

WOMEN'S HEALTH AND NEUROSCIENCE RESEARCH PROGRAMME



Scan the QR code or email
brain@aut.ac.nz to refer a friend



For urgent help, mental health crisis services, or medical advice

Phone your local [Mental Health Crisis Assessment Team](#) if you are concerned about a person's immediate safety. Stay with the person and help them to keep safe until support arrives.

To get help from a registered nurse ring Healthline: 0800 611 116.

If you need to talk to someone

Free call or text 1737 any time for support from a trained counsellor.

Some other great places to get support include:

National helplines

- [Depression helpline](#) (24 hours a day, 7 days a week): free phone 0800 111 757 or free text 4202.
- [Suicide Crisis Helpline](#): free phone 0508 828 865 (0508 TAUTOKO).
- [Lifeline](#): free phone 0800 543 354 or free text 4357 (HELP).
- [Samaritans](#) crisis helpline: free phone 0800 726 666 if you are experiencing loneliness, depression, despair, distress or suicidal feelings.

Child and youth helplines

- [Youthline](#): free phone 0800 376 633 or free text 234, email talk@youthline.co.nz or [online chat](#).
- [thelowdown.co.nz](#) or email team@thelowdown.co.nz or free text 5626.
- [SPARX.org.nz](#): online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.
- [Kidsline](#): free phone 0800 543 754. Talk to a trained Kidsline buddy from 4pm-9pm weekdays.
- [What's Up](#) (for 5 to 18-year olds): free phone 0800 942 8787. Phone counselling is available Monday to Friday, 1pm–10pm and weekends, 3pm–10pm. Online chat is available 7pm–10pm daily.

Specialist helplines

- [OUTLine NZ](#): 0800 688 5463 (OUTLINE) provides confidential telephone support for sexual and gender identity.
- [Seniorline](#): free phone 0800 725 463 information service for older people.
- [Anxiety NZ](#) phone line: free phone 0800 269 4389 (0800 ANXIETY).
- [Drug and Alcohol helpline](#): free phone 0800 787 797 or [online chat](#).
- [Gambling helpline](#): free phone 0800 654 655.

- [Shine](#): free phone 0508 744 633 confidential domestic abuse helpline.
- [Are You OK](#): free phone 0800 456 450 family violence helpline.
- [Women's Refuge](#) Crisis Line: free phone 0800 733 843 (0800 REFUGE) for women living with violence, or in fear, in their relationship or family.
- [Shakti](#) Crisis Line: free phone 0800 742 584 for refugee or migrant or women living with family violence.
- [Vagus Line](#): free phone 0800 567 6666 (Mon, Wed, Fri 12 noon – 2pm) for the Chinese community.
- [Victim Support](#): free phone 0800 842 846.
- [Personal Advocacy and Safeguarding Adults Trust](#): free phone 0800 728 7878 for adults with care and support needs.

For more information about where to get support, visit **Te Whatu**

Ora's website: <https://www.tewhatuora.govt.nz/about-us/> and the **Mental Health**

Foundation's website: <https://mentalhealth.org.nz/>

Brain-WOF Referrals for Support

Below is a **Brain-WOF–relevant referral list of Auckland health-care providers**, suitable when a **red-flag domain is identified** (mental health, nutrition/metabolic risk, physical/balance function, vision, or hearing). Providers were selected for **clinical credibility, adult services, and Auckland accessibility**. This is a sign-posting list, not an endorsement.

Psychologists (Clinical / Health / Neuro-relevant)

- **NZ Psychological Society – PsychDirect (Auckland filter)** – Directory of registered psychologists
<https://www.psychology.org.nz/public/find-psychologist>
- **Illumen Psychology (Central Auckland)** – Evidence-based clinical psychology; adult assessments and therapy
<https://illumien.nz/>
- **Crossroads Psychology (Multiple Auckland sites)** – Team-based registered psychologists; ACC and private
<https://www.crossroadspychology.co.nz/>
- **Ponsonby Psychology** – Long-established practice; adult individual and couples therapy
<https://ponsonbypsychology.co.nz/>
- **Dean Stewart Clinical Psychologist (Kingsland)** – Adult assessment and therapy; ACC experienced
<https://www.deanstewartpsychology.co.nz/>

Dietitians (Cardio-metabolic, brain health, diabetes risk)

- **University of Auckland Dietitian Directory (Auckland)** – Broad private-practice listing
<https://www.auckland.ac.nz/assets/on-campus/facilities-and-services/university-clinics/auckland-private-primary-dietitians-2020.pdf>
- **ABC Nutrition (Auckland & NZ-wide)** – NZ Registered Dietitians; metabolic, ACC rehab, chronic disease
<https://www.abcnutrition.co.nz/>

- **Kate Ellison Nutrition (Auckland)** – Specialist dietitian (diabetes, metabolic syndrome)
<https://www.kateellisonnutrition.co.nz/>
 - **The Wellness Studio (Devonport)** – Women’s health, gut and lifestyle nutrition
<https://www.thewellnessstudio.co.nz/>
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Physios (Balance, gait, falls risk, post-concussion)

- **Auckland Physiotherapy (Newmarket)** – Specialist-level MSK, balance and neuro-aware assessment
<https://www.aucklandphysiotherapy.co.nz/>
 - **Physio Connect (8 Auckland clinics)** – ACC friendly; balance and functional rehab
<https://www.physioconnect.co.nz/>
 - **Rehab Co Physio (Multiple sites)** – Sports, neuro-functional and rehab gym-based care
<https://www.rehabcophysio.com/auckland>
 - **UniSports Physiotherapy (St Johns / Pakuranga)** – Sports medicine integrated clinic
<https://www.unisports.co.nz/>
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Vision (Optometry & Eye Health)

- **University of Auckland Optometry Clinic (Grafton)** – Comprehensive and specialist eye exams
<https://www.optometryclinics.auckland.ac.nz/>
 - **Auckland Eye (Auckland-wide)** – Specialist ophthalmology (referral-based)
<https://www.aucklandeye.co.nz/>
 - **Vision Centre (Multiple locations)** – Comprehensive optometry incl. paediatric and adult care
<https://visioncentre.co.nz/>
 - **Auckland Optometrists (Royal Oak)** – Affordable, comprehensive adult eye examinations
<https://aucklandoptometrists.com/>
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Hearing (Audiology)

- **Auckland Hearing (Independent; Central/East)** – Diagnostic audiology and hearing aids
<https://aucklandhearing.co.nz/>
 - **Hearing Auckland (Remuera)** – Independent, charity-based audiology; adult focus
<https://www.hearingauckland.co.nz/>
 - **Boutique Audiology (Remuera)** – Specialist adult audiology services
<https://boutiqueaudiology.co.nz/>
 - **Family Hearing Centre (Epsom)** – Adult and specialist auditory processing assessment
<https://www.familyhearing.co.nz/>
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Axis Sports Medicine (Clinical)

Multidisciplinary Sport & Exercise Medicine Specialists

Website: <https://www.axissportsmedicine.co.nz/>

General Practitioners (GPs) – Auckland

Central Auckland / CBD

- **The Doctors QuayMed (Britomart & Wynyard Quarter)**
Full-service GP care incl. chronic disease management and referrals; multiple CBD sites.
<https://www.quaymed.co.nz/>
 - **CityMed Medical Centre (Auckland CBD)**
Comprehensive GP services incl. health checks, long-term condition management.
<http://www.citymed.co.nz/>
 - **Caring Clinic Doctors (Queen Street, CBD)**
Central, accessible GP clinic; ACC and general medical care.
<https://caringclinic.co.nz/>
 - **Victoria Park Medical Suites (CBD fringe)**
Enrolled GP care; adult and family medicine.
<https://vicparkmed.co.nz/>
 - **Auckland Central Medical & Health Centre (Freemans Bay)**
General practice with diagnostic and minor procedures.
<https://www.akcentralmedical.co.nz/>
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Central / Inner-City Neighbourhoods

- **Auckland Family Medical Centre (Remuera)**
Long-standing GP practice; accepts enrolments; strong continuity of care.
<https://www.aucklandfamily.co.nz/>
 - **GP Central (Mt Roskill & Dominion Road)**
GP-owned practices; affordable access; chronic disease and mental wellbeing care.
<https://www.gpcentral.co.nz/>
 - **Local Doctors – Stoddard Road (Mt Roskill)**
Low-cost general practice; ACC-accredited; referral-ready.
<https://www.localdoctors.co.nz/clinics/stoddard-road>
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Directories (useful when participants already have a GP or location-specific needs)

- **Healthpoint – Find a GP (Auckland, filterable, enrolment status)**
<https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/central-auckland/>
 - **NZ Government – Find a Doctor (via Healthpoint)**
<https://www.govt.nz/browse/health/gps-and-prescriptions/find-a-doctor/>
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