

## Central Lakes migrant support directory

| Name                            | Contact  | Description  | Website   | Logo   |
|---------------------------------|--|--|---|--|
| <b>Community Services</b>       |  |  |   |  |
| <b>Arai Te Uru Whare Hauora</b> | <a href="mailto:reception@araiteuru.co.nz">reception@araiteuru.co.nz</a>   | Advice, advocacy, information and support to the migrant community   | <a href="http://www.araiteuru.co.nz/#home">http://www.araiteuru.co.nz/#home</a>                             |  The logo for Arai Te Uru Whare Hauora features a stylized green tree with intricate branches, positioned above the text "ARAI TE URU WHARE HAUORA" in a small, black, sans-serif font.   |
| <b>Citizens Advice Bureau</b>   | 44 Stanley Street<br><b>Queenstown</b><br>03 442 6799  | Migrant information and assistance including free legal advice   | <a href="https://www.cab.org.nz/location/cab-queenstown">https://www.cab.org.nz/location/cab-queenstown</a> |  The logo for Citizens Advice Bureau is a yellow speech bubble with a white outline. Inside the bubble, the text "Citizens Advice Bureau" is written in a white, sans-serif font. To the right of the bubble is a small yellow icon of a person.  |
| <b>Community Networks/LINK</b>  | 34 McDougall Street,<br><b>Wanaka</b><br>03 443 7799<br><a href="mailto:info@communitynetworks.co.nz">info@communitynetworks.co.nz</a> | Connection to social support services, information and advice; subsidised counselling and financial assistance; social worker appointments; food parcels; support programme for local families with pre-school age children; training opportunities; community group consultation and funding. | <a href="https://communitynetworks.co.nz/">https://communitynetworks.co.nz/</a>                             |  The logo for Community Networks Wānaka features the text "Community Networks Wānaka" in a red, sans-serif font. To the right is a stylized logo consisting of three interlocking human figures in blue, green, and red. Further right is the text "LINK" in a large, bold, purple, sans-serif font, with "UPPER CLUTHA" in a smaller, purple, sans-serif font below it. |

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| <p><b>Diversity Counselling/Psychology Service</b></p> | <p>Toll Free Number:<br/>0800143269</p> <p><a href="mailto:contact@dcnz.net">contact@dcnz.net</a></p>   | <p>Free culturally responsive counselling and psychological services</p>  | <p><a href="https://dcnz.net/">https://dcnz.net/</a></p>  |    |
| <p><b>Happiness House</b></p>                          | <p>4 Park Street<br/><b>Queenstown</b><br/>03 442 6531<br/>0279735535</p> <p><a href="mailto:info@happinesshouse.org.nz">info@happinesshouse.org.nz</a></p> | <p>Community Support Centre<br/>clothing, food, counselling</p>   | <p><a href="http://happinesshouse.org.nz/contact.htm">http://happinesshouse.org.nz/contact.htm</a></p>  |    |
| <p><b>Healthline</b></p>                               | <p>0800 611 116</p> <p><b>111 for emergencies</b></p>   | <p>If there are any health concerns and not registered at a medical centre.<br/><b>Interpreters available</b></p> | <p><a href="https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline">https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline</a></p>  |    |
| <p><b>Kiwi Kit Community Trust</b></p>                 | <p><a href="https://www.facebook.com/thekiwikitcommunitytrust/?ref=py_c">https://www.facebook.com/thekiwikitcommunitytrust/?ref=py_c</a></p>                | <p>Empower and support migrants with events and programmes</p>  | <p><a href="http://www.thekiwikitcommunity.org">www.thekiwikitcommunity.org</a></p>   |   |
| <p><b>Lakes District Multicultural Council</b></p>     | <p>021 023 07400</p>  | <p>Promote, support and share information amongst all ethnic communities</p>                                      | <p><a href="https://multiculturalnz.org.nz/lakes%20district%20multicultural%20council">https://multiculturalnz.org.nz/lakes%20district%20multicultural%20council</a></p> <p><a href="https://www.facebook.com/Lakes-District-Multicultural-Council-184774175687675/">https://www.facebook.com/Lakes-District-Multicultural-Council-184774175687675/</a></p> |  |

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| <p><b>Queenstown Lakes District Council – Welcoming Communities</b></p> | <p>10 Gorge Road<br/>Queenstown<br/><br/>03 440 499</p>  | <p>A programme to support newcomers to feel welcome and able to participate in the economic, civic, cultural and social life of their new community.</p> | <p><a href="http://www.qldc.govt.nz/community/welcoming-communities">www.qldc.govt.nz/community/welcoming-communities</a></p>   |    |
| <p><b>Red Cross</b></p>   | <p>0800 733 276</p>  | <p>First Aid - Psychological First Aid training and Psychosocial Support</p>   | <p><a href="http://www.redcross.org.nz">www.redcross.org.nz</a></p>   |    |
| <p><b>The Head Light Trust</b></p>                                      | <p><a href="mailto:info@headlight.org.nz">info@headlight.org.nz</a><br/><a href="mailto:workshops@headlight.org.nz">workshops@headlight.org.nz</a></p> | <p>GoodYarn Mental Health Workshops helping workplaces to talk about mental health, facilitated by people from the local business community</p>          | <p><a href="http://www.mentalhealthworkshops.org.nz">www.mentalhealthworkshops.org.nz</a></p>   |    |
| <p><b>The Salvation Army</b></p>  | <p><b>Queenstown, Wanaka, Alexandra</b></p>  | <p>Social Services, Counselling, Budget services, Op shop, Food assistance</p>   | <p><a href="https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown">https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown</a><br/><br/><a href="https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra">https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra</a></p> |  |

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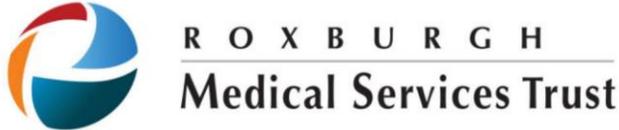
| Food Support                      |  |  |  |   |
|-----------------------------------|--|--|--|---|
| <b>Baskets of blessing</b>        | Online referral or nomination  | Free meals<br><b>Queenstown</b><br>region  | <a href="https://www.basketsofblessing.co.nz/meals">https://www.basketsofblessing.co.nz/meals</a>  |    |
| <b>Dovetail Meals</b>             | Online referral or nomination  | Free homecooked meals<br><b>Queenstown</b><br>Region   | <a href="https://www.facebook.com/groups/545099185595998/">https://www.facebook.com/groups/545099185595998/</a>  |    |
| <b>Food for Love</b>              | Online referral or nomination  | Free homecooked meals<br><b>Wanaka</b> region  | <a href="https://www.foodforlovetwanaka.com/">https://www.foodforlovetwanaka.com/</a><br><a href="https://www.facebook.com/pg/Foodforlove1/posts/">https://www.facebook.com/pg/Foodforlove1/posts/</a> |    |
| Language Service                  |  |  |  |   |
| <b>Ezispak</b>                    | 0800 453 771   | Video interpreting service   | <a href="https://www.ezispak.nz/">https://www.ezispak.nz/</a>  |    |
| Medical Centres                   |  |  |  |   |
| <b>Arrowtown Medical Centre</b>   | <a href="mailto:info@qmc.co.nz">info@qmc.co.nz</a><br>Berkshire Street,<br><b>Arrowtown</b><br>03 450 1355 | <b>Health Improvement Practitioner (HIP)<br/>Health Coach and<br/>Community Support Worker</b> | <a href="https://www.qmc.co.nz/contact-us/">https://www.qmc.co.nz/contact-us/</a>  |  |
| <b>Jacks Point Medical Centre</b> | 120b Māori Jack Road<br>Jacks Point<br>03 4410500  | Free same-day support regarding any wellbeing or   | <a href="https://www.qmc.co.nz/contact-us/jacks-point/">https://www.qmc.co.nz/contact-us/jacks-point/</a>  |  |

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| <p><b>Queenstown Medical Centre</b></p> <p><b>Remarkables Medical Centre</b></p> | <p>9 Isle Street,<br/><b>Queenstown</b><br/>03 441 0500</p> <p>12 Hawthorne Drive,<br/><b>Remarkables Park</b><br/>03 450 9199</p>  | <p>lifestyle concerns for individuals enrolled at either practice</p> | <p><a href="https://www.qmc.co.nz/contact-us/">https://www.qmc.co.nz/contact-us/</a></p> <p><a href="https://www.qmc.co.nz/contact-us/remarkables-clinic/">https://www.qmc.co.nz/contact-us/remarkables-clinic/</a></p> |  <p>Queenstown Medical Centre</p>  <p>Queenstown Medical Centre<br/>Remarkables Park</p> |
| <p><b>Mountain Lakes Medical</b></p>   | <p><b>Queenstown</b><br/>44 Beach Street<br/>Queenstown</p> <p>Level 1<br/>34 Five Mile Shopping Centre<br/>Frankton<br/>03 442 7188<br/><a href="mailto:admin@mountainlakesmedical.co.nz">admin@mountainlakesmedical.co.nz</a></p>         |   | <p><a href="https://www.mountainlakesmedical.co.nz/contact">https://www.mountainlakesmedical.co.nz/contact</a></p>  |  <p>MOUNTAIN LAKES MEDICAL<br/>QUEENSTOWN</p>   |
| <p><b>The Doctors, Wakatipu</b></p>  | <p><b>Queenstown</b><br/>11 McBride Street<br/>Frankton<br/>03 442 2288</p> <p>4 Thirteenth Avenue,<br/>Lower Shotover<br/>03 442 2281<br/><a href="mailto:admin.shotover@wkt.thedoctors.co.nz">admin.shotover@wkt.thedoctors.co.nz</a></p> |   | <p><a href="https://www.wakatipumedical.co.nz/contacts.html">https://www.wakatipumedical.co.nz/contacts.html</a></p> <p><a href="https://thedoctors.co.nz/">https://thedoctors.co.nz/</a></p>                           |  <p>Wakatipu Medical Centre</p>  <p>the doctors<br/>medical centres</p>               |



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| <p><b>Cromwell Medical Centre</b></p>  | <p>192 Waenga Drive<br/> <b>Cromwell</b><br/>         03 445 1119<br/> <a href="mailto:cmc.reception@southlknkgp.co.nz">cmc.reception@southlknkgp.co.nz</a></p>    |   | <p><a href="https://www.crommed.co.nz/">https://www.crommed.co.nz/</a></p>   |    |
| <p><b>Health Central Ltd</b></p>       | <p>93 Tarbert Street,<br/> <b>Alexandra</b><br/>         03 440 0295<br/> <a href="mailto:reception@healthcentralnz.com">reception@healthcentralnz.com</a></p>     | <p><b>Health Improvement Practitioner<br/>         Health Coach and<br/>         Community Support Worker</b></p>       | <p><a href="https://www.healthcentralnz.com/">https://www.healthcentralnz.com/</a></p>   |    |
| <p><b>Junction Health</b></p>          | <p>1A Traders Lane<br/> <b>Cromwell</b><br/> <br/>         03 445 4688<br/> <a href="mailto:reception@junctionhealth.co.nz">reception@junctionhealth.co.nz</a></p> | <p><b>Health Improvement Practitioner (HIP)<br/>         Health Coach and<br/>         Community Support Worker</b></p> | <p><a href="https://www.junctionhealth.co.nz/">https://www.junctionhealth.co.nz/</a></p>   |    |
| <p><b>Ranfurlly Medical Centre</b></p> | <p>51 Tyrone Street<br/> <b>Ranfurlly</b><br/>         03 444 1073<br/> <a href="mailto:admin@ranfurlymed.co.nz">admin@ranfurlymed.co.nz</a></p>                   |   | <p><a href="https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurly-medical-centre/">https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurly-medical-centre/</a></p> |   |
| <p><b>Roxburgh Medical Centre</b></p>  | <p>65 Scotland Street<br/> <b>Roxburgh</b><br/>         03 446 8200<br/> <a href="mailto:admin@roxmed.health.nz">admin@roxmed.health.nz</a></p>                    |   | <p><a href="https://roxburghmedical.com/">https://roxburghmedical.com/</a></p>   |  |

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| Mental Health Support                                |  |   |   |  |
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| <b>1737</b>  | Free call or text <b>1737</b><br><b>0800 1737 1737</b><br><br>Anytime 24/7   | Talk to a trained counsellor  | <a href="https://1737.org.nz/">https://1737.org.nz/</a>   | <p>NEED TO TALK?</p>  |
| <b>Brief Intervention Service</b>                    | GP or practice nurse referral<br>0800 477 1155<br><a href="mailto:info@wellsouth.org.nz">info@wellsouth.org.nz</a> | Free assistance & support to people experiencing mild to moderate mental distress             | <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> | 19 Douglas Street<br><b>Queenstown</b><br>03 441 0010<br><br>Hospital Street<br><b>Clyde</b><br>03 440 4308        | Moderate to severe mental health distress   | <a href="http://www.southernhealth.nz">www.southernhealth.nz</a>  | <p><b>Te Whatu Ora</b><br/><u>Health New Zealand</u><br/>Southern</p>                                    |
| <b>Emergency Mental Health Support</b>               | <b>Emergency</b><br><b>0800 467 846</b><br><b>Press 1 for Southland (Queenstown)</b><br><b>Press 2 for Otago</b>   |   |   |  |
| <b>Male Survivors Otago</b>                          | 021460195<br><br><a href="mailto:lucia@mso.nz">lucia@mso.nz</a>  | Support of male survivors of sexual, physical and/or emotional abuse to move towards recovery | <a href="https://www.malesurvivorsotago.nz/">https://www.malesurvivorsotago.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

Updated January 2023