

# BOPDHB funded services

that can help with mild-moderate mental health difficulties

- Adults ● Children & youth ● All ages

## WBOP

- **Maketu Health & Social Service** - 07 533 2551, 3 Little Waihi Rd, Maketu
- **Nga Kakano** - 07 573 0660, 50 Jellicoe Street, Te Puke
- **Real** - 07 5793235, <https://www.real.org.nz/bayofplenty/>
- **Pirirakau Hauora** - 07 552 4573, <http://www.pirirakauhauora.org.nz/>
- **Te Manu Toroa** - 07 577 4911, [www.temanutoroa.org.nz](http://www.temanutoroa.org.nz), 11 Tebbs Lane, Gate Pa, Tauranga 3112
- **Te Puna Hauora ki Uta ki Tai** - 07 571 8024, [www.tepunahauorabop.org.nz](http://www.tepunahauorabop.org.nz), 139 15th Avenue, Tauranga
- **Te Runanga o Ngai Tamawhariua** - 07 549 0760, <http://tamawhariua.nz/>
- **Te Tomika Trust** - 07 578 9733, [www.tetomikatrust.org.nz](http://www.tetomikatrust.org.nz), 60 Grace Road, Tauranga
- **Turning Point Trust** - 07 578 6934, <http://turningpoint.org.nz/>
- **Western Bay of Plenty Primary Health Organisation (WBOPPHO)** - referrals through your GP, [www.wboppho.org.nz](http://www.wboppho.org.nz)
- **Navigate (for 16+ yrs)** 07 557 5605 - <https://www.bopdhb.health.nz/health-and-support/health-wellbeing-services-and-advice/mental-health-and-addiction/>

## EBOP

- **Eastern Bay Primary Health Alliance (EBPHA)** - referrals through your GP, <https://ebpha.org.nz/>
- **Emerge Aotearoa- Peer Support (Opotiki)** - 07 315 5629, <https://emergeaotearoa.org.nz/our-services/peer-support.html>, 84 Wellington Street, Opotiki
- **Pou Whakaaro** - 07-308-8170, [www.pouwhakaaro.co.nz](http://www.pouwhakaaro.co.nz), 40 Te Tahi Street, Whakatane (with offices also in Bracken St & Kawerau)
- **Te Toi Huarewa** - 07 312 9016, Howell Rd, Taneatua
- **Te Runanga o Te Whanau Charitable Trust** - 07 325 2726, [www.apanui.co.nz](http://www.apanui.co.nz), State Highway 35, RD3, Te Kaha, Opotiki
- **Tuhoe Hauora** - 07 312 9874, [www.tuhoe Hauora.org.nz](http://www.tuhoe Hauora.org.nz), 44-46 Tuhoe Street, Taneatua
- **Tuwharetoa ki Kawerau Hauora** - 07 323 8025, e: [hauora@tuwharetoa.org.nz](mailto:hauora@tuwharetoa.org.nz), 28-30 Islington Street, Kawerau
- **Whakatohea** - 07 315 6042, <http://www.whakatohea.co.nz/te-pou-oranga-o-whakat333hea.html>, 128 Church Street, Opotiki
- **Navigate (for 16+ yrs)** - 07 557 5605, [www.bopdhb.health.nz/health-and-support/health-wellbeing-services-and-advice/mental-health-and-addiction/](https://www.bopdhb.health.nz/health-and-support/health-wellbeing-services-and-advice/mental-health-and-addiction/)

## Support for family/whanau

- **Family Link (WBOP)** - 07 577 1457, <https://familylink.co.nz/>, 17th Ave Historic Village, Tauranga
- **Pou Whakaaro (EBOP)** - 07-308-8170, [www.pouwhakaaro.co.nz](http://www.pouwhakaaro.co.nz), 40 Te Tahi Street, Whakatane (with offices also in Bracken St & Kawerau)

To look for mental health and addiction support available in BOP check out: [www.healthpoint.co.nz](http://www.healthpoint.co.nz)