

Counselling and other support services for Ukrainian and Russian-speaking communities in Aotearoa

The events in Ukraine have no doubt caused pain and grief for our Ukrainian and Russian-speaking communities here in Aotearoa New Zealand. In addition to the government support that is available, we have compiled a list of organisations that are happy to support and help at this time of need.

We welcome organisations or groups that would like to be added to this list. If you would like to register your interest, please email: yasir.demirbas@ethniccommunities.govt.nz.

Last update: 22 April 2022

1737 - Need to Talk?

1737 is a free service for people feeling down, anxious, a bit overwhelmed or who just need to chat to someone. You can call or text them for free 24/7 and talk to (or text with) a trained counsellor or talk to a peer support worker.

W <https://1737.org.nz/>

Refugees as Survivors New Zealand (RASNZ)

Refugee as Survivors New Zealand is New Zealand's leading mental health and wellbeing service for people from refugee backgrounds living in Aotearoa. Ukrainian and Russian interpreters can be requested.

E enquiry@rasnz.co.nz

P 09 270 0870 or 09 620 2252

W rasnz.co.nz

Kāhui Tū Kaha

Kāhui Tū Kaha is a not-for-profit provider of housing and mental health services. Social workers, counsellors and specialist mental health staff are available.

E Referral@kahuitukaha.co.nz

P 09 531 4040 or 0800 678 323

W <https://kahuitukaha.co.nz/>

Diversity Counselling New Zealand

Diversity Counselling New Zealand is a charitable trust offering a team of qualified, registered and experienced counselling professionals, passionate in making a difference to the community.

Ukrainian and Russian interpreters can be requested.

E contact@dcnz.net

P call 0800143269 or text 021 0262 5587

W dcnz.net

Asylum Seekers Support Trust (ASST)

The Asylum Seeker Support Trust works to create a New Zealand where Asylum Seekers and Convention Refugees are welcomed, supported and thriving.

E freya@asst.org.nz

P 09 378 7434 or 021 0236 4668

W aucklandrefugeecouncil.org

Christchurch Resettlement Services (CRS)

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience. They also provide counselling for people from culturally and linguistically diverse backgrounds, either in their mother tongue or through an interpreter.

E admin@crs.org.nz

P 03 335 0311 ext 22

W crs.org.nz

New Zealand Ethnic Social Services (NZESS)

NZESS is an organization that offers free social services and mental health support for ethnic communities. They support people with family harm issues, vulnerable children need, mediation, linking them to needed services and other required support.

E Rish@nzess.co.nz

P 021 227 8495

W nzess.co.nz

New Zealand Red Cross Refugee Trauma Recovery

The New Zealand Red Cross Refugee Trauma Recovery is one of two specialist services in Aotearoa that provide clinical and therapeutic support to former refugees who have experienced torture and/or trauma. Their service is available to children, young people and adults. People can self-refer or be referred (with the individual's consent) to the service by another professional or agency.

E Francesca.Faggioli@redcross.org.nz

P 04 805 0353 or 022 301 1502 (preferred)

W [Refugee Trauma Recovery \(redcross.org.nz\)](http://redcross.org.nz) and [Referral Form \(redcross.org.nz\)](http://redcross.org.nz)

Catholic Social Services (CSS)

CSS is the social outreach agency of the Archdiocese of Wellington. Services includes social work, prison and hospital chaplaincy, refugee resettlement, community advocacy and support for people going through loss and change through the Seasons for Growth programme.

E reception@wn-catholicsocialservices.org.nz

P 04 385 8642

W <https://wn-catholicsocialservices.org.nz/>

CSS Dunedin + Central Otago (Alexandra & Ranfurly)

E accounts@cathsocialservices.org.nz

P Dunedin: (03) 455 3838 Central Otago: (03) 448 5385

W cathsocialservices.org.nz

Southland Otago Ukrainian Association (SO UA)

E olha.viazenko@gmail.com

P 022 048 7317

Multicultural New Zealand/Aotearoa

Multicultural New Zealand/Aotearoa is a pan-ethnic national organisation with over sixty touchpoints throughout the country, led by twenty-five Regional Multicultural Councils and thirty-three Newcomers Networks. They work closely with recent migrants in Aotearoa, former refugees, local Māori leaders, Government and the wider community.

E info@mnz.org.nz

P 04 916 9177

W multiculturalnz.org.nz

Citizens Advice Bureau (CAB)

If you're new to New Zealand or just need some support getting settled, then CAB are here to help. Our friendly volunteers are specially trained to provide an independent, confidential and free service, and have lots of experience helping migrants. You can also contact your local CAB directly, call them on 0800 FOR CAB (0800 367 222) or live chat with them on their website.

P 0800 367 222

W <https://www.cab.org.nz/find-a-cab/>

Presbyterian Support Southland (PSS)

PSS is a Charitable Trust that provides a range of health and social services. Services are available to all people in the Southland community, no matter their age, gender, religion or background.

E enquiry@pss.org.nz

P 03 211 8200

W <https://pss.org.nz/>

New Zealand Malaysian Business Association (NZMBA)

NZMBA offers legal services, immigration, refugee applications, setting up businesses, commercial advice for Ukrainians and companies looking to move or transfer funds. We can also help with student placements, work etc.

E dave@shlaw.co.nz or paml@shlaw.co.nz

P Dave – 021 021 68888 or Pam – 022 085 6608

W www.nzmba.org.nz or www.stacehammond.com

Ukrainian Association of New Zealand (Northern Regions)

Ukrainian Association of New Zealand was originally established in 1951, renewed registration in 2007, and is dedicated to strengthening the community in NZ by preserving Ukrainian traditions and culture, enabling wider communities to enhance their knowledge of our culture.

E hello@uanz.nz

P Yuriy – 021 233 7655

Other resources

- **New Zealand Association of Counsellors (NZAC)**
A professional membership counselling body that list their members in each region. It represents the majority of counsellors in New Zealand with 3,000 members.
<https://www.nzac.org.nz/>
- **General Practitioners (GPs)**
GPs can refer up to 6 free sessions of counselling. Ask your GP for more information.
[Accessing Mental Health Services | Mental Health Foundation](#)
- **New Zealand Society of Translators & Interpreters (NZSTI)**
NZSTI is the national professional association for translators and interpreters in New Zealand.
<https://nzsti.org/>
- <https://www.healthnavigator.org.nz/health-a-z/p/post-traumatic-stress-disorder-ptsd/>
- <https://www.cdhb.health.nz/about-us/structure-divisions-and-departments/specialist-mental-health-services/>
- <https://www.cph.co.nz/your-health/migrant-health/>