













## Central Otago Business Support Directory

Name	Contact	Description	Website	Logo
<b>Business Support</b>				
<b>Business South Inc – Otago Chamber &amp; Southern Employers</b>	03 479 0181	Business assistance Business mentors	<a href="https://www.otagochamber.co.nz/">https://www.otagochamber.co.nz/</a>	 <b>Business South Inc</b> Otago Chamber & Southern Employers
<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,	<a href="https://www.xero.com/nz/xap-faq/">https://www.xero.com/nz/xap-faq/</a>	 <b>xero</b>





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		standard and premium 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 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>	
<b>Family Works</b>	Family Works Presbyterian Support Otago <b>Alexandra</b> Community House,	Social Work Support (Budgeting) and Good Loans Service	<a href="https://psotago.org.nz/family-works/">https://psotago.org.nz/family-works/</a>	




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	14-20 Centennial Avenue 0508 396 678 <a href="mailto:familyworkscentral@psotago.org.nz">familyworkscentral@psotago.org.nz</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>	 <p><b>Strengthening Families</b> Te Huarahi ki te Whakapiripiri I Ngā Whānau</p>
<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>	 <p><b>URUURUWHENUA HEALTH INC</b></p>





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Medical Centres				
<b>Alexandra Family Medical</b>	18 Limerick Street Alexandra 03 901 6277  <a href="mailto:reception@alexfamilymed.co.nz">reception@alexfamilymed.co.nz</a>	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="mailto:info@cromwellfamilypractice.co.nz">info@cromwellfamilypractice.co.nz</a>		<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="mailto:cmc.reception@southlinkgp.co.nz">cmc.reception@southlinkgp.co.nz</a>		<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 <a href="mailto:reception@healthcentralnz.com">reception@healthcentralnz.com</a>	Health Improvement Practitioner (HIP) and Health Coach	<a href="https://www.healthcentralnz.com/">https://www.healthcentralnz.com/</a>	

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<p><b>Junction Health</b></p>	<p>1A Traders Lane Cromwell</p> <p>03 445 4688 <a href="mailto:reception@junctionhealth.co.nz">reception@junctionhealth.co.nz</a></p>	<p>Health Improvement Practitioner (HIP) And Health Coach</p>	<p><a href="https://www.junctionhealth.co.nz/">https://www.junctionhealth.co.nz/</a></p>	
<p><b>Ranfury Medical Centre</b></p>	<p>51 Tyrone Street Ranfury</p> <p>03 444 1073 <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/ranfury-medical-centre/">https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfury-medical-centre/</a></p>	
<p><b>Roxburgh Medical Centre</b></p>	<p>65 Scotland Street Roxburgh</p> <p>03 446 8200 <a href="mailto:admin@roxmed.health.nz">admin@roxmed.health.nz</a></p>		<p><a href="https://roxburghmedical.com/">https://roxburghmedical.com/</a></p>	
<p><b>Mental Health Support</b></p>				
<p><b>1737</b></p>	<p>Free call or text Anytime 24/7</p> <p>Or call <b>0800 1737 1737</b></p>	<p>Free confidential service. Talk to a trained counsellor</p>	<p><a href="https://1737.org.nz/">https://1737.org.nz/</a></p>	

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<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>	 <p><b>WellSouth</b> Primary Health Network Hauora Matua Ki Te Tonga</p>
<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>	 <p><b>Te Whatu Ora</b> Health New Zealand Southern</p>
<b>Emergency Mental Health Support</b>	<b>0800 467 846</b> Press 1 for Southland (Queenstown) 2 for Otago			
<b>Male Survivors Otago</b>	021460195  <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>	 <p>Male Survivors Otago</p>
<b>Pact</b>	Pact Southland  03 211 2850 <a href="mailto:pact@pactgroup.co.nz">pact@pactgroup.co.nz</a>	Support workers work alongside those recovering from mental illness	<a href="http://www.pactgroup.co.nz/">http://www.pactgroup.co.nz/</a>	 <p>pact</p>

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# Te Hau Toka

SOUTHERN LAKES WELLBEING GROUP

Updated January 2023