

Websites & other resources

Skylight

Skylight is a charitable not-for-profit organisation that provides expert information, education, training and support services for individuals, families and whanau, children and older people and health professionals.

www.skylight.org.nz

Address: Level 3 HMR Building,
5-7 Vivian Street, Wellington

Email: reception@skylight-trust.org.nz

Grief Centre

Useful information from the Grief Centre along with a downloadable book www.mentalhealth.org.nz/get-help/a-z/resource/41/grief-and-loss

Healthline

Healthline is available 24 hours, 7 days a week. Free to callers throughout New Zealand, including from a mobile phone.
Phone: 0800 611 116.

My Grief Assist

My Grief Assist is a service provided by InvoCare Australia's largest Funeral homes, crematories and cemeteries. The website has many resources and helpful downloads www.mygriefassist.com/about-grief.aspx

Social services available in MidCentral DHB for counselling and support

Methodist Social Services

Address: 663 Main St, Palmerston North

Phone: (06) 357 3277

www.methodistsocialservices.org.nz/mss/?page

ACROSS

www.across.org.nz

Address: ACROSS Te Kotahitanga o te Wairua,
294a Church Street. Palmerston North.

Phone: 0800 ACROSS (0800 227 677),

Phone: (06) 356 7486

Email: enquiries@across.org.nz

Te Aroha Noa

www.tearohanoa.org.nz

Address: 12-32 Brentwood Avenue,
Palmerston North

Phone: (06) 358 2255

Email: reception@tearohanoa.org.nz

Health Conditions and Cancer Psychology Services

Contact: Maria Berrett, Coordinator

M.J.Berrett@massey.ac.nz

Phone: (06) 350 5180

Direct Dial: (06) 350 5799 ext 81887

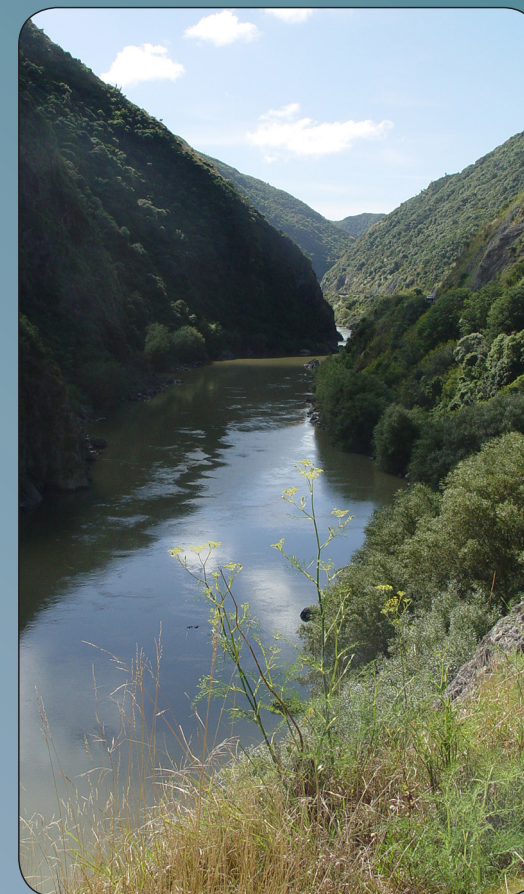
Youthline

palmerstonnorth.youthline.co.nz

Phone: 0800 376 633

Email: talk@youthline.com

Bereavement support services and resources available in MidCentral DHB



Where to seek professional help

Many people find talking through their issues of grief helpful.

You may want to contact the primary provider previously involved with the care with the person who has died, for example; Hospital Chaplain, Alzheimer's Society, the Cancer Society, Motor Neuron, and Parkinson's Community Workers.

Counsellors, psychologists or psychotherapists in private practice

To find out who is available the contact details will be found in the yellow pages.

Funeral homes also provide some counselling services. You may have a workplace scheme such as Employment Assistance Programme (EAP) that may provide access to counsellors.

General practitioners

Will be particularly helpful if there are health concerns associated with grief.

Grief and bereavement programmes

Seasons for Growth

www.goodgrief.org.au/seasons-for-growth
or Sue Devereux, phone (04) 496 1777,
Wellington, Catholic Diocese

ACROSS Services

Email: GMunford@across.ora.nz

Other health providers

Arohanui Hospice

www.arohanuihospice.org.nz

Address: 1 Heretaunga Street, Palmerston North

Phone: (06) 356 6606

Email: enquiries@arohanuihospice.org.nz

YOSS (Youth One-Stop Shop)

www.yoss.org.nz/who-are-we.html

Address: 31 Princess Street, Palmerston North

Email: trissel@yoss.org.nz

Starship Hospital

www.starship.org.nz/patients-parents-and-visitors/directory-of-services/

The Palliative Care team is a valuable resource for accessing support and resources for those experiencing the bereavement of a child or young person.

Maori Health providers

BestCare Whakapai Hauora Charitable Trust

Address: 140–148 Maxwells Line, Palmerston North

Phone: (06) 353 6385

Email: bcwh@rangitaane.iwi.nz

Te Whakahuia Manawatu Trust

Address: 56 Pembroke Street, Highbury

Phone: (06) 357 3400

Email: anaw@raukawa.iwi.nz

Te Kete Hauorao Rangitane

Address: 91 High Street, Dannevirke

Phone: (06) 374 6860

He Puna Hauora

Address: 160 Grey Street, Palmerston North

Phone: (06) 356 7037

Muaupoko Tribal Authority

Address: 306 Oxford Street, Levin

Phone: (06) 367 3311

