

## General Counselling

**Heart Collective Agency** [admin@heartcollective.co.nz](mailto:admin@heartcollective.co.nz) ph Stacey on 0275 735 362 as first point of call for all general counselling needs. Headed by Selena Needham the agency has a growing team offering a wide range of general counselling and support groups. Their range of services currently includes

- Couples & Relationship Counselling
- Women & Maternal Health
- Family Violence
- Significant others living with addiction
- Youth
- Workplace bullying and redundancy
- PTSD and Trauma
- Grief

**Clare Barnett** [clarebarnett.co.nz](http://clarebarnett.co.nz) text 021 170 2661

**Nancy Shirley** [changeofmind@xtra.co.nz](mailto:changeofmind@xtra.co.nz) 021 173 4900 – specialist in trauma, anxiety & depression

**Michael Hughes** – 021-055-0405 [transformingtrust@gmail.com](mailto:transformingtrust@gmail.com) available evenings & weekends

**Ruth Harlow** [ruth@harlow.net.nz](mailto:ruth@harlow.net.nz) 021 041 3493 –

## Couples Counselling

- **Bryce Diprose** [bryce@counsellingworx.co.nz](mailto:bryce@counsellingworx.co.nz) Ph 021 179 4556
- **Dianne Carter** <[1dianneccarter@gmail.com](mailto:1dianneccarter@gmail.com)> Ph 0211363261
- **Ruth Harlow** [ruth@harlow.net.nz](mailto:ruth@harlow.net.nz) 021 041 3493 – trained in Imago Relationship counselling (recommended)
- **Michael Hughes** – 021-055-0405 [transformingtrust@gmail.com](mailto:transformingtrust@gmail.com) available evenings & weekends
- **Jenny Ensing** - 027 536 7464 - [jenny.ensing@gmail.com](mailto:jenny.ensing@gmail.com)
- **Heart Collective Agency** [admin@heartcollective.co.nz](mailto:admin@heartcollective.co.nz) ph Stacey on 0275 735 362

## Children

**Jenhai Weeding** [childtherapy4life@gmail.com](mailto:childtherapy4life@gmail.com) text 027 884 5312

- Play therapy ages 3 – 10 y.o
- Infant-parent attachment work

**Michael Hughes** – 021-055-0405 available evenings & weekends – Trauma in children

**Lynne Miles** 021 138 0265 [lynne.may.miles@gmail.com](mailto:lynne.may.miles@gmail.com)

**Jae Kirk** 027 255 1633 [jaecounselling@gmail.com](mailto:jaecounselling@gmail.com)

## Youth

- **Heart Collective Agency** [admin@heartcollective.co.nz](mailto:admin@heartcollective.co.nz)
- **Joanna Richards** at Barnardos 07 958 0246
- **Lynne Miles** 021 138 0265 [lynne.may.miles@gmail.com](mailto:lynne.may.miles@gmail.com)

## LGBTQIA

Jae Kirk 027 255 1633 [jaecounselling@gmail.com](mailto:jaecounselling@gmail.com)

## Sex and Porn Addictions

### Hamilton & Waikato

- Scott Henry 021 345 712 [shcolng763@gmail.com](mailto:shcolng763@gmail.com)
- Rebecca Green 0274365737 [rcg0303@gmail.com](mailto:rcg0303@gmail.com) Hamilton & Franklin
- Jenny Ensing 027 5 367464 [jennyensing@gmail.com](mailto:jennyensing@gmail.com) <https://about.me/jenny.ensing>
- Kim Fluhler 0211751461 [kimfluhler@yahoo.com](mailto:kimfluhler@yahoo.com)
- Catherine Simwinga 0284173440 [polacounselling63@gmail.com](mailto:polacounselling63@gmail.com).
- Mark Whittaker <[2restore@gmail.com](mailto:2restore@gmail.com)> 021 792 464
- Lynn Meredith 021 190 0719 [lgmcounselling@gmail.com](mailto:lgmcounselling@gmail.com) Putaruru

### Regional

- Sara Smallman Art Therapy Works Ltd. **Waiuku** Health Centre, Ph. 0210399188  
[sarasmallman@arttherapyworksLtd.com](mailto:sarasmallman@arttherapyworksLtd.com)
- Judy Deeming 027 293 2517 Fanklin
- SASA network <https://sasa.nz/> (NB Robert Jenkinson is listed but not taking new referrals)

## Sexual Abuse (ACC Sensitive Claims Counselling) <https://findsupport.co.nz/>

- Jae Kirk 027 255 1633 [jaecounselling@gmail.com](mailto:jaecounselling@gmail.com)
- Clare Barnett <https://clarebarnett.co.nz/contact.html>
- Counselling Worx 07 859 2929 [Admin@counsellingworx.co.nz](mailto:Admin@counsellingworx.co.nz)
- Heart Collective Agency [admin@heartcollective.co.nz](mailto:admin@heartcollective.co.nz) 027 5735 362
- Triskele <[admin@triskele.co.nz](mailto:admin@triskele.co.nz)>
- Empowered Life Ltd [kerryn@empoweredlife.co.nz](mailto:kerryn@empoweredlife.co.nz) 021 421 239
- Male Support Services MSS Reception [mssatw.reception@xtra.co.nz](mailto:mssatw.reception@xtra.co.nz)  
0800 677 289
- Heartland 07 444 5007 or 0272441496
- Theramas <http://www.theramas.co/>
- Nancy Shirley [changeofmind@xtra.co.nz](mailto:changeofmind@xtra.co.nz) 021 173 4900
- Lynne Miles 021 138 0265 [lynne.may.miles@gmail.com](mailto:lynne.may.miles@gmail.com)

## Drug & Alcohol Issues

- CareNZ 0800 499 469 [waikato@carenz.co.nz](mailto:waikato@carenz.co.nz) <http://www.carenz.co.nz/>