

HERE FOR YOUNG
PEOPLE SINCE 1995

WE ARE TETAHI YOUTH.

YOUTH ONE STOP SHOP.



**“TE TAHI YOUTH
IS HERE TO MAKE
A DIFFERENCE.
BY OFFERING
FREE, ACCESSIBLE
SERVICES, WE
HELP YOUNG
PEOPLE FIND
THEIR WAY, BUILD
CONFIDENCE,
AND ACHIEVE
THEIR GOALS,
REGARDLESS OF
THE BARRIERS
THEY FACE.”**



We are Te Tahi Youth.

A youth one-stop- shop.

Te Tahi Youth is a dedicated not-for-profit organisation supporting rangatahi aged 10–24 across Ōtautahi and the greater Ōtautahi region. We are a trusted provider of holistic, wraparound services, offering free access to healthcare, mental health and well-being support, employment pathways, and resources for rangatahi transitioning from Oranga Tamariki care.

We recognise the unique challenges rangatahi face, including those from low-income backgrounds. Our mission is to empower rangatahi by providing accessible, compassionate care that supports both their immediate needs and long-term goals.

At the heart of our work are strong, trusting relationships. Through our “one-stop-shop” model, we make it easier for rangatahi to access the right support in one place, helping them focus on their growth, resilience, and future opportunities.

Collaboration is central to our approach. We work alongside local communities, schools, and partner organisations to create a connected network of care. Our dedicated team is passionate about ensuring every rangatahi feels safe, supported, and empowered to take charge of their health, well-being, and future.

Our services.

At Te Tahī Youth, we provide a wide range of integrated services to support the unique needs of our young people.

We empower young people aged 10–24 with the tools, resources, and guidance they need to navigate life's challenges. All of our services are free and designed to provide holistic, wraparound care, ensuring every rangatahi feels valued, supported, and equipped for their future.

- **Medical Services**

Our expert medical team provides free, youth-friendly healthcare tailored to the needs of young people. Services include general check-ups, sexual health care, chronic condition management, and more.

We offer:

- Physical health
- Mental health and trauma support
- Sexual health and contraception
- Prescriptions and medical certificates
- Gender-affirming care and specialist referrals

Our team includes General Practitioners, Sexual Health Doctors, Youth Health Doctors, and Youth Health Nurses, including a Registered Nurse Prescriber who can offer an extended range of services.

- **Mental Health Support**

We provide safe, accessible spaces where rangatahi can talk openly and get the support they need. Our registered counsellors offer specialised services, including referrals to more intensive care when required. Above all, we strive to build a community where

rangatahi know they are not alone and that their experiences and challenges are respected.

- **Mentoring Support**

Our mentoring services guide young people through life's practical and emotional challenges. Delivered by dedicated Youth Workers, this support includes:

- Advocacy and life skills
- Navigating community services
- Access to education and training
- Budgeting, financial and housing support
- Mental health and emotional support

Youth workers work closely with young people, providing early intervention and addressing the underlying causes of disengagement from education or training.

- **Employment Support**

We help young people aged 15–24 find not just any job, but the right job. Our Employment Navigators provide tailored, ongoing support through:

- Skill-building and confidence development
- Career planning and goal-setting
- Connections with employers and training providers
- Continued support for up to a year after placement

- **Youth Health in Schools**

Through our Youth Health in Schools programme, we bring essential care directly into educational settings, helping students stay engaged with their learning. Our services include:

- Sexual health clinics
- Mental health assessments and referrals
- Alcohol and drug assessments and referrals
- Smoking and vaping cessation support
- Comprehensive youth health assessments

We are currently placed in a number of secondary schools throughout Ōtautahi and the wider Canterbury region, ensuring young people can access support where and when they need it.

Our why...

Meeting rangatahi where they are, and walking alongside them.

Te Tahi Youth operates in Ōtautahi and across the wider Ōtautahi area with a clear mission: to ensure every rangatahi, no matter their background or circumstances, has access to the support they need to thrive. We meet rangatahi where they are, making sure no one falls through the cracks.

Many rangatahi face barriers to healthcare, education, housing, and employment. These challenges can limit opportunities and hold back their potential. Te Tahi Youth exists to break down these barriers, providing a foundation of support that helps rangatahi overcome adversity, build resilience, and create brighter futures.

How We Make a Difference:

We take a holistic, community-driven approach, collaborating with rangatahi, their families, schools, and local organisations to provide wraparound care. At the heart of our work are compassionate, trusting relationships that ensure every young person feels seen, heard, and valued.

Our team is committed to innovation, adapting services to the evolving needs of our community and staying relevant in the face of change.

Every year, Te Tahi Youth supports thousands of rangatahi across Ōtautahi, connecting them with essential services and empowering them to achieve their goals. With your support, we can reach even more rangatahi, expand opportunities, and help shape a brighter future for the next generation.

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TO CREATE
LASTING CHANGE,
OFFERING THE
COMPREHENSIVE
SUPPORT YOUNG
PEOPLE NEED TO
THRIVE.”**



Te Tahi Youth is strengthened by the generosity of donors, volunteers, and community partners, helping us to sustain and grow our services so we can continue to provide vital support to rangatahi across Ōtautahi and the wider region.

Make a Donation

Consider becoming a regular giver to provide ongoing, reliable support that allows us to plan ahead and reach even more rangatahi. You can also make a lasting impact by leaving a bequest in your will, helping to ensure future generations of rangatahi have access to the care and opportunities they deserve.

Collaboration is powerful. Through corporate sponsorships, cause-driven partnerships, or co-designed initiatives, you can work alongside Te Tahi Youth to create new opportunities and lasting impact. Together, we can shape a stronger, more connected future for youth in our community.

Awareness matters. By sharing our mission with your friends, family, colleagues, and networks, you help more young people discover the support available to them. Your voice can inspire others to get involved and strengthen the reach of our work.

By supporting Te Tahi Youth, you're helping to build a more inclusive, supportive, and resilient future for rangatahi in Ōtautahi. We believe every young person deserves the chance to succeed - and with your help, we can make that possible.

Donor Information

First Name:		Last Name:	
Street Address:			
Suburb:		Town:	Postcode:
Email:		Phone:	
I'd like to receive campaign updates:		<input type="checkbox"/> Yes	<input type="checkbox"/> No

I / we wish to donate \$ _____ as a gift to Te Tahi Youth.

My / our gift will be donated as a single gift (as specified by above amount)

OR pledged over time as follows:

<input type="text"/> weekly payments of \$ <input type="text"/>	<input type="text"/> fortnightly payments of \$ <input type="text"/>
<input type="text"/> monthly payments of \$ <input type="text"/>	<input type="text"/> annual payments of \$ <input type="text"/>

Starting at: ____/____/____ Over: _____ years (pledge time period)

☐ Bank transfer as per Gift / Pledge information stated above.

Account Details: Te Tahi Youth
 Bank Account: 12-3147-0531870-00

Particulars: Your Surname and Initials
 Code: Campaign
 Reference: Initial + Surname

☐ Credit Card: I / we authorise Te Tahi Youth to automatically charge this credit card when payments are due

Card Number:

 Visa

 Master Card

Expiry: ____/____/____

Name on Card:
 Signature:

Gifts are tax deductible to the extent allowed by New Zealand law | Te Tahi Youth is registered with Charities Services (CC46560)

By completing this form I consent to my information being stored and used for the financial, administrative and fundraising purposes of Te Tahī Youth. I understand that my data will be held securely and that I have a right to access my information. I understand that when this information is no longer required for this purpose it will be disposed of according to Te Tahī Youth's record disposal procedure.

Please return to: Te Tahi Youth, PO Box 27248, Shirley, Christchurch 8640
Phone +64 3 943 9299 | fundraising@tetahiyoung.org.nz | tetahiyoung.org.nz

Te Tahī Youth is a registered charity [CC46560]. All donations are tax-deductible to the full extent of the law. Your support helps us to provide essential services to youth in need across Ōtautahi. For questions or for more information, contact: fundraising@tetahiyoung.org.nz or call + 64 3 943 9298



By supporting Te Tahi Youth, you are making a meaningful investment in the future of rangatahi across Ōtautahi. Together, we can break down the barriers that rangatahi face and open doors to life-changing opportunities. Your generosity helps us provide a safe, welcoming space where youth can access healthcare, mental health support, and the guidance they need to take charge of their futures.

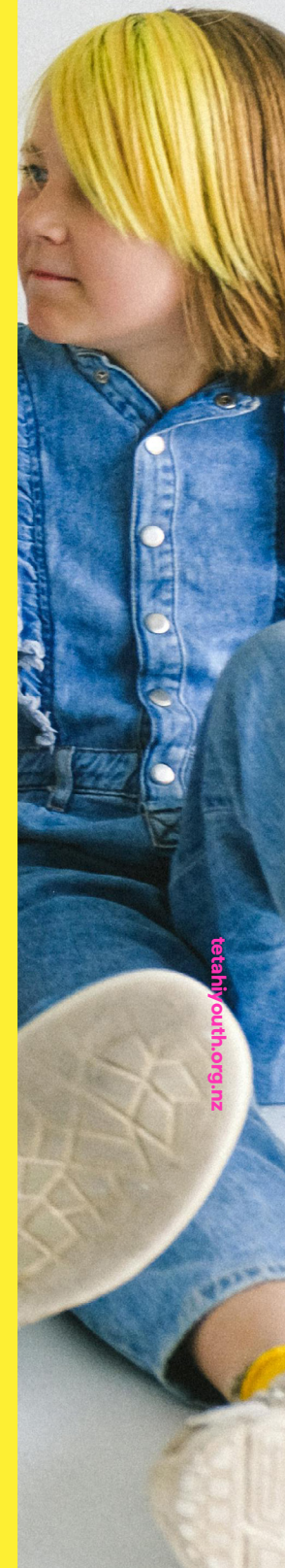
We are deeply grateful for the generosity of those who have already stood alongside us. Your support enables us to continue delivering critical services that truly make a difference in the lives of thousands of rangatahi each year. With your help, we can ensure every rangatahi who comes through our doors is met with care, respect, and unwavering support.

We know there are many worthy causes you could choose to support, and we are honoured that you are considering Te Tahi Youth. Partnering with us means helping to create a brighter, healthier future for our rangatahi, supporting their journeys toward resilience, confidence, and self-empowerment.

Whether through a donation, sponsorship, or simply sharing our mission with others, your involvement is vital to the success of our work. Together, we can ensure that even more rangatahi have access to the opportunities and resources they need to thrive.

Thank you for your commitment to transforming the lives of youth in our community. I would love to connect with you about how we can work together to create lasting impact, please don't hesitate to reach out.

Nia Gardner
Fundraising Manager, Te Tahi Youth





Te Tahī Youth

Te Tahī Youth at The Loft
The Loft, Level 1
Eastgate Mall
20 Buckleys Road
Christchurch 8013



fundraising@tetahiyoung.org.nz