







Upper Clutha Child and Youth Support Services

Name	Description	Contact	Website	Logo
Community services				
Anglican Family Care	Family Start Home-based Family Support	0800 326 2273 03 443 6623	https://anglicanfamilycare.org.nz/	
Central Lakes Family Service	Family/Whānau Support Counselling Family harm programmes	Community Hub Wanaka 0508 440 255 info@clfs.co.nz	www.clfs.co.nz	
Community College Youth Service Central Otago	Free youth coaching service providing wrap around support for young people- 16-17 years old. Help with education, training and work-based learning	0800 887 005	https://www.comcol.ac.nz/comol-otago-0800-887-005.html	
Community Networks/LINK	Connection to social support services, information and advice; subsidised counselling and financial assistance; social worker appointments;	34 McDougall Street, Wanaka 03-443 7799 info@communitynetworks.co.nz	https://communitynetworks.co.nz/ www.link.org.nz	

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	food parcels; support programme for local families with pre-school age children; training opportunities; community group consultation and funding	familysupport@communitynetworks.co.nz		
Dunstan Hospital	Emergency health needs	29 Hospital Road Clyde 03 440 4300	https://www.southernhealth.nz/services/dunstan-hospital-services	
Family Works	Social Work Support Welfare and Foodbank	34 McDougall Street, Wanaka 0508 396 678 enquiries@psotago.org.nz	https://psotago.org.nz/family-works/	
Health School Central Otago	Education for children who are too unwell to attend regular school	0800 774 700 secretary@southernhealth.school.nz	www.srhs.school.nz	


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Kahu Youth Trust	Youth service Youth workers Drop-in sessions Programmes School holiday programmes	11 Russell Street Wanaka 03 443 5880 info@kahuyouthtrust.org	https://kahuyouth.org/	
Melon	Online youth related mental health resources	Call or chat online 0800 942 8787	https://www.melonhealth.com/ https://whatsapp.co.nz/	
Parent2Parent	Support for a child with a disability for families by connecting parents, supporting siblings and information.	027 808 3949 otago@parent2parent.org.nz	https://parent2parent.org.nz/otago/	
Plunket Wanaka	Support service for health and wellbeing of Tamariki under 5 and whanau	51 Ardmore Street 03 474 0490 027 591 6050 PLUNKETLINE 0800 933 922 Free advice service 24/7	https://www.plunket.org.nz/plunket-near-me/upper-clutha	

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Rainbow Youth NZ	We provide support, information, resources and advocacy for Aotearoa's queer, gender diverse	09 376 4155 auckland@ry.org.nz	https://ry.org.nz/	
STAND Children's Services	Social services and support for children and their whanau	03 446 8119 southern@standforchildren.org.nz	https://www.standforchildren.org.nz/our-regions	
Strengthening Families	A free service to coordinate support for families needing assistance with finances, food, practical needs and other therapeutic options	021 912028 strengtheningfamilies@coreap.org.nz	https://www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html	
	Food for Love Free homecooked meals	contact@foodforlovetwanaka.com	https://www.foodforlovetwanaka.com/ https://www.facebook.com/pg/Foodforlove1/posts/	




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Sticks and Stones	Youth led, national, bullying prevention organisation	hello@sticksnstone.co.nz www.sticksnstones.co.nz/	https://www.sticksnstones.co.nz/	
Te Runanga o Nga Maata Waka Inc.	Whanau Resilience is a long term service for 10 – 18 year olds and their whanau, who have been affected by intergenerational family harm. Supports to strengthen cultural identity and whakapapa, community capability and connection and creating healthy skills and relationships.	027 341 7897 tina.macdonald@maatawaka.org.nz	https://maatawaka.org.nz/about-us/referrals/	
The Salvation Army	Family Store, Counselling, Budget assistance	The Salvation Army, 50 Helwick Street Wanaka 03 443 5065	https://opshopdirectory.co.nz/the-salvation-army-family-store-wanaka/	




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Youth Horizons	Focused programmes that create better futures for rangatahi who are impacted by conduct problems.	06 222 6355 info.central.southern@youthorizons.org.nz	https://www.youthorizons.org.nz/about-us/	 YOUTH HORIZONS KIA PUĀWAI
Youth Line	Free helpline	0800 376 633 Free text 234 Webchat	https://youthline.co.nz/	
Medical Centres				
Aspiring Medical Centre	Health Improvement Practitioner and Health Coach – Free support regarding any wellbeing or lifestyle concerns	23 Cardrona Valley Road 03 443 0725 office@aspiringmedical.co.nz	https://www.aspiringmedical.co.nz/	 aspiring medical centre

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Wanaka Medical Centre	Health Improvement Practitioner and Health Coach - Free support regarding any wellbeing or lifestyle concerns	23 Cardrona Valley Road 03 443 0710	https://wanakamedical.co.nz/	
Mental Health Support				
1737	Talk to a trained counsellor	Free call or text Anytime 24/7 1737 Or 0800 1737 1737	https://1737.org.nz/	NEED TO TALK? 
Emergency Mental Health Support		Emergency 0800 467 846 Press 2 for Upper Clutha (OTAGO)		
Pact	Youth support workers work alongside youth recovering from mental illness	Pact Southland 03 211 2850	http://www.pactgroup.co.nz/	
Southern DHB Child and Youth Mental Health Services	Assessment and treatment for children, young people and their families who are experiencing moderate to severe mental	29 Hospital Street Clyde 03 440 4300	www.southernhealth.nz	

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	health problems at home and at school. Suspected psychiatric disorders, or severe emotional and behavioural disturbances			 <p style="text-align: center;">He hauora, he kuru pouamu</p>
Thrive - Brief Intervention Service	Free face-to-face counselling for youth 12-24yr with mild to moderate mental distress or mild to moderate substance use issues	GP or practise nurse referral, or self-referral online 03 2188 833 admin@thriveservices.org.nz	http://www.thriveservices.org.nz/services	 <p style="text-align: center;">Services Provided By Adventure Development </p>

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

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