

Counsellors, Support Services and resources



List of possible counsellors and Supports

Act Counselling:

<http://www.actcounselling.co.nz>

Counselling worx: Counsellors for trauma, anger, anxiety,
Building resilience, bullying, depression, grief

6 Wellington Street, Hamilton East Ph: 07 8592929

Email: admin@counsellingworx.co.nz

Glenn Duthie - Trauma Counsellor - <https://glennduthie.co.nz/>

Email: glenn.duthie@gmail.com Ph: 0212665299

NZCCA – New Zealand Christian Counsellors Association

<http://www.nzcca.org.nz/>

Wilme Steenekamp – Psychologist/Counsellor/Couples therapy

38 Galway Avenue - Hamilton East, 3216 Hamilton

Email: wilme-steenekamp@therapycounselling.net

Pete Westbury – Senior therapist/Director Menswork

Level 2, 169 London Street, Hamilton 3240 Ph: 021 058 2208
enquiries@menswork.co.nz

<http://menswork.co.nz/about>

Women's wellness: for mental health/trauma support but not counselling
<https://www.pathways.co.nz/services/mobile-support>

Email: womenswellness@pathways.co.nz

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Other useful support services and support resources

<https://www.healthnavigator.org.nz/>

Skylight provides some resources and contacts for support at these links:

https://www.travellers.org.nz/search/results?topic_ids%5B%5D=9&topic_ids%5B%5D=28&topic_ids%5B%5D=72

<https://www.travellers.org.nz/topics> Skylight’s resource information -

There are many free resources available on the website – the ‘request a pack’

<https://www.skylight.org.nz/pages/contact?category=Request+a+Pack>

option is a personalised pack – sent in electronic form (rather than postal, unless in circumstances where a person does not have email access). It is tailored to specific/individual situations following the email request and not a ‘general’ pack of information. You can link to the resources and to the ‘shop’ items and search what might be useful for participants

<https://skylight-trust.myshopify.com/search?q=trauma>

We also have the library – link <https://aiscloud.nz/SKL00/#!dashboard> there are many specialised books for adults and children. People can join the library for free – just send us an email and you will receive a borrower number – you can then log in online – the books are posted out but we do request that borrowers pay the return to Wellington postage.

<https://www.tepou.co.nz/>

healthpages.co.nz

www.healthpoint.co.nz

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