



The National School of Aesthetics
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Appendix 4: External Support Agencies

This appendix supplies a list of external agencies that may be able to help you or someone you know with issues that may arise during your time studying with us. This info supplied to the best of our knowledge. See if us an agency you think should be included in the appendix is not in the appendix.

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- Justices of the Peace
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- New Zealand Police (ill-treatment, harm, abuse, neglect, emergencies, other areas)
- New Zealand Qualifications Authority (NZQA)
- Personal health and welfare
- Relevant New Zealand laws
- Safety on the roads and driving laws and requirements (NZ Transport Agency)
- Sexual assault and rape
- Sexuality education, health promotion and sexual and reproductive health services
- Sexual orientation, gender and transgender support
- Student complaints
- StudyLink (student loans and allowances)
- Suicide prevention
- Tenancy issues
- Women's Centre
- Women's Refuge Christchurch
- Work and Income New Zealand (WINZ)
- Youth helplines

Agency and/or Area	Different Areas, Contact Details
<p>Alcohol, drugs and tobacco, including addictions assistance</p> <p>You must be 18 or older to purchase and consume alcohol and tobacco. Drugs are illegal.</p>	<p>Alcohol Drug Helpline www.alcoholdrughelp.org.nz 0800 787 797</p>
	<p>Amohia Te Waioira (formerly Health Promotion Agency) www.alcohol.org.nz Alcohol Drug Help: 0800 787 797 or free text 8681</p>
	<p>Gambling Helpline New Zealand www.gamblinghelpline.co.nz 0800 654 655 or text 8006</p>
	<p>He Waka Tapu 0800 439 252 hewakatapu.org.nz</p>
	<p>Te Puna Whakaiti Pāmamae Kai Whakapiri / New Zealand Drug Foundation www.drugfoundation.org.nz</p>
	<p>PGF Services (Gambling) www.pgf.nz 0800 664 262 or text 5819</p>
	<p>Quitline (Smoking) quit.org.nz 0800 778 778 or text 4006</p>
<p>Anxiety</p>	<p>Anxiety New Zealand www.anxiety.org.nz 0800 269 438</p>
<p>Assistance and access to government services in native languages</p>	<p>Ministry for Ethnic Communities – Te Tari Mātāwaka www.ethniccommunities.govt.nz See Web page for further information on specific phone numbers.</p>
<p>Bus information and timetables</p>	<p>Metro – Environment Canterbury Regional Council www.metroinfo.co.nz</p>
<p>Childcare facilities</p>	<p>Search Google for recommendations</p>
<p>Christchurch City Council</p>	<p>www.ccc.govt.nz (03) 941-8999 or 0800 800 169</p>
<p>Christchurch Public Libraries</p>	<p>my.christchurchcitylibraries.com (03) 941-7923</p>
<p>Citizen’s Advice Bureau</p>	<p>www.cab.org.nz 0800 367 222</p>

Agency and/or Area	Different Areas, Contact Details
Community Law Centres	communitylaw.org.nz See Web page for further information on specific phone numbers.
Depression	depression.org.nz 0800 111 757 or text 4202
	1737.org.nz and www.mentalhealth.org.nz Call or text 1737
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	SPARX www.sparx.org.nz
Disputes Tribunal	Ministry of Justice www.disputestribunal.govt.nz
Eating disorders	EDANZ www.ed.org.nz 0800 233 269
Employment issues	Employment New Zealand (formerly Department of Labour) www.employment.govt.nz
Environment Canterbury (Canterbury Regional Council)	www.ecan.govt.nz
Family and parenting services	Family Services Directory www.familyservices.govt.nz/directory/
	Parent Help www.parenthelp.org.nz 0800 568 856

Agency and/or Area	Different Areas, Contact Details
Family violence services	Aviva Family Violence Services www.avivafamilies.org.nz 0800 28 48 26
	Are You OK www.areyouok.org.nz 0800 456 450
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	Women's Refuge womensrefuge.org.nz 0800 733 843 (Crisis line)
Grief, loss and trauma	Also see "Mental health"
	Skylight www.skylight.org.nz 0800 299 100
Harassment and discrimination (Human Rights Commission)	tikatangata.org.nz 0800 496 877
Immigration New Zealand	www.immigration.govt.nz 0508 558 855
Justices of the Peace	www.justiceofthepeace.org.nz

Agency and/or Area	Different Areas, Contact Details
<p style="text-align: center;">Mental health</p>	<p>Anxiety New Zealand www.anxiety.org.nz 0800 269 438</p>
	<p>depression.org.nz 0800 111 757 or text 4202</p>
	<p>1737.org.nz and www.mentalhealth.org.nz Call or text 1737</p>
	<p>He Waka Tapu 0800 439 252 hewakatapu.org.nz</p>
	<p>SPARX www.sparx.org.nz</p>
<p>Yellow Brick Road (for families of those with mental health challenges) yellowbrickroad.org.nz 0800 732 825</p>	
<p>New Zealand legislation</p>	<p>www.legislation.govt.nz</p>
<p>New Zealand Police (Ill-treatment, harm, abuse or neglect, emergencies, other areas)</p>	<p>www.police.govt.nz Emergency: 111 Non-emergency: 105</p>
<p>New Zealand Qualifications Authority (NZQA)</p>	<p>www.nzqa.govt.nz 0800 697 296</p>

Agency and/or Area	Different Areas, Contact Details
Personal health and welfare	<i>Search GPs in Christchurch area on Google</i>
	Anxiety New Zealand www.anxiety.org.nz 0800 269 438
	Coronavirus (COVID-19) Health Advice info.health.nz/conditions-treatments/infectious-diseases/covid-19 0800 611 116 (Healthline)
	depression.org.nz 0800 111 757 or text 4202
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	Healthline healthy.org.nz 0800 611 116
	Healthpoint www.healthpoint.co.nz
	Mental health – anxiety, depression, et cetera See "Mental Health"
	Rape – See "Sexual assault or rape"
	Sexual assault – See "Sexual assault or rape"
	Suicide prevention – See "Suicide prevention"

Agency and/or Area	Different Areas, Contact Details
<p>Relevant New Zealand laws and organisations</p>	<p>Accident Compensation Corp www.acc.co.nz</p>
	<p>Oranga Tamariki – Ministry for Children www.orangatamariki.govt.nz</p>
	<p>Consumer Guarantees Act and Fair Trading Act / Consumer www.consumerprotection.govt.nz and www.consumer.org.nz</p>
	<p>Te Puna Whakaiti Pāmamae Kai Whakapiri / New Zealand Drug Foundation www.drugfoundation.org.nz</p>
	<p>Privacy Act (Privacy Commissioner) www.privacy.org.nz</p>
	<p>Smokefree law: www.smokefree.org.nz</p>
<p>Safety on the Roads and Driving Laws and Requirements (NZ Transport Agency)</p>	<p>Road Code www.nzta.govt.nz/roadcode/</p>
	<p>New Residents and Visitors: Driving in NZ: www.nzta.govt.nz/driver-licences/new-residents-and-visitors/</p>
	<p>Driver’s License Requirements in NZ: www.nzta.govt.nz/driver-licences/</p>
	<p>Walking and Cycling in NZ: www.nzta.govt.nz/walking-cycling-and-public-transport/</p>
<p>Sexual assault or rape</p>	<p>Male Survivors Canterbury (MSC) canmen.org.nz/male-survivors-canterbury/ (03) 365 9000 or text 022 302 4966</p>
	<p>Sexual Assault Support (Aviva Family Violence Services) www.avivafamilies.org.nz/i-need-help/Sexual-Assault-Support/ 0800 28 48 26</p>
	<p>START starthealing.org (03) 355 4414</p>
	<p>Te Puna Oranga 0800 222 042 info@tepunaoranga.co.nz</p>

Agency and/or Area	Different Areas, Contact Details
<p>Sexuality education, health promotion and sexual and reproductive health services</p>	<p>Sexual Wellbeing Aotearoa (formerly Family Planning) www.sexualwellbeing.org.nz Make an appointment: (07) 810 6610</p>
	<p>Burnett Foundation Aotearoa (formerly New Zealand AIDS Foundation and Ending HIV NZ) www.burnettfoundation.org.nz 0800 802 437</p>
	<p>He Waka Tapu - Wāhine Ora 0800 439 252 hewakatapu.org.nz</p>
<p>Sexual orientation, gender and transgender support</p>	<p>Agender New Zealand www.facebook.com/groups/158438157582670</p>
	<p>Outline www.outline.org.nz 0800 688 5463</p>
	<p>Qtopia www.qtopia.org.nz</p>
<p>Student complaints (see Complaints Procedure)</p>	<p>Study Complaints – Ngā amuamu taura 0800 00 66 75 www.studycomplaints.org.nz</p>
<p>StudyLink (Student Loans & Allowances)</p>	<p>www.studylink.govt.nz 0800 88 99 00</p>
<p>Suicide prevention</p>	<p>Lifeline Aotearoa www.lifeline.org.nz 0800 543 354 or text “Help” to 4357</p>
	<p>Tautoko Suicide Crisis Hotline 0508 828 865</p>
<p>Tenancy issues</p>	<p>Tenancy Services Ministry of Business, Innovation & Employment www.tenancy.govt.nz 0800 83 62 62</p>
<p>Women’s Centre</p>	<p>www.womenscentre.co.nz (03) 371 7414</p>
<p>Women’s Refuge</p>	<p>See Family Violence Services</p>
<p>Work and Income New Zealand (WINZ) – (Benefits, etc.)</p>	<p>www.workandincome.govt.nz Most services are online</p>

Agency and/or Area	Different Areas, Contact Details
Youth helplines	The Low Down thelowdown.co.nz
	Youthline www.youthline.co.nz 0800 37 66 33 or free text 234
	What's Up (for 5 to 19 year olds) www.whatsup.co.nz 0800 942 8787