





Central Otago Child and Youth Support Directory

Name	Description	Contact	Website	Logo
Community Services				
Able Minds	Supporting families around the mental distress of a loved one	28 Ashworth St Alexandra 03 448 9303	www.able.org.nz	
Alexandra Community House	Advocacy and information Community connectors	14-20 Centennial Avenue Alexandra 03 440 0740 admin@ach.org.nz	https://www.facebook.com/AlexandraCommunityHouse/	
Central Lakes Family Service	Family & Parenting Support, Social Work, Counselling, Family Harm services Youth mild to moderate mental health support Sexual harm support	Community House Alexandra 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	0800 887 005 info@comcol.ac.nz	https://www.comcol.ac.nz/comol-otago-0800-887-005.html	

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	people- 16-18 years old. NEET (Not in Education or Training) Programme			
Cromwell Youth Trust	CYT support and advocate for local tamariki and rangatahi throughout the area	5A Murray Terrace Cromwell 020 4185 6514	https://cromwellyouthtrust.co.nz/	
Dunstan Hospital	Emergency health needs	29 Hospital Road Clyde 03 440 4300	https://www.southernhealth.nz/services/dunstan-hospital-services	Te Whatu Ora <u>Health New Zealand</u> Southern
Family Works	Social work support (Budgeting) and Good Loans Service Children's programme: Growing Taller The Buddy Programme. Parenting Programme yearly: Incredible Years	Family Works Presbyterian Support Otago Alexandra Community House, 14-20 Centennial Avenue 0508 396 678 familyworkscentral@psotago.org.nz	https://psotago.org.nz/family-works/	




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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/	
Melon	Online youth related mental health resources	Call or chat online 0800 942 8787	https://www.melonhealth.com/ https://whatsup.co.nz/	
Parent2parent	Parent support network for families raising a child with a disability	otago@parent2parent.org.nz 027 808 3949	https://parent2parent.org.nz/otago/	
Parents Centre Alexandra	Preparation for birthing and parenting support Volunteer run Music and movement Annual events Fundraising activities	Alexandra.parentscentre@gmail.com	https://alexandra.parentscentre.org.nz/	


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<p>Playcentre Queenstown</p> <p>Clyde</p> <p>Omakau and Districts</p>	<p>Playcentre is a family affair where children learn through responsive and reciprocal relationships with people, places and things</p>	<p>36 Fache Street Clyde 027 880 2427 clydeplaycentre@gmail.com</p> <p>26 Swindon Street Ophir 027 880 2633 omakauanddistricts@playcentre.org.nz</p>	<p>https://www.playcentre.org.nz/centre/clyde/</p>	
<p>Puna Rangatahi Youth Service</p>	<p>Provides youth led services over 2 sites - Roxburgh and Alexandra Youth Council Adapt Programme</p>	<p>021 0904 1077 Punarangatahi.co@gmail.com</p>	<p>https://www.punarangatahi.nz/</p>	
<p>Rainbow Youth NZ</p>	<p>We provide support, information, resources and advocacy for Aotearoa's queer, gender diverse</p>	<p>09 376 4155 auckland@ry.org.nz</p>	<p>https://ry.org.nz/</p>	





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STAND Children's Services	Social services and support for children and their whanau	90 Centennial Avenue Alexandra 03 446 8119 southern@standforchildren.org.nz	https://www.standforchildren.org.nz/our-regions	
Strengthening Families	A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic & health options	14/20 Centennial Avenue Community House Alexandra 03 448 6115	https://www.coreap.org.nz/about-us/strengthening-families	
Sticks and Stones	Youth led, national, bullying prevention organisation	hello@sticksnstonesnz.com	https://www.sticksnstones.co.nz/	
Te Runanga o Nga Maata Waka Inc.	Whanau Resilience is a long term service for 10 – 18 year olds and their whanau, who have been affected by intergeneration	027 341 7897 tina.macdonald@maatawaka.org.nz	https://maatawaka.org.nz/about-us/referrals/	




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	al family harm. Supports to strengthen cultural identity and whakapapa, community capability and connection and creating healthy skills and relationships.			 <p>Te Rūnanga o Ngā Maata Waka - incorporated -</p>
The Salvation Army	Advocacy Court / prison support General welfare assistance Emergency accommodation firewood, food	37 Royal Terrace Alexandra 03 448 9436	https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps	
Uruuruwhenua Whanau Services	Mauri Ora Health Clinics and support Whanau Ora Navigation Youth Service	113 Centennial Avenue Alexandra 03 4488634 0800 878 8634 info@uruuruwhenuahealth.com	https://www.ururuwhenuahealth.co.nz/about/	 <p>URUURUWHENUA HEALTH INC</p>
Youth Horizons	Focused programmes that create better futures for rangatahi who are impacted by conduct issues	06 222 6355 info.central.southern@youthhorizons.org.nz	https://www.youthhorizons.org.nz/about-us/	 <p>YOUTH HORIZONS KIA PUĀWAI</p>

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Youth Line	Free helpline	0800 376 633 Free text 234 Webchat	https://youthline.co.nz/	
Medical Centres				
Alexandra Family Medical	Health Improvement Practitioner (HIP) and Health Coach	18 Limerick Street Alexandra 03 901 6277 reception@alexfamilymed.co.nz	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	Health Improvement Practitioner (HIP) and Health Coach	93 Tarbert Street, Alexandra 03 440 0295	https://www.healthcentralnz.com/	
Junction Health	Health Improvement Practitioner (HIP) And Health Coach	1A Traders Lane Cromwell 03 445 4688 reception@healthcentralnz.com	https://www.junctionhealth.co.nz/	

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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@roxmed.health.nz	https://roxburghmedical.com/	 R O X B U R G H Medical Services Trust
Mental Health Support				
1737	Talk to a trained counsellor	Free call or text Anytime 24/7 Or call 0800 1737 1737	https://1737.org.nz/	<p style="text-align: center; color: #00a0e3; font-weight: bold;">NEED TO TALK?</p> 
Emergency Mental Health Support		Emergency 0800 467 846 Press 2 for Otago		
Pact	Youth support workers work alongside youth recovering from mental illness	Pact Southland 03 211 2850 pact@pactgroup.co.nz	http://www.pactgroup.co.nz/	

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<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>	<div style="text-align: center;"> <h1 style="margin: 0;">Te Whatu Ora</h1> <h2 style="margin: 0;">Health New Zealand</h2> <hr style="width: 20%; margin: 5px auto;"/> <h3 style="margin: 0;">Southern</h3> </div>
<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 service for 12 – 24yrs, focusing on wellbeing for mild to moderate mental health concerns and</p>	<p>0800 292 988</p> <p>Make A Referral (thriveservices.org.nz) Referrals with consent of young person can be made by anyone.</p> <p>admin@thriveservices.org.nz</p>	<p>http://www.thriveservices.org.nz/services</p>	

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	Adventure Development Counselling is a longer-term programme for 12 – 19-year-olds with moderate to severe substance misuse issues.			
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Te Hau Toka

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