

LGBTQIA+ YOUTH SUPPORT

Information Sheet – Te Mana Ora | National Public Health Service

Looking for a list of Lesbian, Gay, Transgender and Queer Youth Support Agencies?

Queer Transgender Takatāpui Rainbow Fa’Afafaine Lesbian Bisexual InterSex Gay Bisexual Gender Diverse MVPFAFF+

Local Youth Support Groups and Centres

Qtopia

Qtopia is a social support service for LGBTQIA + young people, their whānau, and communities, based in Ōtautahi | Christchurch and servicing the wider Te Waipounamu | South Island. Qtopia runs social support groups for the whole community, including a youth group for those 13–18 years old; specialist support for our trans and gender diverse whanau; a group for rainbow whānau; and regional support groups across the wider Waitaha region. Qtopia also provides individual advocacy, peer support, healthcare navigation and an education programme to whoever needs it.

Phone: 020 4080 1084

Email: connect@qtopia.org.nz

InsideOUT Kōaro

InsideOUT Kōaro is a national charity providing resources, education, consulting and support for anything concerning rainbow and takatāpui communities. InsideOUT Kōaro is also the national provider for delivering free rainbow and takatāpui competency training to the mental health and addiction workforce in Aotearoa.

Contact: Waitaha Schools Coordinator rose@insideout.org.nz

General enquiries: hello@insideout.org.nz

Website: Search “InsideOUT Kōaro” on Facebook and Instagram

Burnett Foundation Aotearoa/ NZAF Te Toka

Free, Professional and confidential counselling available to all gay and bisexual men, and to any people affected by HIV and their significant others. Free, anonymous, simple Sexually Transmitted Disease (STI) testing, including a quick rapid test for HIV and Syphilis.

NZAF has a vision of an Aotearoa with *Zero HIV Transmissions*, where people living with or affected by HIV flourish; and a mission to prevent transmission, reduce stigma and maximise the wellbeing of those most affected by HIV.

Phone: (03) 379 1953

Email: contact.tetoka@nzav.org.nz

Contact: Peter Ford (Service and Outreach)

Address: Unit 1, 275 Cashel Street, Christchurch 8011

298 Youth Health Centre

Ōtautahi 298 Youth Health Centre is open at 1/25 Churchill Street. Providing free, accessible, confidential, medical and mental health care for people 10-25 years old in the Christchurch area.

Phone: (03) 943 9298

Email: admin@298.org.nz

Address: 1/25 Churchill Street, Christchurch Central City, 8011

Website: Search “298 Youth Health” on Facebook

Christchurch Sexual Health Centre

We aim to provide a quality service for everyone who has concerns regarding their sexual health. This includes confidential and free testing, treatment, counselling and information. A gay friendly professional environment.

Phone: (03) 364 0495

Email: shc@cdhb.health.nz

Contacts: Caro Davidson, Heather Young

Address: 314 Riccarton Road, Upper Riccarton, Christchurch 8041

Youthline

Youthline provides telephone, text and email support for young people and others who live or work with them. Youthline offers young people the space to talk and be listened to in a non-judging environment.

Phone: Counselling Line 0800 37 66 33 | Office (03) 379 4795

Contact: Trystan Swain Manager@youthlinecsi.org.nz **Email:** talk@youthline.co.nz

Address: PO Box 7161, Sydenham, Christchurch **Website:** www.youthline.co.nz/csi

Useful Resources

The Pink Pages

A Gay, Lesbian, Bisexual, Intersex and Trans Directory of Queer and Queer Friendly Services in Ōtautahi | Christchurch. This is now an online resource produced by Te Mana Ora, National Public Health Service Te Whatu Ora – Health New Zealand.

To read or download, go to website www.cph.co.nz – Your Health page – LGBTQIA+

Express Magazine

Aotearoa | New Zealand's newspaper of gay expression. Includes regional and national gay and lesbian news, opinions, feature articles, photos, an event's guide and advertising.

Email: admin@gayexpress.co.nz

Address: Level 1, 212 Ponsonby Road, Auckland 1011

Website: www.gayexpress.co.nz or www.expresstoday.co.nz

Useful Support

Rainbow Youth

Rainbow Youth is an Tāmaki Makaurau | Auckland-based organisation that provides support information, advocacy, and education for queer young people and their families.

Phone: (09) 376 4155

Email: info@ryorg.nz

Contact: Rainbow YOUTHTeam – info@ry.org.nz

Address: 11 Edinburgh Street, Auckland 1010

Website: www.ry.org.nz

OutLine

OutLine is an all-ages rainbow and mental health organisation providing support to the rainbow community, their friends, whanau, and those questioning. We provide nationwide, free and confidential 0800 support line for people who want to speak to a trained volunteer from the rainbow community. We also provide specialist rainbow counselling and an Auckland based trans and non-binary peer support service.

Phone: 0800 OUTLINE (688 5463) 6-9pm

Email: info@outline.org.nz

Address: Level 2, 31 Hargreaves St, St Marys Bay, Auckland

Website: <https://outline.org.nz/>

Gender Minorities Aotearoa

Gender Minorities Aotearoa is a nationwide transgender organisation. It is run by and for transgender people; including binary and non-binary, intersex, and irawhiti takatāpui. We support transgender people of all ages, cultures, and backgrounds, and provide one-to-one peer support and information nationwide.

Phone: (04) 385 0611

Email: support@genderminorities.com

Contact: (020 404 92568

Website: <https://outline.org.nz/>

Address: 130 Riddiford Street, Newtown, Wellington 6021

Lifeline

Lifeline Aotearoa 24/7 helpline offers free anonymous and confidential support. We are committed to providing a safe, effective and innovative service to support the emotional and mental wellbeing of our communities. Whenever you need to talk, we are here to listen.

Phone: 0800 543 354

Useful Websites

www.qtopia.org.nz

www.ry.org.nz

www.nzaf.org.nz

www.justthefacts.co.nz

www.youthline.co.nz

www.thelowdown.co.nz

www.outline.org.nz

www.youthlaw.co.nz

Visit Te Mana Ora website (www.cph.co.nz) to download copies of this information sheet

Waitaha | Canterbury – Ōtautahi | Christchurch

Hakatere | Ashburton – Mid-Canterbury

Phone: 03 364 1777 | chic@cdhb.health.nz

South Canterbury – Te Tihi-o-Marū | Timaru

Phone: 03 687 2600 |

Timaru.chic@cdhb.health.nz

Te Tai o Poutini | West Coast Greymouth

Phone: 03 768 1160 |

WestCoast.chic@cdhb.health.nz