# 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.



### 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
Ranfurly 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/

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 ināianei tonu

Proudly supported by Te Hau Toka Southern Lakes Wellbeing Group



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



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



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



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



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.



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



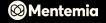
Helping young Kiwis recognise and understand depression or anxiety. thelowdown.co.nz



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



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



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



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.

<u>Fiordland:</u> 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.