401.co.nz

What they do	Family Planning is a specialist sexual and reproductive health provider. Anyone can attend one of our clinics for help with: <ul style="list-style-type: none"> • Contraception • Sexually transmissible infections • Pregnancy testing and advice • Cervical screening • Menopause, PMS • Abortion referrals
Cost	Clinic Consultation Fees: <ul style="list-style-type: none"> • Under 22 yrs – Free • With Community Services Card (over 22yrs) - \$5 No Community Services Card (over 22 yrs) - \$23 Pregnancy test—Free if positive, \$5 if negative Prescription charges and additional services extra.
Address	Opposite Founders Theatre 240 Tristram St, Hamilton
Phone	(07) 839 4061

Do you know good doctors for mental health? We want to know!

Please let Centre 401 reception know of any good doctors or medical centres that work well with people with mental health. Lets help each other out by sharing our knowledge and experience.



GPs under \$20 with and without a Community Services Card.
Please phone ahead to make sure the prices are correct.

Phone	Without card	With card
07 858 0800		\$20.00
07 846 0082	\$19.50	\$19.50
07 849 7200		\$19.50
07 855 4321		\$19.50
07 838 3145		\$54.00
07 847 8425	\$19.50	\$19.50
07 855 2079		\$19.50
07 854 0189		\$19.50
07 843 4429		\$19.50
07 282 1482	\$19.50	\$19.50
07 839 1232		\$19.50
07 856 8042		\$19.50
07 839 0092		\$19.50
07 856 5087		\$19.50
07 839 5004		\$19.50
07 847 2168	\$19.50	\$19.50
07 850 9900		\$19.50
07 853 6130		\$19.50
07 855 7824		\$19.50
07 847 2383	\$19.00	\$15.00
07 853 3370	\$19.00	\$15.00
07 838 0300		\$19.50
07 853 5099		\$50.00
07 853 6586		\$19.50
07 838 2323		\$19.50
07 856 1211	\$15.00	\$10.00
07 847 2383	\$19.00	\$15.00
0800 175 175		\$19.50
07 849 2767	\$19.50	\$0.00
07 855 5370	\$19.50	\$19.50
07 903 0055		\$19.50
07 852 5377	\$19.50	\$19.50
07 849 4181	\$19.50	\$19.50
07 834 0333		\$19.50
07 847 4500		\$19.00

Prices shown are those advertised on their websites in May 2023. Please phone ahead to confirm their current price.

K'aute Pasifika Trust



Services for	Pacific people and other disadvantaged groups
What they Do	<p>K'aute Pasifika provides a range of health promotion services to improve nutrition and increase physical activity within our communities.</p> <ul style="list-style-type: none"> Primary Community Health / Outreach Child adolescent mental health Chronic disease management Home-based support Health promotion programmes – adults Health visits / advocacy / interpreting Mobile nursing service Outreach immunisation Sexual & reproductive health Smoking cessation Well child Mobility Action Program (MAP)
Costs	Most services are free or low cost
Address	Level 1 Citisite House, 960 Victoria Street
Hours	Mon—Fri 8:30am –5pm
Phone	07 834 1482

Asthma Waikato

What they do	Providing FREE information and education to individuals who have asthma, COPD or other respiratory conditions and their families/whanau.
Cost	No Cost
Address	67 Claude St, Hamilton
Phone	(07) 838 0851 Open 8.30am-4pm Mon to Thur

Needle Exchange Waikato

What they do	The needle exchange was established to prevent the widespread transmission of HIV amongst injecting drug users. Offer a confidential, non judgmental peer based service. Practical advice on prevention of blood-borne infections. Drug information. Needle exchange, drug injection equipment. Returns containers, drop box Electronic dispenser 24/7. Safe sex products 1-4-1 exchange (3ml and needle) free exchange
Cost	Various
Address	16 Vialou Street
Phone	(07) 834 4309
Hours	8.30am-5.30pm Mon-Fri, 10am-2pm Sat

Sport Waikato

What they do	Active & Well Coordinators are here to help you get connected to low or no cost community exercise groups in your area. They can help with health and nutrition information, motivation and support to help you get on the road to a new you! Access an Active and Well Coordinator by signing up for a Green Prescription.
Cost	Free
Address	Brian Perry Sports House, Akoranga Road Hamilton
Phone	(07) 858 5388



Chemist Warehouse

What they do	Chemist Warehouse is a community pharmacy offering: <ul style="list-style-type: none"> • Free scripts • Smoking cessation • Blood pressure & Diabetes screening • Emergency contraception • Medication Management Service • Full pharmacy services
Cost	Varies
Address	Centre Place & The Bsse
Phone	(07) 974 0734 or 07 974 9518

Waikato Dental

What	Dentistry for Maori and those on low income
Cost	<ul style="list-style-type: none"> • Examination \$50 • Discounts for low income with CSC • Costs vary depending on required action • WINZ Quotes Free
Address	1000 Victoria St, Hamilton (across from KFC, beside Lugtons)
Phone	(07) 839 5298



What they do	<p>We deliver a range of courses on health and well-being directly to older people. These are fun, sociable and usually interactive courses where you learn to take control of you own health and well-being needs.</p> <p>Men's Health - Each year in June Age Concern run a men's health WOF (Warrant of Fitness) check-up event. Free screening tests include:</p> <ul style="list-style-type: none"> • Hearing screening • Cholesterol levels • Blood sugar levels • Lung peak flow • Blood pressure
Cost	\$20 annual membership
Address	Celebrating Age Centre 30 Victoria St, Hamilton
Phone	(07) 838 2266
Hours	Mon-Fri 8.30am-4pm



Sexual Health Service

What they do	Free and confidential service. Our services include: <ul style="list-style-type: none"> • free condoms • sexual health information and advice • pregnancy tests, • STI (Sexually Transmitted Infections) tests and treatment • HIV screening and treatment
Cost	Free
Address	3 Ohaupo Rd, Hamilton
Phone	(07) 839 8732

Once and for all

What they Do	<ul style="list-style-type: none"> Quit smoke <p>Sign up and receive support from a support person and/ or group support sessions. Once you have been smokefree for 4 weeks you get a \$50 voucher. For pregnant quitters—receive up to \$300 vouchers!</p>
Cost	Free
Address	Pinnacle Midlands Health Network
Phone	0800 6623 4255

Diabetes NZ


What they Do	One on One Support—We know there are times you need to talk through things, ask questions or need a little extra time to for things to be explained. We offer confidential and private one on one consultations with our Field Officer either via phone or face to face.
Cost	Free
Web site	https://www.diabetes.org.nz
Phone	0800 342 238



BreastScreen

What they do	<p>You can have a free screening mammogram every two years through Breast Screen Aotearoa if you meet the following criteria:</p> <ul style="list-style-type: none"> you are aged 45-69 years you have no symptoms of breast cancer you have not had a mammogram in the last 12 months you are not pregnant or breastfeeding You are eligible for public health services in New Zealand <p>Mammograms are provided at the Breast Care Centre, Waikato Hospital, or on one of three mobile breast screening units.</p>
Cost	No Cost
Address	Breastcare Centre, Waikato Hospital, Hamilton
Phone	(0800) 270 200 to enrol

Healthline

What they do	<p>A national free health advice telephone service which can be accessed from a landline or cell phone/mobile anytime, day or night.</p>	<p>Free health advice when you need it</p>  <p>Healthline 0800 611 116 www.healthline.govt.nz</p>
Cost	No Cost	
Phone	(0800) 611 116	

Whānau Ora

Whānau Ora is a culturally-based, and whānau-centred approach to wellbeing focused on whānau (family group) as a whole, as the decision-makers who determine their goals and aspirations.

About us

Whānau Ora puts whānau and families in control of services and supports they need to build on their strengths and achieve their aspirations. Whānau Ora uses a kaupapa Māori approach to improve the wellbeing of whānau as a group, addressing individual needs within the context of whānau or families and their culture.

Building on the strengths and capabilities of whānau and wrapping the necessary services and support around them to get better outcomes and create positive changes. In areas such as health, education, housing, employment, improved standards of living and cultural identity.

Whānau are supported to fully realise the confidence, mana and the belief in self, family and community.

Whānau-Centric Approach

Shifting the focus from 'services for individuals' to 'wrapping services around whānau' takes a more holistic view of family wellbeing.

Placing whānau at the centre allows those who are often overwhelmed or disempowered to determine what success is to them – encouraging them to develop their own solutions and build their capacity and resilience to become self-managing.

Whānau often have complex needs. Specialist Navigators assist them in accessing integrated care and support. When obstacles stand in their way, they are supported to move from crisis into planning for their future.

Kirikiroa Marae, 951 Wairere Dr
PO Box 7107, Kirikiriroa
Call: 07 856 5479 or 0800 483 564
admin@tekohaohealth.co.nz



Rainbow Hub Waikato

Rainbow Hub Waikato is a non-profit organisation that exists to promote safe and welcoming spaces and support for sex, gender and sexually diverse people in the Waikato.

Connect with Rainbow individuals, groups and events in the Waikato.

Reach out for referrals to non-urgent assistance such as counselling, gender-affirming medical care or safe housing.

Level 1/36 Bryce Street,
Hamilton Central, Hamilton 3204
Phone 07 839 9039
<http://rainbowhubwaikato.org.nz>



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Te Kōhao Health

A leading enabler of health for the people of Aotearoa

Te Kōhao Health provides an array of services that empower whānau to be:

Living healthy lifestyles
Participating fully in society
Participating in Te Ao Māori
Economically secure and are successfully involved in wealth creation
Cohesive, resilient and nurturing

Process

A referral can be made to Whānau Ora by anyone including self referrals.

A comprehensive assessment will help identify the strengths and needs of your Whānau.

Whānau action plan will be written together with you and your Whānau to identify what it would take to make your Whānau successful.

A navigator will be assigned to support your Whānau to implement your Whānau plan and monitor progress towards achieving your outcomes.

Address

Te Kōhao Health
951 Wairere Dr
PO Box 7107
Kirikiriroa

Freephone

0800 483 564



Te Kōhao Health Operating Hours

Rāhina - Monday - 8:30am - 5:00pm
Rātū - Tuesday - 8:30am - 5:00pm
Rāapa - Wednesday - 8:30am - 5:00pm
Rāpare - Thursday - 8:30am - 5:00pm
Rāmere - Friday - 8:30am - 5:00pm
Rāhoroi - Saturday - 9:00am-12:00pm
Rātāpu - Sunday - Closed