












## Central Lakes Migrant Support Directory

Name	Contact	Description	Website	Logo
<b>Community Organisations</b>				
<b>Arai Te Uru Whare Hauora</b>	<a href="mailto:reception@araiteuru.co.nz">reception@araiteuru.co.nz</a>	Advice, advocacy, information and support to the migrant community	<a href="http://www.araiteuru.co.nz/#home">http://www.araiteuru.co.nz/#home</a>	
<b>Community Networks Wanaka</b>	34 McDougall Street, <b>Wanaka</b> 03 443 7799	Social Services Assistance with Counselling fees, food, budgeting advice	<a href="https://communitynetworks.co.nz/">https://communitynetworks.co.nz/</a>	
<b>Citizens Advice Bureau</b>	44 Stanley Street <b>Queenstown</b> 03 442 6799	Migrant information and assistance including free legal advice	<a href="https://www.cab.org.nz/location/cab-queenstown">https://www.cab.org.nz/location/cab-queenstown</a>	
<b>Food Support</b>				
<b>Baskets of blessing</b>	Online referral or nomination	Free meals <b>Queenstown</b> region	<a href="https://www.basketsofblessing.co.nz/meals">https://www.basketsofblessing.co.nz/meals</a>	
<b>Dovetail Meals</b>	Online referral or nomination	Free homecooked meals <b>Queenstown</b> Region	<a href="https://www.facebook.com/groups/545099185595998/">https://www.facebook.com/groups/545099185595998/</a>	
<b>Food for Love</b>	Online referral or nomination	Free homecooked meals <b>Wanaka</b> region	<a href="https://www.foodforlovetwanaka.com/">https://www.foodforlovetwanaka.com/</a> <a href="https://www.facebook.com/pg/Foodforlove1/posts/">https://www.facebook.com/pg/Foodforlove1/posts/</a>	

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<b>Happiness House</b>	4 Park Street <b>Queenstown</b> 03 442 6531 0279735535	Community Support Centre clothing, food, counselling	<a href="http://happinesshouse.org.nz/contact.htm">http://happinesshouse.org.nz/contact.htm</a>	
<b>Healthline</b>	0800 611 116  <b>111 for emergencies</b>	If there are any health concerns and not registered at a medical centre. <b>Interpreters available</b>	<a href="https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline">https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline</a>	
<b>Kiwi Kit Community Trust</b>	<a href="https://www.facebook.com/thekiwikitcommunitytrust/?ref=py_c">https://www.facebook.com/thekiwikitcommunitytrust/?ref=py_c</a>	Empower and support migrants with events and programmes	<a href="http://www.thekiwikitcommunity.org">www.thekiwikitcommunity.org</a>	
<b>Lakes District Multicultural Council</b>	021 023 07400	Promote, support and share information amongst all ethnic communities	<a href="https://multiculturalnz.org.nz/lakes%20district%20multicultural%20council">https://multiculturalnz.org.nz/lakes%20district%20multicultural%20council</a>  <a href="https://www.facebook.com/Lakes-District-Multicultural-Council-184774175687675/">https://www.facebook.com/Lakes-District-Multicultural-Council-184774175687675/</a>	
<b>The Salvation Army</b>	<b>Queenstown, Wanaka, Alexandra</b>	Social Services, Counselling, Budget services, Op shop, Food assistance	<a href="https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown">https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown</a>  <a href="https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra">https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra</a>	

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### Language and Translation Services

<p>Diversity Counselling and Psychology service</p>	<p>Call or text 021 0262 5587 9am-5pm Respond within 24hrs</p> <p><a href="mailto:contact@dcnz.net">contact@dcnz.net</a></p>	<p>Diversity Counselling New Zealand (DCNZ) free culturally responsive counselling and psychological services by ethnic, registered professional counsellors and clinical psychologists for migrants and former refugees from Asian, Middle Eastern, Latin American, African, and Continental European backgrounds (all age groups, all genders).</p>	<p><a href="https://dcnz.net/">https://dcnz.net/</a></p>	
<p>Ezispak</p>	<p>0800 453 771</p>	<p>Video interpreting service</p>	<p><a href="https://www.ezispak.nz/">https://www.ezispak.nz/</a></p>	
<h3>Medical Centres</h3>				
<p>Arrowtown Medical Centre</p>	<p>Berkshire Street, <b>Arrowtown</b> 03 450 1355</p>	<p><b>Health Improvement Practitioner (HIP) and Health Coach</b></p>	<p><a href="https://www.qmc.co.nz/contact-us/">https://www.qmc.co.nz/contact-us/</a></p> <p><a href="https://www.qmc.co.nz/contact-us/">https://www.qmc.co.nz/contact-us/</a></p>	

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<p>Queenstown Medical Centre</p> <p>Remarkables Medical Centre</p>	<p>9 Isle Street, <b>Queenstown</b> 03 441 0500</p> <p>12 Hawthorne Drive, <b>Remarkables Park</b> 03 450 9199</p>	<p>Free same-day support regarding any wellbeing or lifestyle concerns for individuals enrolled at QMC</p>	<p><a href="https://www.qmc.co.nz/contact-us/remarkables-clinic/">https://www.qmc.co.nz/contact-us/remarkables-clinic/</a></p>	 
<p>Aspiring Medical Centre</p> <p>Wanaka Medical Centre</p>	<p>23 Cadrona Valley Road <b>Wanaka</b> 03 443 0725</p> <p>23 Cadrona Valley Road <b>Wanaka</b> 03 443 0710</p>	<p><b>Health Improvement Practitioner (HIP) and Health Coach</b></p> <p>Free same-day support regarding any wellbeing or lifestyle concerns for individuals enrolled at either practice</p>	<p><a href="https://www.aspiringmedical.co.nz/">https://www.aspiringmedical.co.nz/</a></p> <p><a href="https://wanakamedical.co.nz/">https://wanakamedical.co.nz/</a></p>	 
<p>Alexandra Family Medical</p>	<p>18 Limerick Street <b>Alexandra</b> 03 901 6277</p>	<p><b>Health Improvement Practitioner and Health Coach</b></p>	<p><a href="http://alexfamilymed.co.nz/">http://alexfamilymed.co.nz/</a></p>	
<p>Health Central Ltd</p>	<p>93 Tarbert Street, <b>Alexandra</b> 03 440 0295</p>	<p><b>Health Improvement Practitioner and Health Coach</b></p>	<p><a href="https://www.healthcentralnz.com/">https://www.healthcentralnz.com/</a></p>	

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Mental Health Support				
<b>1737</b>	Free call or text Anytime 24/7 Or call <b>0800 1737 1737</b> <b>Translation available</b>	Talk to a trained counsellor for mild to moderate mental distress	<a href="https://1737.org.nz/">https://1737.org.nz/</a>	<p><b>NEED TO TALK?</b></p> 
Central Lakes Community Mental Health Service	19 Douglas Street <b>Queenstown</b> 03 441 0010  or  Hospital Street <b>Clyde</b> 03 440 4308	Moderate to severe maternal mental health distress	<a href="http://www.southernhealth.nz">www.southernhealth.nz</a>	 <p><b>Southern Health</b> He hauora, he kuru pounamu</p>
<b>Emergency Mental Health Support</b>	<b>Emergency 0800 467 846 Press 1 for Southland (Queenstown) Press 2 for Otago</b>			

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