NEED A HAND?  
WELLINGTON CITY SERVICES

Downtown Community Ministry
Compassion House, Lukes Lane  
Phone 384 7699  
Open Monday and Friday from 10am–4pm  
Tuesday–Thursday from 10am–1pm  
Housing advice and support, foodbank, money management, and advocacy.

Wellington Men’s Night Shelter – over-18s only
304 Taranaki Street  
Phone 385 9546  
Emergency accommodation from 5.30pm.  
Doors close at 9pm, must leave by 7.30am.

Wesley Methodist Church
75 Taranaki Street  
Phone 384 7695  
Showers available from 9am–5pm, Monday–Friday.

Catacombs
Level 1, 131 Manners Street  
Phone 384 3329  
7–10pm, Monday–Friday  
2.30–10pm, Saturday  
11am–10pm, Sunday  
Drop-in, shower, washing machine, dryer, cheap hot drinks and snacks, television.

Soup Kitchen
132 Tory Street  
Phone 385 9299  
Breakfast 8–8.45am, dinner 4.45–5.45pm.

Wellington City Council
101 Wakefield Street  
Phone 499 4444  
Open 7.30am–5.30pm, Monday–Friday  
General information and housing enquiries.

Inner City Project
Level 1, Riddiford House, 94 Riddiford Street, Newtown  
Phone 380 2431  
Open 9am–5pm, Monday–Friday  
Accommodation assistance, information, advocacy and support for people with experience of mental illness.

Health Services
Te Aro Health Centre  
Phone 385 0255

Evolve
Wellington Youth Service
Level 2 James Smith Building, Corner Cuba and Manners streets  
Open 10am–6pm, Monday–Friday  
Phone 801 9150  
Free healthcare and social support for people aged 10–25 years. Includes medical service, counselling, advocacy, alcohol and drug support, accommodation and employment assistance, youth work, groups, activities and events.