

Supporting Your Financial Wellbeing Through Change

Work and life changes can affect your finances. This guide provides information and resources to help you navigate periods of change with confidence, such as Redundancy, Retirement, Parental Leave, and Changes in income.



Mortgage & Financial support

Your Bank or Mortgage Provider

Hardship assistance, repayment changes, mortgage restructuring, payment holidays and support options.

Contact your bank directly

MoneyTalks

Free financial mentoring, budgeting, debt support and assistance negotiating with creditors or lenders.

Phone: 0800 345 123

Website: <https://fincap.org.nz/moneytalks>

Debtfix

Advice on formal and informal options for managing unmanageable debt.

Phone: 0800 3328 101

Website: <https://www.debtfix.co.nz/>

Citizens Advice Bureau (CAB)

Free advice and connections to support services

Phone: 0800 367 222

Website: <https://www.cab.org.nz/>

Employment & Redundancy

Employment New Zealand (MBIE)

Employment rights, redundancy processes, leave entitlements, parental leave and workplace issues.

Phone: 0800 209 020

Website: <https://www.employment.govt.nz>

Work and Income

Benefits, Superannuation, emergency assistance, accommodation support, parental support and help finding work.

Phone: 0800 559 009

Website: <https://www.workandincome.govt.nz>

Community Law

Free legal advice on employment, debt, family, and other legal matters

Website: <https://communitylaw.org.nz>

Citizens Advice Bureau (CAB)

Free advice about employment rights, financial support & redundancy FAQs

Phone: 0800 367 222

Website: <https://www.cab.org.nz/>

Tax & Superannuation

Inland Revenue (IRD)

Child Support, Working for Families, KiwiSaver, tax, and payment arrangements

Phone: 0800 227 774

Website: <https://www.ird.govt.nz/>

Work and Income

NZ Superannuation, Veteran's Pension, eligibility, payments and financial assistance.

Phone: 0800 559 009

Website: <https://www.workandincome.govt.nz>

Sorted

Budgeting, KiwiSaver, retirement, and financial planning tools and calculators

Phone: 0800 227 774

Website: <https://www.ird.govt.nz/>

Your KiwiSaver Provider

Information about your KiwiSaver account, contributions, and retirement savings options

Contact your provider directly

Wellbeing

Sonder

Wellbeing support, counselling, coaching and practical assistance (where provided through an employer)

Website: <https://members.sonder.io/download-app>

1737 – Need to Talk?

Free 24/7 confidential support from a trained counsellor for anyone feeling stressed, anxious or overwhelmed

Phone or Text: 1737

Website: <https://1737.org.nz/>

Family Services Directory

Find local counselling, family support, food assistance, housing services and community organisations.

Website:

<https://www.familyservices.govt.nz/directory/>

Need further assistance or guidance?

Reach out to the Good Shepherd Financial Wellbeing program

Phone: 0800 969 397

Email: fwp@goodshepherd.org.nz



Good Shepherd
New Zealand