

Supported by:



If you need wellbeing assistance - help is available

Focus

Help people look after their mental health & wellbeing during COVID-19

Supports

Northland specific online resources

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

Courses

[Red Cross Workplace Mental Wellbeing](#)

[Training](#)

Frontline resources

[Mental Health | Northland DHB](#)

Targeted support for vulnerable groups

[Disability Support](#)

[Support for whanau](#)

[Support for immigrants and refugees](#)

[Support for vulnerable women](#)

Phone resources

Call or text [1737](#) to talk to someone trained to help with mental health or addiction support

[0800 111 757](#) (Depression Helpline)

[0800 787 797](#) (Alcohol Drug Helpline)

Protect people from the virus with vaccination, infection preventions and public health measures

Focus

Contain community transmission and outbreaks
Vaccination of New Zealanders.

Supports

Dedicated COVID-19 Healthline, 24 hours a day, 7 days a week on [0800 358 5453](tel:08003585453)

[Northland Covid testing sites](#)

[Northland Covid vaccination clinic](#)

Provide certainty and stability for people and businesses

Focus

Cushion the impact and supporting the economic recovery from COVID-19

Supports

[Covid-19 Protection Framework](#)

[My Vaccine Pass](#)

MSD supports

[Transition payment](#)

[COVID-19 Leave Support Scheme](#)

[Short-term Absence Payment](#)

MSD Business Support Hotline 09 983 9103

Business advice

Covid-19 Business Helpline [0800 500 362](tel:0800500362)

Email info@business.govt.nz

[Covid-19 information for business](#)

Inland Revenue

[Resurgence Support Payment](#)

[Tax and ACC Support](#)

[Small Business Cash Flow Scheme \(SBCS\)](#)

Business advisory services

[Poutama Maori Business Development](#)

Maori Business Helpline [0800 4 poutama](tel:08004poutama)

[Te Puni Kokiri Maori Business Support](#)

[Northland Inc advisory service](#)

[NorthChamber](#)



Protecting our whānau and vulnerable communities

Focus

Provide tailored support to manage illness and reduce the spread of Covid to whānau and community

Supports

[Te Kahu o Taonui](#)

[Be prepared - readiness checklist](#)

[Expectations for self-isolation](#)

[Getting support if you have Covid-19](#)