














Central Otago Business Support Directory

Name	Contact	Description	Website	Logo
Business Support				
Business South Inc – Otago Chamber & Southern Employers	03 479 0181	Business assistance Business mentors	https://www.otagochamber.co.nz/	 Business South Inc Otago Chamber & Southern Employers
Central Otago District Council	03 440 0056 Info@codc.govt.nz	Information and community wellbeing	https://www.codc.govt.nz/	 CENTRAL OTAGO DISTRICT COUNCIL
Otago Regional Business Partners	03 479 0181 support@otagorbp.co.nz	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.	https://www.regionalbusinesspartners.co.nz/	 Regional Business Partner Network
Southern Rural Support Trust	0800 787 254	Farming and business advice Mental Wellness Support Access to counselling	https://www.rural-support.org.nz/Regions/South-Island/Southland	 RuralSupport
XAP - Xero Assistance Programme	xap@xero.com	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,	https://www.xero.com/nz/xap-faq/	 xero





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		standard and premium subscribers, their employees, and their families.		
Community Services				
Able Minds	28 Ashworth Street Alexandra 03 448 9303	Supporting families around mental distress of a loved one	www.able.org.nz	
Catholic Social Services	14/20 Centennial Avenue Alexandra 03 4485 385	Individual parenting support, social work and counselling	https://www.cathsocalservices.org.nz/	
Central Lakes Family Service	Community House 14-20 Centennial Avenue, 0508 440 255 info@clfs.co.nz	Family/Whānau Support Counselling Family harm programmes	www.clfs.co.nz	
Citizens Advice Bureau	Community House 14-20 Centennial Avenue, Alexandra	The Alexandra Community Advice Network offers a free, confidential referral and advice service	https://www.cab.org.nz/community-directory/KB00004387	
Family Works	Family Works Presbyterian Support Otago Alexandra Community House,	Social Work Support (Budgeting) and Good Loans Service	https://psotago.org.nz/family-works/	


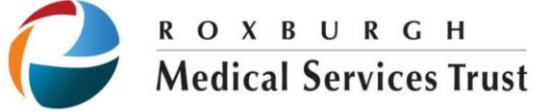

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	14-20 Centennial Avenue 0508 396 678 familyworkscentral@psotago.org.nz			
Strengthening Families Cromwell Alexandra Maniototo	0800 267 327 strengtheningfamilies@coreap.org.nz sf.maniototo@coreap.org.nz	A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic & health options	https://www.coreap.org.nz/about-us/strengthening-families	 <p>Strengthening Families Te Huarahi ki te Whakapiripiri I Ngā Whānau</p>
The Salvation Army	37 Royal Terrace Alexandra 03448 9436	Advocacy support Court / prison support General welfare assistance Emergency accommodation, firewood, food Positive Lifestyle Programme (PLP)	https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps	
Uruuruwhenua Health	113 Centennial Avenue Alexandra 03 4488634 0800 878 8634 info@uruuruwhenuahealth.com	Mauri Ora Health Clinics and support Whanau Ora Navigation Youth Service	https://www.ururuwhenuahealth.co.nz/about/	 <p>URUURUWHENUA HEALTH INC</p>




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Medical Centres				
Alexandra Family Medical	18 Limerick Street Alexandra 03 901 6277 reception@alexfamilymed.co.nz	Health Improvement Practitioner (HIP) and Health Coach	http://alexfamilymed.co.nz/	
Cromwell Family Practice	Unit 3 Cromtrade 2 McNulty Road Cromwell 03 445 4666 info@cromwellfamilypractice.co.nz		https://www.cromwellfamilypractice.co.nz	
Cromwell Medical Centre	192 Waenga Drive Cromwell 03 445 1119 cmc.reception@southlinkgp.co.nz		https://www.crommed.co.nz/	
Health Central Ltd	93 Tarbert Street, Alexandra 03 440 0295 reception@healthcentralnz.com	Health Improvement Practitioner (HIP) and Health Coach	https://www.healthcentralnz.com/	

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Junction Health	1A Traders Lane Cromwell 03 445 4688 reception@junctionhealth.co.nz	Health Improvement Practitioner (HIP) And Health Coach	https://www.junctionhealth.co.nz/	
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/	
Mental Health Support				
1737	Free call or text Anytime 24/7 Or call 0800 1737 1737	Free confidential service. Talk to a trained counsellor	https://1737.org.nz/	

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Brief Intervention Service (BIS)	0800 477 1155 info@wellsouth.org.nz	Provides up to 5 free sessions of support for those with mild to moderate mental health need. Requires GP or practice nurse referral	https://wellsouth.nz/community/mh-concerns/brief-intervention-services/	 <p>WellSouth Primary Health Network Hauora Matua Ki Te Tonga</p>
Central Lakes Community Mental Health Service	Hospital Street Clyde 03 440 4308	Moderate to severe mental health distress, referral from a GP	www.southernhealth.nz	 <p>Te Whatu Ora Health New Zealand Southern</p>
Emergency Mental Health Support	0800 467 846 Press 1 for Southland (Queenstown) 2 for Otago			
Pact	Pact Southland 03 211 2850	Support workers work alongside those recovering from mental illness	http://www.pactgroup.co.nz/	

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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

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