

renalnurse@adhb.govt.nz

09 307 4949 ext 25424 or 021 983 492

Nurse Specialists:

# Youth Health Resources

Paediatric Renal Service

Child Health

## Starship



# Youth Health Resources

Paediatric Renal Service

  
**Starship**  
Child Health

  
**TE TOKA TUMAI**  
Auckland DHB



Haere Mai Welcome | Manaaki Respect | Tūhono Together | Angamua Aim High

# Youth Resources General

**Youthline:** [youthline.co.nz](http://youthline.co.nz)  
**Free text 234 | Ph 0800 376633**

*Provides help and support  
for young people*

**Whats up:** [whatsapp.co.nz](http://whatsapp.co.nz)  
*(includes online chat service)*

**Ph 0800 942 8787**

*A safe place for you to talk about  
anything at all*

**1737: 1737.org.nz**

*Free call or text 1737 any time  
to talk with a trained counsellor  
about anything*

**thelowdown.co.nz:**

*"Straight up answers for when  
life sucks"*

**Family Planning:**

**[familyplanning.org.nz](http://familyplanning.org.nz)**

*Sexual health/contraception advice,  
free for under 22 year olds*

**Rainbow Youth:**

**[ry.org.nz](http://ry.org.nz)**

*support for gender diverse, queer,  
takatāpui & intersex youth, their  
friends and whānau*

# Health Resources Kidney

**[Infokid.org.uk:](http://Infokid.org.uk)**

*Information on kidney conditions*

**Kidney Transplant Xplained App:**

*Free from app store for apple devices*

**Kidney Kids:** [kidneykids.org.nz](http://kidneykids.org.nz)

**Ph 0800 215437** *Support group to age 21 years*

**Kidney Health NZ :** [Kidney.health.nz](http://Kidney.health.nz) *Support & information*

**Kidney health education videos:**

**[vimeo.com/channels/khnzenGLISH/page:1](http://vimeo.com/channels/khnzenGLISH/page:1)**

**[livewire.org.au:](http://livewire.org.au)** *A safe social media platform for young people  
living with chronic health issues or disability in Australia or New Zealand*

