












Fiordland Support Directory

Name	Contact	Description	Website	Logo
Business Support				
Fiordland Business Association	fba@southlandchamber.co.nz	Connection, support and advocacy for the Fiordland business community	https://southlandchamber.co.nz/fiordland-business-association/	
Southland District Council Fiordland		Information and community wellbeing	https://www.southlanddc.govt.nz/my-community/fiordland/ https://www.facebook.com/fiordlandcommunityboard	
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	
XAP - Xero Assistance Programme	xap@xero.com	The Xero Assistance Programme (XAP) provides Kiwi small businesses with free face-to-face, telephone, live chat and online counselling. Free to Xero starter, standard and premium subscribers, their employees, and their families.	https://www.xero.com/nz/xap-faq/	



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Community Services				
Fiordland Community House	21 Luxmore Drive, Te Anau 03 249 7754 office@fiordlandcommunityhouse.co.nz	Heartland Services Employment Services Community Shuttle Community, family & youth worker Alliance Counselling (Monty Temple)	http://www.fiordlandcommunityhouse.co.nz/contact	
Fiordland Families	fiordlandfamilies@gmail.com	Connecting, supporting and advocating for Fiordland families	https://m.facebook.com/fiordlandfamilies/	
Fiordland Medical Practice	25 Luxmore Drive Te Anau 03 249 7007 office@fiordmed.co.nz	Medical Centre Health Improvement Practitioner and Health Coach service available (no referral required) through the Medical Practice, contact reception to make an appointment.	https://fiordlandmedical.health.nz/	
Nga Kete Maturanga Pounamu Charitable Trust	Fiordland Community House 21 Luxmore Drive, Te Anau	Health and social service provider Whanau Ora Navigator	http://www.kaitahu.maori.nz/	

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	<p>Saga Khmani – whanau ora navigator</p> <p>027 555 0069 Sagar.khemani@kaitiahu.maori.nz</p>			
<p>Plunket Te Anau</p>	<p>Little Park Lane, Te Anau</p> <p>0800 933 922</p>	<p>Support service for health and wellbeing of Tamariki under 5 and whanau Breast feeding support</p>	<p>https://www.facebook.com/TeAnauPlunket/</p>	
Mental Health Support				
<p>1737</p>	<p>Free call or text Anytime 24/7</p> <p>Or call 0800 1737 1737</p>	<p>Free confidential service. Talk to a trained counsellor</p>	<p>https://1737.org.nz/</p>	
<p>Brief Intervention Service (BIS)</p>	<p>0800 477 1155 info@wellsouth.org.nz</p>	<p>Provides up to 5 free sessions of support for those with mild to moderate mental health need. Requires GP or practice nurse referral</p>	<p>https://wellsouth.nz/community/mh-concerns/brief-intervention-services/</p>	
<p>Southland Community Mental Health Service</p>	<p>Southland Hospital Kew Road Invercargill</p>	<p>Moderate to severe mental health distress, referral from a GP</p>	<p>www.southernhealth.nz</p>	

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	03 218 1949			 <p>Southern Health He hauora, he kuru pounamu</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/	

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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