

Service Directory

Mental health services provided by the DHB are often called specialist services. These require a GP referral, or a referral from the Mental Health Emergency Teams, which are:

- **EPS**
The Emergency Psychiatric Service (EPS) is a mobile 24-hour, 7-day a week service providing emergency services to people with acute mental health needs, based in Dunedin hospital.
- **SMHET**
The Southland Mental Health Emergency Team (SMHET) provides a 24 hour/7 day week service for people who need crisis mental health (emergency) treatment, assistance and information about The Mental Health (Compulsory Assessment and Treatment) Act.

Specialist mental health services provided by the DHB are:

- **YSS**
Youth Specialty Service (YSS) provides assessment and treatment for young people aged between 14 to 18 years, and operates out of 8 Moray Place, Dunedin.
- **CAFMHS**
Child, Adolescent and Family Mental Health Service (CAFMHS) provides assessment and treatment for children and young people aged up to 14 years, and operates out of 9 Moray Place (Dunedin), 24 Clyde Street (Balclutha), Hospital Street (Clyde) and 2 Trent Street (Oamaru).
- **CAFS**
Child, Adolescent and Family Service (CAFS) provide assessment and treatment primarily to children and young people aged up to 18 years, and operates out of Southland Hospital, 6 Irwell Street (Gore) and 19 Douglas Street (Frankton).
- **EIPS**
The Early Intervention in Psychosis Service (EIPS) provides comprehensive assessment and treatment for young people between the ages of 16-30 who are experiencing psychosis for the first time. Psychosis describes a condition affecting a person's thought processes so that they can have difficulty in telling what is real and what is not.
- **Ward 9C**
Ward 9C has two South Island regional youth inpatient beds within a dedicated youth area at Wakari Hospital in Dunedin. Adult patients are encouraged to avoid this area unless they are accessing their own rooms.

Some non-government organisations (NGOs) also require a GP referral, or a referral from a DHB service. Some that you may encounter in the Otago/Southland region are:

- Able – Southern Family Support
- Adventure Development

- Artsenta
- Ashburn Clinic
- Corstophine Baptist Community Trust
- Gore Counselling Centre
- Loss and Grief Centre
- Mirror Counselling
- Nga Kete Matauranga Pounamu Charitable Trust - Mental Health & Addictions
- Oamaru Mental Health Support Trust
- Otago Accommodation Trust
- Otago Mental Health Support Trust
- Otago Youth Wellness Trust
- Pacific Island Advisory & Cultural Trust (PIACT) - Mental Health & Addiction Services
- Rural Support Trust
- Silverline
- Synergy
- The Compassionate Friends NZ
- Thrive! Te Pae Ora
- Volunteer South – Supported Volunteering Services
- Waitaki Mental Health Support Group
- Youthline