

YOUTH + HEALTH

INFO PALMERSTON NORTH

YOUTH ONE STOP SHOP (YOSS)



PH 06 355 5906

TXT 027 3555 909

WEB www.yoss.org.nz
www.facebook.com/youthonestopshop

YOSS is a free service for anyone aged from 10 to 24 years who live in Palmy.

SERVICES INCLUDE

Health services from sore toes, skin probs, asthma, contraception, sexual health to feeling down or anxious. They also have a clinical psychologist, counsellor, social worker and youth worker to talk to you about stuff that's going on (including low mood, eating, alcohol and drugs and relationship stuff) and help you make changes. Also offer youth programmes that build life skills and character. They work with young people and their families to be happy and healthy. Check out the website for hours and more info.

ICONS

+W OPEN ON WEEKENDS

+C FREE CONDOMS

FREE SERVICES

ABUSE & RAPE CRISIS SUPPORT - MANAWATU

Linton Court
10 Linton Street
Palmerston North

PH 06 356 5868

WEB www.arcsmanawatu.org.nz

HOURS/AVAILABILITY Mon-Thurs, 9am-5pm plus other hours by appointment.

Friday, 9am-2pm

CRISIS PHONE LINE 8pm-8am

SERVICES Provides support and counselling services to survivors of sexual abuse and their families. Offers group programs including the VOYAGE Programme for children who have witnessed or experienced any form of abuse and a Survivors Support Group Program.

ADOLESCENT DENTAL HEALTH

PH 06 350 8619

Adolescents in the MidCentral district are entitled to a free yearly dental check and basic routine treatment from their first year at high-school (Year 9) until the age of 18. This can be accessed through a private contracted dentist or a mobile dental service onsite at most secondary schools. Remember to have your final check before you turn 18! If you're not at school but under 18 just ring the number above to find out where to go.

ALCOHOL AND DRUG SERVICE (MIDCENTRAL DHB)

MidCentral Alcohol and Other Drug Service
Nikau house
Palmerston North Hospital

PH 06 350 9130

Specialist adult (18+) service for the assessment and treatment of alcohol and drug issues.

ASTHMA FOUNDATION

301 Tremaine Avenue
Palmerston North

WEB www.asthmafoundation.org.nz

Provides education, information, advocacy and research on asthma and other respiratory conditions.

CENTRAL PHO

575 Main Street
Palmerston North

WEB www.centralpho.org.nz/services

Cool services for young people include being able to help with giving up smoking, eating better, helping you to exercise and helping you if you're down.

CHILD, ADOLESCENT AND FAMILY MENTAL HEALTH SERVICES

Konini
Community Health Village
Palmerston North Hospital

PH 06 350 8373

This is the specialist child and adolescent mental health service (0-17yrs), includes help with alcohol and other drugs.

HOURS Mon-Fri, 8am-5pm

CAFS PH 06 350 8373

AFTER HOURS PH
0800 653 357

WEB www.midcentraldhb.govt.nz/HealthDisability/HospitalAndAssoc/MentalHealth/default.htm

COMMUNITY MENTAL HEALTH

Community Village
Palmerston North Hospital

PH 06 350 8184

OUTPATIENT SERVICE
Mon-Fri, 8am-5pm

For young people over the age of 18 years who need specialist services for the assessment and treatment of moderate to severe mental illness.

COMMUNITY SERVICES CARD

This can help you with the costs of health care. You'll pay less on some health services (reduce costs for after hours care, emergency dental care and prescription fees). Pick up an application form from WINZ, your doctor or pharmacy.

PH 0800 999 999

WEB www.workandincome.govt.nz/individuals/a-z-benefits/community-services-card.html

DIABETES MANAWATU

575 Main Street
Palmerston North

PH 06 357 5992

WEB www.diabetes.org.nz

HOURS 9am-3pm, Mon-Fri

Provide education courses for persons with diabetes.

Also provides a selection of programmes for children, youth, young adults and their families to help them better manage their diabetes.

Children & Youth Camps (7-13 years)
Teenage Weekends (14-17 years)
Young Adult Activities (18-25 years)
Family Camps.

GP WAITING LIST

If you can't find a General Practice/ Doctor who will see new people, this service will help you find somewhere to go. This might take a little while.

PH 0800 55 5657

gpwaitlist@compashealth.org.nz

HEALTHLINE +W

PH 0800 611 116

WEB www.healthline.govt.nz

This is a free health information service. The service is staffed by registered Nurses and they can assess your health needs, give info and advice to help you decide on what help you need and what you could do next.

Healthline uses **Language Line** Monday to Friday, 9am-6pm When you call Healthline during these hours, the nurse can usually arrange for an interpreter.

LANGUAGE LINE

HOURS Mon-Fri 9am-6pm
and Sat 9am-2pm

Offers interpreters that speak 42 different languages to help you make appointments and talk to service providers.

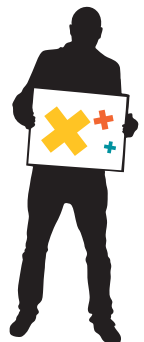
- Contact the service that you want to use (most health services will have access to language line).
- Ask for Language Line and the language you want.
- You will be asked to wait (please do not hang up the telephone).
- A professional interpreter will join you on the phone, usually within two minutes to help you talk to the agency.
- This service is free to clients.

MANAWATU LESBIAN & GAY RIGHTS ASSOCIATION

Jersey Lane
Palmerston North

WEB www.malgraclubq.org.nz

Offer a variety of support and social groups for the GLBT community in Palmerston North including for youth, uni students, lesbian support group and a parents, friends and families support group. They have a social venue - Club Q and run events. Visit their website to join their Facebook page.



MASH TRUST - MENTAL HEALTH AND ADDICTION TREATMENT SERVICES

591 Main Street
Palmerston North

PH 06 355 7200

WEB www.mashtrust.org.nz

- Alcohol and Other Drug Treatment Services.
- Mental Health and Addiction Treatment Services.
- Support in the Community Service.
- Physical and Intellectual Disabilities Services.
- Child and Youth Crisis Respite Service.
- LUCK Drop In Centre - for people who have an experience of mental illness.
- Day activity programmes for people with intellectual disability.
- Mental Health Recovery Services.

MASSEY MEDICAL CENTRE



Level 1 of the Registry Building
Palmerston North 4442

PH 06 350 5533

AFTER HOURS 06 355 3300

HOURS 8.30am-5.45pm, Mon-Fri.
Reduced hours during semester
breaks. Please ring for an
appointment. Free for enrolled
Massey students who are enrolled
in the PHO and have a community
services card.

MENTAL HEALTH CRISIS TEAM



CRISIS TEAM PH - 24 HOURS
0800 653 317

In a mental health emergency that
requires urgent help - these are the
people to call.

PHARMACY +W +C

Did you know that you can get free
advice from any pharmacy/chemist.
You can also get the ECP (morning
after pill) for free.

PHO ENROLMENT

This is kind of a new thing. A PHO
is a primary health organisation
and is made up of big groups of
doctors, nurses and other health
services. If you join a PHO you'll get
cheaper doctors visits and cheaper
prescription medicines. Your doctor
is probably part of a PHO and if you
have enrolled you will have signed a
form with info like your name, age,
date of birth, address and ethnicity,
with them. If you change your Doctor,
you will need to enroll with your new
Doctor to keep getting discounts.

To check if you are already enrolled
in a PHO just talk to your Doctor or
Nurse or you can call 0800 252 464.

PIKI KOTUKU TE AWHI HINENGARO (BEST CARE WHAKAPAI HAUORA)

PH 06 353 1884

WEB www.whakapaihauora.maori.nz/information.php?info_id=9

Service are designed around Tangata
Whaiora and will either be at their
place, in the home, on marae. Services
include alcohol and drug assessments
and counselling, life skills programmes
and support.

PUBLIC HEALTH PRIMARY CARE TEAM +C

Provide public health nurses in
schools and a youth clinic.

PH 06 350 4560

Community Services Card not
necessary.
No appointment necessary.

NURSE CLINICS Mon-Fri, 3-4pm

Public Health Nurses hold weekly
clinics at secondary schools.

SEXUAL HEALTH CLINIC



Community Village P.N. Hospital
Ruahine Street
Palmerston North

PH 06 350 8602

The sexual health service provides
information and advice on sexual
health, testing and treatment of
sexually transmissible infections
(STIs), including HIV/AIDS.

CLINIC HOURS

WOMEN Wed, Thurs and
Fri Mornings.

MEN Mon and Wed Afternoons.

OPENING HOURS

Mon- Fri, 9am-5pm

SPORT MANAWATU

50 Queen Street
Palmerston North

PH 06 357 5349

WEB www.sportmanawatu.org.nz

Website has an event finder, info on
sports draws and sports clubs and
info on a 'green prescription'. Green
prescription is a government funded
programme to help people get more
physically active.

TE PUAWAI O TE WHANAU ORANGA HINENGARO

Health Services
Community Village
Palmerston North Hospital

PH 06 3509155

This is a Kaupapa Maori outpatient
mental health service.

HOURS Mon-Fri, 8am-5pm

TE WHAKAHUIA

5 Pembroke Street
Highbury
Palmerston North

PH 06 357 3400

Provides Whānau Ora Service.
(Rangatahi, Kaumātua & Pakeke),
Health Promotion, Cancer Support
Service, Counselling Service Pakeke/
Kaumātua, Whānau Care and
Support Service. Health education
and health promotion programmes.

THE PREGNANCY CENTRE

PH 06 354 2273

WEB

www.pregnancycentre.co.nz

SERVICES Info on all aspects of
pregnancy, free pregnancy tests,
exploring options. We offer antenatal
classes and young mothers coffee
mornings for young people.

UCOL STUDENT SERVICES



For enrolled UCOL students only

PH 06 952 7010
or 0800 GO UCOL ext. 70010

WEB www.ucol.ac.nz/about/support/healthservices/Pages/index.aspx

HOURS Health Centre is open
8.30am-4.50pm, Mon-Fri. With
Nursing, Counselling, Disability
and Doctor services.

WOMEN'S HEALTH COLLECTIVE



53 Waldegrave Street
P.O. Box 4253
Palmerston North

PH 06 357 0314

WEB

www.pnwomenshealth.org.nz

HOURS Mon-Fri, 9am-5pm

SERVICES

FREE

- Women's health information.
- Pregnancy tests.
- Condoms and lube.
- Information about free and low
cost services in the MidCentral
region.
- Information files on GP's, dentists,
midwives, counsellors, etc.
- Referral assistance, support and
advocacy.

LOWER COST

- Counselling.
- Complementary/alternative
health practitioners:-osteopath;
naturopath (including therapeutic
massage & reflexology);
homeopath; hypnotherapies.

YOUTHLINE

Youthline is a free and confidential
phone line and text counselling
service for young people. Youthline
also offers an afterschool programme
in Kelvin Grove, and youth work
programmes.

TEXT 027 4 YOUTHS +W

HELPLINE 0800 376 633 +W

INFO www.urge.co.nz

and www.whakamanawa.co.nz

WEB www.youthline.co.nz

RADIUS MEDICAL +W +C

GP team and after-hours

445 Ferguson Street
Palmerston North 4410

PH 06 354 7737

WEB www.radiusmedical.co.nz

HOURS Mon-Fri, 8am-7pm

Sat, Sun and Public Holidays
excluding Christmas Day, 9am-6pm.

Please ring for an appointment.
A consultation charge will apply.

They have a specialist family planning
and sexual health clinic that runs on
Mon-Fri, appointment necessary. This
is free to under 23 years although
available to all ages, male and female.
Will be charged for prescriptions.
Free ECP for under 23 years.

WEBSITES

WEB www.centralhealth.org.nz

We haven't been able to list ALL
health services that help young
people. This website provides oodles
of info on health services in our region,
including info on counselling, disability
services, midwives and alternative
therapies like osteopaths.

WEB

www.checkm8.co.nz/events

An awesome local website that lists
events and an activities database for
young people (sports, hobbies, clubs,
interest groups and church youth
groups). You'll never be bored again!

WEB www.thelowdown.co.nz

A website that helps young people
understand and deal with depression.

WEB www.midcentraldhb.govt.nz/HealthDisability

Here's a very big list of local services
that you can get at the hospital and
also in the community.

WEB www.urge.co.nz

Best website ever on a wide range of
issues affecting young people.

SPONSORED BY



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāroa

OTHER

CITY DOCTORS +W +C

GP team and after-hours

22 Victoria Ave
Palmerston North 4410

PH 06 355 3300

HOURS 8am-10pm, 7days a week.
A consultation charge will apply.

