

Central Lakes migrant support directory

| Name | Contact | Description | Website | Logo |
|---------------------------------|--|--|---|--|
| Community Services | | | | |
| Arai Te Uru Whare Hauora | reception@araiteuru.co.nz | Advice, advocacy, information and support to the migrant community | http://www.araiteuru.co.nz/#home |  |
| Citizens Advice Bureau | 44 Stanley Street Queenstown 03 442 6799 | Migrant information and assistance including free legal advice | https://www.cab.org.nz/location/cab-queenstown |  |
| Community Networks/LINK | 34 McDougall Street, Wanaka 03 443 7799 info@communitynetworks.co.nz | Connection to social support services, information and advice; subsidised counselling and financial assistance; social worker appointments; food parcels; support programme for local families with pre-school age children; training opportunities; community group consultation and funding. | https://communitynetworks.co.nz/ www.link.org.nz |  |

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| Diversity Counselling/Psychology Service | 021 0262 5587 contact@dcnz.net | Free culturally responsive counselling and psychological services | https://dcnz.net/ |  |
| Happiness House | 4 Park Street Queenstown 03 442 6531 0279735535 info@happinesshouse.org.nz | Community Support Centre clothing, food, counselling | http://happinesshouse.org.nz/contact.htm |  |
| Healthline | 0800 611 116 111 for emergencies | If there are any health concerns and not registered at a medical centre. Interpreters available | https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline |  |
| Kiwi Kit Community Trust | https://www.facebook.com/thekiwikitcommunitytrust/?ref=py_c | Empower and support migrants with events and programmes | www.thekiwikitcommunity.org |  |
| Lakes District Multicultural Council | 021 023 07400 | Promote, support and share information amongst all ethnic communities | https://multiculturalnz.org.nz/lakes%20district%20multicultural%20council https://www.facebook.com/Lakes-District-Multicultural-Council-184774175687675/ |  |

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| Red Cross | 0800 733 276 | First Aid - Psychological First Aid training and Psychosocial Support | www.redcross.org.nz |  NEW ZEALAND RED CROSS RĪPEKA WHERO AOTEAROA |
| Southern Wellbeing Trust | info@southernwellbeingtrust.org | Free mental wellbeing GoodYarn workshops for people from migrant communities | https://www.southernwellbeingtrust.org/ |  Southern Wellbeing Trust |
| The Salvation Army | Queenstown, Wanaka, Alexandra | Social Services, Counselling, Budget services, Op shop, Food assistance | https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra |  THE SALVATION ARMY |
| Food Support | | | | |
| Baskets of blessing | Online referral or nomination | Free meals Queenstown region | https://www.basketsofblessing.co.nz/meals |  baskets of blessing meals |
| Dovetail Meals | Online referral or nomination | Free homecooked meals Queenstown Region | https://www.facebook.com/groups/545099185595998/ |  DOVETAIL MEALS QUEENSTOWN |

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| | | 03 442 7188 admin@mountainlakesmedical.co.nz | |  MOUNTAIN LAKES MEDICAL QUEENSTOWN |
| The Doctors, Wakatipu | Queenstown | 11 McBride Street Frankton 03 442 2288 4 Thirteenth Avenue, Lower Shotover 03 442 2281 | https://www.wakatipumedical.co.nz/contacts.html https://thedoctors.co.nz/ |  Wakatipu Medical Centre  the doctors medical centres |
| The Village Medical Centre | Queenstown | 03 441 4333 hello@villagemedicalcentre.co.nz | https://villagemedicalcentre.co.nz/contact/ |  THE VILLAGE MEDICAL CENTRE |
| Aspiring Medical Centre | 23 Cardrona Valley Road Wanaka 03 443 0725 | Health Improvement Practitioner (HIP) and Health Coach | https://www.aspiringmedical.co.nz/ |  aspiring medical centre |
| Wanaka Medical Centre | 23 Cardrona Valley Road Wanaka 03 443 0710 | Free same-day support regarding any wellbeing or lifestyle concerns | https://wanakamedical.co.nz/ | |

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| | | for individuals enrolled at either practice | |  |
| Alexandra Family Medical | 18 Limerick Street Alexandra 03 901 6277 | Health Improvement Practitioner and Health Coach | http://alexfamilymed.co.nz/ |  |
| Health Central Ltd | 93 Tarbert Street, Alexandra 03 440 0295 | Health Improvement Practitioner and Health Coach | https://www.healthcentralnz.com/ |  |
| Cromwell Family Practice | Unit 3 Cromtrade 2 McNulty Road Cromwell 03 445 4666 | | https://www.cromwellfamilypractice.co.nz |  |
| Cromwell Medical Centre | 192 Waenga Drive Cromwell 03 445 1119 | | https://www.crommed.co.nz/ |  |
| Junction Health | 1A Traders Lane Cromwell 03 445 4688 | Health Improvement Practitioner (HIP) And Health Coach | https://www.junctionhealth.co.nz/ |  |

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| Ranfurly Medical Centre | 51 Tyrone Street Ranfurly 03 444 1073 admin@ranfurlymed.co.nz | | https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurly-medical-centre/ | |
| Roxburgh Medical Centre | 65 Scotland Street Roxburgh 03 446 8200 admin@rocmed.health.nz | | https://roxburghmedical.com/ |  R O X B U R G H Medical Services Trust |
| Mental Health Support | | | | |
| 1737 | Free call or text 1737 0800 1737 1737 Anytime 24/7 | Talk to a trained counsellor | https://1737.org.nz/ | NEED TO TALK?  |
| Brief Intervention Service | GP or practice nurse referral 0800 477 1155 info@wellsouth.org.nz | Free assistance & support to people experiencing mild to moderate mental distress | https://wellsouth.nz/community/mh-concerns/brief-intervention-services/ |  WellSouth <i>Primary Health Network</i> <i>Hauora Matua Ki Te Tonga</i> |
| Central Lakes Community Mental Health Service | 19 Douglas Street Queenstown 03 441 0010 Hospital Street Clyde 03 440 4308 | Moderate to severe mental health distress | www.southernhealth.nz |  Southern Health <i>He hauora, he kuru pounamu</i> |

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| Emergency Mental Health Support | Emergency 0800 467 846 Press 1 for Southland (Queenstown) Press 2 for Otago | | | |
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Te Hau Toka

S O U T H E R N L A K E S W E L L B E I N G G R O U P

Updated December 2021