

An immediate mental health crisis

In an immediate and serious situation when you are concerned for your safety or the safety of those around you:

Phone 111

If the situation does not require an immediate urgent response contact Southern District Health Board crisis line (emergency psychiatric team) on **0800 467 846**. Press 1 for Southland (includes Queenstown) or Press 2 for Otago. The service is for people who need crisis mental health emergency treatment, assistance, and information.

Call **111**

Waea **111**



Whakaarotau hauora hinekaro

Medical clinics

Queenstown

Mountain Lakes Medical
(Queenstown/Frankton) 03 442 7188

Queenstown Medical Centre
(Queenstown/Frankton/Arrowtown) 03 441 0500

Wakatipu Medical Centre
(Queenstown/Lower Shotover) 03 442 2288

Wānaka

Wanaka Medical Centre 03 443 0710

Aspiring Medical Centre 03 443 0725

Central

Cromwell Family Practice 03 445 4666

Cromwell Medical Centre 03 445 1119

Junction Health 03 445 4688

Alexandra Family Medical 03 901 6277

Health Central - Alexandra 03 440 0295

Ranfurlly Medical Centre 03 444 1073

Roxburgh Medical Centre 03 446 8200

Fiordland

Fiordland Medical Practice 03 249 7007

More great resources

Community Networks Wanaka, 34 McDougall St,
Wanaka or communitynetworks.co.nz

[www.healthpoint.co.nz/mental-health-addictions/
central-lakes/](http://www.healthpoint.co.nz/mental-health-addictions/central-lakes/)

qldc.govt.nz/community/community-wellbeing

Traffic Light Guide

Looking after your mental wellbeing

Manaakitia i tō oraka

Keeping well
Kia piki te ora

Extra support
He taupua ano

Immediate crisis
Mōrearea ināianeī tonu

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Te Hau Toka Southern
Lakes Wellbeing Group

 **Southern
Health**
He hauora, he kuru pounamu
www.southernhealth.nz

Keeping well Kia piki te ora

Maintaining your wellbeing is important. It's a bit like keeping physically fit – something that you work on throughout life.

CONNECT
ME WHAKAWHIANAUANGA

Connect with the people around you: whānau, friends, colleagues, neighbours.

KEEP LEARNING
ME AKO TONU

Keep Learning. Try something new, or rediscover an old interest.

BE ACTIVE
ME KORI TONU

Be Active. Go for a walk or run. Step outside. Garden. Play a game.

Give TUKUA

Do something nice for a team mate. Thank someone. Volunteer your time.

TAKE NOTICE
ME ARO TONU

Remark on the unusual. Notice the changing seasons. Savour the moment.

Apps and online learning

There are lots of great free wellbeing apps and online learning to support you.

melon

A free app, empowering you to become your strongest self.
melonhealth.com

THE LOWDOWN
CO.NZ

Helping young Kiwis recognise and understand depression or anxiety.
thelowdown.co.nz

just a thought

Free courses on anxiety, depression, and managing stress.
justathought.co.nz

Mental Health Foundation
OF NEW ZEALAND
mauri tū, mauri ora

Resources to support mental health and wellbeing.
mentalhealth.org.nz

Mentemia

A free NZ app with mental wellbeing coach support 24/7.
mentemia.com/nz

When you need some extra support

So you're not feeling great?

It's been a tough time and some of us who may not have needed support previously could do with a helping hand. There's support out there if you need it. **A good first step is to see your GP (listed overleaf).**

Some GP practices offer the free services of:

Health Improvement Practitioners. These are qualified, registered health professionals who help people of all ages take positive steps in improving their physical and mental wellbeing.

Health Coaches, for support understanding healthy choices, goal setting, managing medication, and chronic conditions.

Community Support Workers, who help people to lead healthy lifestyles, and assist with social engagement, paid work, housing and money matters.



Mēnā e pīraki he āwhina anō

Your GP may be able to refer you to:

Mental Health Brief Intervention Service

Up to five free sessions with a counsellor for adults 20 years and above with mild to moderate mental health issues, including, stress, anxiety, depression, and alcohol and drug misuse. In person, phone or video counselling options are available.

Youth and Family Services

Professional counselling services for young people aged 12-24 years. Includes supporting them and their whānau in dealing with alcohol and drug issues and/or mental health difficulties. Sessions can be face to face, by phone or video call. Self-referral can also be made to Central Lakes Family Services or Adventure Development.

Kaupapa Māori Services

Mana Tāhuna delivers services for both Māori and non-Māori in the Whakatipu, which value Māori tikanga (cultural values, processes and beliefs). Mana Tāhuna's mission is to improve the overall wellbeing of Māori people within the Tāhuna community. Visit manatahuna.co.nz or phone **027 778 3935**.

SDHB Community Mental Health Services

Providing a range of specialist mental health and addiction services in the community for adults and child/adolescent/youth.

Phone and text services

1737

Free phone or text **1737**, for support from trained counsellors 24/7. Interpreter services are available in more than 40 languages.

Youthline counselling services, free phone **0800 376 633** or text **234** or webchat youthline.co.nz