














## Central Otago Business Support Directory

Name	Contact	Description	Website	Logo
<b>Business Support</b>				
<b>Business South</b>	03 479 0181 <a href="mailto:info@business-south.org.nz">info@business-south.org.nz</a>	Supporting the learning needs of Otago and Southland businesses	<a href="http://www.regionalbusinesspartners.co.nz">www.regionalbusinesspartners.co.nz</a> <a href="http://www.business-south.org.nz">www.business-south.org.nz</a>	 <b>Business South Inc</b> Otago Chamber & Southern Employers Regional Business Partner Network
<b>Central Otago District Council</b>	03 440 0056 <a href="mailto:Info@codc.govt.nz">Info@codc.govt.nz</a>	Information and community wellbeing	<a href="https://www.codc.govt.nz/">https://www.codc.govt.nz/</a>	 <b>CENTRAL OTAGO</b> DISTRICT COUNCIL
<b>Otago Regional Business Partners</b>	03 479 0181 <a href="mailto:support@otagorbp.co.nz">support@otagorbp.co.nz</a>	RBP are here for New Zealand's small-to-medium business owners. If your business is facing some challenges and you would like some help to work through them.	<a href="https://www.regionalbusinesspartners.co.nz/">https://www.regionalbusinesspartners.co.nz/</a>	 <b>Regional Business Partner Network</b>
<b>Southern Rural Support Trust</b>	0800 787 254	Farming and business advice Mental Wellness Support Access to counselling	<a href="https://www.rural-support.org.nz/Regions/South-Island/Southland">https://www.rural-support.org.nz/Regions/South-Island/Southland</a>	 <b>RuralSupport</b>
<b>XAP - Xero Assistance Programme</b>	<a href="mailto:xap@xero.com">xap@xero.com</a>	The Xero Assistance Programme (XAP) provides Kiwi small businesses with access to free face-to-face, telephone, live chat and online counselling. Free through Benestar, and offered to Xero starter, standard and premium	<a href="https://www.xero.com/nz/xap-faq/">https://www.xero.com/nz/xap-faq/</a>	 <b>xero</b>





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		subscribers, their employees, and their families.		
<b>Community Services</b>				
<b>Able Minds</b>	28 Ashworth Street Alexandra 03 448 9303	Supporting families around mental distress of a loved one	<a href="http://www.able.org.nz">www.able.org.nz</a>	
<b>Catholic Social Services</b>	14/20 Centennial Avenue Alexandra  03 4485 385	Individual parenting support, social work and counselling	<a href="https://www.cathsocalservices.org.nz/">https://www.cathsocalservices.org.nz/</a>	
<b>Central Lakes Family Service</b>	Community House 14-20 Centennial Avenue,  0508 440 255 <a href="mailto:info@clfs.co.nz">info@clfs.co.nz</a>	Family/Whānau Support Counselling Family harm programmes	<a href="http://www.clfs.co.nz">www.clfs.co.nz</a>	
<b>Citizens Advice Bureau</b>	Community House 14-20 Centennial Avenue, Alexandra	The Alexandra Community Advice Network offers a free, confidential referral and advice service	<a href="https://www.cab.org.nz/community-directory/KB00004387">https://www.cab.org.nz/community-directory/KB00004387</a>	





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<b>Family Works</b>	0508 396 678  <a href="mailto:enquiries@psotago.org.nz">enquiries@psotago.org.nz</a>	Social Work Support Welfare and Foodbank	<a href="https://psotago.org.nz/family-works/">https://psotago.org.nz/family-works/</a>	
<b>Strengthening Families Cromwell Alexandra Maniototo</b>	0800 267 327  <a href="mailto:strengtheningfamilies@coreap.org.nz">strengtheningfamilies@coreap.org.nz</a>  <a href="mailto:sf.maniototo@coreap.org.nz">sf.maniototo@coreap.org.nz</a>	A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic & health options	<a href="https://www.coreap.org.nz/about-us/strengthening-families">https://www.coreap.org.nz/about-us/strengthening-families</a>	
<b>The Salvation Army</b>	37 Royal Terrace Alexandra 03448 9436	Advocacy support Court / prison support General welfare assistance Emergency accommodation, firewood, food Positive Lifestyle Programme (PLP)	<a href="https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps">https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps</a>	
<b>Uruuruwhenua Health</b>	113 Centennial Avenue Alexandra 03 4488634 0800 878 8634 <a href="mailto:info@uruuruwhenuahealth.com">info@uruuruwhenuahealth.com</a>	Mauri Ora Health Clinics and support Whanau Ora Navigation Youth Service	<a href="https://www.ururuwhenuahealth.co.nz/about/">https://www.ururuwhenuahealth.co.nz/about/</a>	


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Medical Centres				
<b>Alexandra Family Medical</b>	18 Limerick Street Alexandra  03 901 6277	Health Improvement Practitioner (HIP) and Health Coach	<a href="http://alexfamilymed.co.nz/">http://alexfamilymed.co.nz/</a>	
<b>Cromwell Family Practice</b>	Unit 3 Cromtrade 2 McNulty Road Cromwell 03 445 4666		<a href="https://www.cromwellfamilypractice.co.nz">https://www.cromwellfamilypractice.co.nz</a>	
<b>Cromwell Medical Centre</b>	192 Waenga Drive Cromwell  03 445 1119		<a href="https://www.crommed.co.nz/">https://www.crommed.co.nz/</a>	
<b>Health Central Ltd</b>	93 Tarbert Street, Alexandra  03 440 0295	Health Improvement Practitioner (HIP) and Health Coach	<a href="https://www.healthcentralnz.com/">https://www.healthcentralnz.com/</a>	
<b>Junction Health</b>	1A Traders Lane Cromwell  03 445 4688	Health Improvement Practitioner (HIP) And Health Coach	<a href="https://www.junctionhealth.co.nz/">https://www.junctionhealth.co.nz/</a>	
<b>Ranfurlly Medical Centre</b>	51 Tyrone Street Ranfurlly  03 444 1073 <a href="mailto:admin@ranfurllymed.co.nz">admin@ranfurllymed.co.nz</a>		<a href="https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurlly-medical-centre/">https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurlly-medical-centre/</a>	

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<b>Roxburgh Medical Centre</b>	65 Scotland Street Roxburgh  03 446 8200 <a href="mailto:admin@rocmed.health.nz">admin@rocmed.health.nz</a>		<a href="https://roxburghmedical.com/">https://roxburghmedical.com/</a>	 <b>R O X B U R G H</b> <b>Medical Services Trust</b>
<b>Mental Health Support</b>				
<b>1737</b>	Free call or text Anytime 24/7  Or call <b>0800 1737 1737</b>	Free confidential service. Talk to a trained counsellor	<a href="https://1737.org.nz/">https://1737.org.nz/</a>	<p style="text-align: center;"><b>NEED TO TALK?</b></p> 
<b>Brief Intervention Service (BIS)</b>	0800 477 1155 <a href="mailto:info@wellsouth.org.nz">info@wellsouth.org.nz</a>	Provides up to 5 free sessions of support for those with mild to moderate mental health need. Requires GP or practice nurse referral	<a href="https://wellsouth.nz/community/mh-concerns/brief-intervention-services/">https://wellsouth.nz/community/mh-concerns/brief-intervention-services/</a>	
<b>Central Lakes Community Mental Health Service</b>	Hospital Street Clyde  03 440 4308	Moderate to severe mental health distress, referral from a GP	<a href="http://www.southernhealth.nz">www.southernhealth.nz</a>	

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<b>Emergency Mental Health Support</b>	<b>0800 467 846</b> <b>Press 1 for Southland</b> <b>(Queenstown)</b> <b>2 for Otago</b>			
<b>Pact</b>	Pact Southland  03 211 2850	Support workers work alongside those recovering from mental illness	<a href="http://www.pactgroup.co.nz/">http://www.pactgroup.co.nz/</a>	

# 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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