

Counselling and other support services for Afghan communities in Aotearoa

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 update: 21 October 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.

ACROSS Te Kotahitanga O te Wairua

www.across.org.nz – [0800 227 677]

ACROSS is staffed by both social workers and counsellors who provide a range of services to children and families. (Counselling and mental health support for Afghan families available.)

Afghan Association of New Zealand

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.

Asylum Seeker Support Trust

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.

Canterbury Refugee Resettlement and Resources Centre

cantlyrefugeecentre.org

director@cantlyrefugeecentre.org

activity@cantlyrefugeecentre.org

The Canterbury Refugee Resettlement and Resources Centre works towards the sustainable integration of refugee communities and individuals in Canterbury, with a focus on giving a voice to refugees on local and regional issues that affect them in their communities.

Christchurch Resettlement Services

crs.org.nz – [022 658 5068 (During lockdown only) / 03 335 0311 ext 22 (After lockdown)]

They provide counselling support services for migrants and former refugees.

Diversity Counselling New Zealand

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.

Hazara Afghan Association Incorporated

facebook.com/HazaraNZ - [021 265 8803]

secretary@hazara.org.nz

The aim of Hazara Afghan Association Incorporated (HAAI) is to protect and promote the rights of Hazara and promote the religious social and spiritual education advancement of Islam. HAAI is available to help and support members and new immigrants in settlement and wellbeing matters in New Zealand.

Islamic Council of New Zealand

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 – [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.

Kāhui Tū Kaha

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.

Manawatu Multicultural Council

mmc.nz – [06 358 1572]

The Manawatu Multicultural Council provides information, advice, support and education to the multicultural community.

Manline

manline.co.nz – [06 358 1211]

Manline provides counselling and mental health services to men in an individual, whanau or community context.

Multicultural New Zealand/Aotearoa

multiculturalnz.org.nz – [04 916 9177]

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 - [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 Ethnic Social Services

nzess.co.nz – [021 142 0044]

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.

New Zealand National Refugee Association

facebook.com/NZNationalRefugeeAssociation

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

New Zealand Red Cross Refugee Trauma Recovery

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.

Parentline Manawatu

parentlinemanawatu.org.nz – [0800 432 6459]

Parentline offers counselling and parenting groups and are committed to promoting healthy family relationships.

Purapura Whetu

pw.maori.nz – [Free helpline 0800 4 WHETU (94388) is available Mon to Fri 8:30 am - 4:30 pm]

Purapura Whetu provides Mental Health and Social Support Services (including Muslim Wellbeing Services).

Refugees as Survivors New Zealand

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.

Safer Mid Canterbury

kathy.harrington-watt@safer.org.nz – [027 296 0003]

Safer Mid provides free and confidential community services for the Ashburton community, such as supporting vulnerable families and working with children, youth justice and adult offenders, former refugees (including Afghan families) and new migrants.

St John of God Hauora Trust

sjog.org.nz/our-services/community-youth-and-child-services - [03 386 2159]

St John of God Hauora Trust provides supportive and person-centred care to people living with a disability as well as vulnerable children, young people and families through our Health and Ability and Community, Youth and Child Services.

The Federation of Islamic Associations of New Zealand

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.

Umma Trust

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.

United Afghan Association of Canterbury

facebook.com/uaac.nz

uaac.nz@gmail.com

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

WellSouth Mental Health and Wellbeing

wellsouth.nz/community/mh-concerns – [Freephone for Dunedin: 0800 477 115 / Freephone for Invercargill: 03 214 6436]

WellSouth provides a diverse range of mental health services for individuals and families experiencing mental health difficulties.

YOSS

yoss.org.nz/counselling – [06 355 5906]

YOSS provides youth-friendly, non-judgemental, confidential, and free counselling for people between the age of 10-24.

For more information about available support please contact
Habib Ullah Marwat – 027 854 0028
Habib.Ullah@ethniccommunities.govt.nz