





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- 16-18 years old. NEET (Not in Employment or Training or programme	0800 887 005 info@comcol.ac.nz	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/	

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	<p>food parcels; support programme for local families with pre-school age children; training opportunities; community group consultation and funding</p>	<p>familysupport@communitynetworks.co.nz</p>		
Dunstan Hospital	<p>Emergency health needs</p>	<p>29 Hospital Road Clyde</p> <p>03 440 4300</p>	<p>https://www.southernhealth.nz/services/dunstan-hospital-services</p>	<p>Te Whatu Ora Health New Zealand Southern</p>
Family Works	<p>Social Work Support Social work support (Budgeting) and Good Loans Service Children's programme: Growing Taller The Buddy Programme. Parenting Programme yearly: Incredible Years</p>	<p>34 McDougall Street, Wanaka</p> <p>0508 396 678 familyworkscentral@psotago.org.nz</p>	<p>https://psotago.org.nz/family-works/</p>	

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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	
Heart Kids Central Otago	Practical and emotional support for families with a baby, child or teen with a heart issue	centralotago.fsw@heartkids.org.nz	https://www.heartkids.org.nz/branches/central-otago/	
Kahu Youth Trust	Youth Service for 11-24yrs Youth workers Drop-in sessions; Wanaka, Hawea & Hawea Flat. After school & school holiday programmes Mentoring	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://whatsup.co.nz/	
Parent2Parent	Support for a child with a disability for families by	027 808 3949 otago@parent2parent.org.nz	https://parent2parent.org.nz/otago/	



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	connecting parents, supporting siblings and information.			
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	
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	




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Strengthening Families	<p>A free service to coordinate support for families needing assistance with finances, food, practical needs and other therapeutic options</p>	<p>021 912028 strengtheningfamilies@coreap.org.nz</p>	<p>https://www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html</p>	 <p>Strengthening Families Te Huarahi ki te Whakapiripiri I Ngā Whānau</p>
	<p>Food for Love Free homecooked meals</p>	<p>food@foodforlovetwanaka.com</p>	<p>https://www.foodforlovetwanaka.com/ https://www.facebook.com/pg/Foodforlove1/posts/</p>	 <p>Food for Love</p>
Sticks and Stones	<p>Youth led, national, bullying prevention organisation</p>	<p>hello@sticksnstonesnz.com</p>	<p>https://www.sticksnstones.co.nz/</p>	 <p>STICKS'N STONES — IT STARTS WITH YOU —</p>
Te Runanga o Nga Maata Waka Inc.	<p>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</p>	<p>027 341 7897 tina.macdonald@maatawaka.org.nz</p>	<p>https://maatawaka.org.nz/about-us/referrals/</p>	 <p>Te Rūnanga o Ngā Maata Waka - incorporated -</p>


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	and whakapapa, community capability and connection and creating healthy skills and relationships.			
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/	
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 Line	Free helpline	0800 376 633 Free text 234 Webchat	https://youthline.co.nz/	


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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/	
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/	
Emergency Mental Health Support		Emergency 0800 467 846 Press 2 for Upper Clutha (OTAGO)		

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<p>Pact</p>	<p>Youth support workers work alongside youth recovering from mental illness</p>	<p>Pact Southland 03 211 2850</p>	<p>http://www.pactgroup.co.nz/</p>	
<p>Southern DHB Child and Youth Mental Health Services</p>	<p>Assessment and treatment for children, young people and their families who are experiencing moderate to severe mental health problems at home and at school. Suspected psychiatric disorders, or severe emotional and behavioural disturbances</p>	<p>29 Hospital Street Clyde 03 440 4300</p>	<p>www.southernhealth.nz</p>	<p style="text-align: center;">Te Whatu Ora Health New Zealand <hr/>Southern</p>
<p>Thrive - Brief Intervention Service</p>	<p>Adventure Development provides free face to face and/or telehealth counselling. Thrive! Te Pae Ora is a brief intervention</p>	<p>0800 292 988 Make A Referral (thriveservices.org.nz) Referrals with consent of young person can be made by anyone.</p>	<p>http://www.thriveservices.org.nz/services</p>	

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	<p>service for 12 – 24yrs, focusing on wellbeing for mild to moderate mental health concerns and Adventure Development Counselling is a longer-term programme for 12 –19 year olds with moderate to severe substance misuse issues</p>	<p>admin@thriveservices.org.nz</p>		 <p>Services Provided By Adventure Development</p>
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Te Hau Toka
SOUTHERN LAKES WELLBEING GROUP

Updated July 2022