

# Counselling and other support services for Afghan communities in Aotearoa

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We understand and feel the pain and grief that our Afghan communities are going through due to recent events in Afghanistan. In addition to government support, you may wish to reach out to these community organisations. While this is not an exhaustive list, the organisations below are happy to support and help you in your time of need.

(Last updated: 06/09/2021)

## ***Call or text 1737***

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. Interpreters in Farsi, Dari and Pashto are available on request.

## ***Refugee as Survivors New Zealand***

[rasnz.co.nz](http://rasnz.co.nz) – [09 270 0870]

Refugee as Survivors New Zealand is New Zealand's leading mental health and wellbeing service for people from refugee backgrounds living in Aotearoa.

## ***Kāhui Tū Kaha***

[kahuitukaha.co.nz](http://kahuitukaha.co.nz) – [0800 559 592]

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. They are a Ngāti Whātua organization and have experience working with Afghan and Muslim communities.

## ***Diversity Counselling New Zealand***

[dcnz.net](http://dcnz.net) – [021 0262 5587]

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.

## ***Umma Trust***

[ummatrust.co.nz](http://ummatrust.co.nz) – [09 815 0153]

Umma Trust works mainly with Muslim women in Auckland. They provide support and resources for refugee, migrant and Muslim families. They also support families with Halal emergency food parcels.

## ***New Zealand National Refugee Association***

[facebook.com/NZNationalRefugeeAssociation](https://facebook.com/NZNationalRefugeeAssociation)

The New Zealand National Refugee Association motivates, assists, and connects refugee families using rights and needs-based strategies.

### ***Asylum Seeker Support Trust***

[aucklandrefugeecouncil.org](http://aucklandrefugeecouncil.org) – [09 378 7434]

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

### ***Islamic Council of New Zealand***

[iconz.org](http://iconz.org) – [021 234 7168]

The Islamic Council of New Zealand is a faith-based organisation which represents the Muslim communities that follow the teachings of the Prophet (PBUH) and his Ahlul-Bayt [Prophetic progeny] (PBUTH).

### ***Islamic Women's Council of New Zealand***

[iwcnz.org.nz/contact](http://iwcnz.org.nz/contact) – [021 0293 6557]

The Islamic Women's Council of New Zealand is providing support to Afghani women. They are a national organisation based in Hamilton, with reach in Auckland, Wellington and Christchurch.

### ***United Afghan Association of Canterbury***

[facebook.com/uaac.nz](https://facebook.com/uaac.nz) – [uaac.nz@gmail.com](mailto:uaac.nz@gmail.com)

The United Afghan Association of Canterbury provides support and information to the Afghan community.

### ***The Federation of Islamic Associations of New Zealand***

[fianz.com](http://fianz.com) – [04 387 8023]

The Federation of Islamic Associations of New Zealand is a federation of several regional New Zealand Muslim associations. They provide Islamic communities and centres of worship with support, so they are able to integrate well with the mainstream New Zealand community.

### ***Afghan Association of New Zealand***

[afghanistan.org.nz](http://afghanistan.org.nz)

The Afghan Association of New Zealand is the oldest and largest established Afghan organisation that represents the Afghan Diaspora of New Zealand. They help Afghan communities adapt, integrate and become active members of the wider New Zealand society and economy.

### ***Christchurch Resettlement Services***

[crs.org.nz](http://crs.org.nz) – [03 335 0311 ext. 22 / 02 2658 5068]

Christchurch Resettlement Services provides cultural, linguistic and community-based support to clients from refugee backgrounds and staff across all areas of service delivery. They also provide counselling for people from culturally and linguistically diverse backgrounds, either in their mother tongue or through an interpreter.

### ***New Zealand Ethnic Social Services***

[nzess.co.nz](http://nzess.co.nz) – [021 142 0044]

[info@nzess.co.nz](mailto:info@nzess.co.nz)

NZ Ethnic Social Services 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.

### ***Multicultural New Zealand/Aotearoa***

[multiculturalnz.org.nz](http://multiculturalnz.org.nz) – [04 916 9177]

[info@mnz.org.nz](mailto:info@mnz.org.nz)

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.

### ***New Settlers Family and Community Trust***

[nfact.co.nz](http://nfact.co.nz) - [021 857 397]

New Settlers Family and Community Trust support new settlers to New Zealand, especially those from refugee and refugee-like backgrounds, by providing culturally appropriate services to enable them to manage their own well-being and overcome the social and mental barriers to resettlement. Where appropriate, they seek to provide services by refugees for refugees.

### ***New Zealand Red Cross Refugee Trauma Recovery***

[redcross.org.nz](http://redcross.org.nz) - [04 805 0350]

Level 6, 186 Willis Street, Wellington

The New Zealand Red Cross Refugee Trauma Recovery is one of 2 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.

**For more information about available support please contact**

**Habib Ullah Marwat – 027 854 0028**

**[Habib.Ullah@ethniccommunities.govt.nz](mailto:Habib.Ullah@ethniccommunities.govt.nz)**