

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

The Doctors, Wakatipu
(Frankton/Lower Shotover) 03 442 2288

The Village Medical Centre
(Frankton) 03 4414333

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

Proudly supported by
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 WHAKAWHANAUNGA

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 LOWLY 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 era

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.

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



Mēnā e pīraki he āwhina anō

Your GP may be able to refer you to:

Mental Health Brief Intervention Service

For mild to moderate mental health issues, including stress, anxiety, depression and concerns about drugs and alcohol. Up to 5 free sessions for adults 20 years+. Counselling can be face-to-face, by phone or video call.

Youth and Family Services

Professional counselling for young people 12-24 years. Includes support for them and their whānau to deal with alcohol and drug issues and/or mental health challenges. Can be face-to-face, by phone or video call. Central Lakes Family Services or Adventure Development also take self-referrals.

Kaupapa Māori Services

Whakatipu: Mana Tāhuna. Visit manatahuna.co.nz or phone **027 778 3935**.

Central Otago: Uruuruwhenua Hauora. Visit uruuruwhenuahealth.co.nz or phone **0800 878 087**.

Fiordland: Nga Kete Matauranga Pounamu. Visit nkmp.maori.nz or phone **0800 925 242**.

Rainbow Community

Programmes include Outline and Pride Counselling and local high school Spectrum Groups.

SDHB Community Mental Health Services

A range of specialist mental health and addiction services are available for adults and child/ adolescent/youth.