

# #Life Hacks

# Dental and Oral Health Services for Young People in Counties Manukau

Good oral health and hygiene is an important part of general health. Your dentist provides care to keep your teeth and gums strong and healthy. Having regular dental checks means problems can be fixed before they get too bad.



## School Dental Services

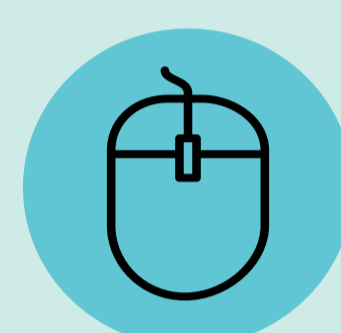
Auckland Regional Dental Service (ARDS) provides **free** School Dental Services for children and young people from 0 to Year 8. For more information about these services, and how to enrol at the nearest school dental clinic:



List of hub clinics



**Call** 0800 TALK TEETH  
0800 825 583 and press 1



**Visit** [www.letstalkteeth.co.nz](http://www.letstalkteeth.co.nz)

## Adolescent Dental Services

Dental care is free from year 9 up to your 18th birthday if you are enrolled with a dentist contracted with Counties Manukau District Health Board. For a list of these contracted dental practices, scan the QR code to the right.



Contracted Practices

## Mobile Providers

Some dentists provide mobile services at schools from a mobile dental surgery on the school grounds. You can view a list of schools with a mobile service by scanning the QR code to the right.



Mobile Dental Providers

## Emergency Dental Services for those aged over 18 years, for \$40

Once you turn 18, there are Emergency Dental, & Relief of Pain services available subsidised by the District Health Board.

Hospital oral health clinics provide emergency services by appointment, applicable to **NZ residents** over the age of 18.

Contracted dentists provide limited services by appointment for people with a **Community Services Card** or **pension card**.

These services are for a maximum of 3 visits per person per year, one tooth may be dressed, antibiotics prescribed to treat infection, or the tooth may be pulled out. This service does not include ongoing treatment to the tooth such as fillings, root canals, dentures or orthodontic treatment.

For a list of clinics and contracted dentists that provide subsidised emergency dental, and relief of pain services, scan the QR code below.



Hospital Oral Health Clinics  
& Contracted Dentists

Always ask for a cost estimate before treatment. Quotes may also be provided for Work & Income NZ for financial assistance towards dental treatment.

Please send feedback to:  
[cmdhbyouthhealthinterns@gmail.com](mailto:cmdhbyouthhealthinterns@gmail.com)