












Upper Clutha Business Support Directory

Name	Contact	Description	Website	Logo
Business Support				
Business South	03 479 0181 info@business-south.org.nz	Supporting the learning needs of Otago and Southland businesses	www.regionalbusinesspartners.co.nz www.business-south.org.nz	 Business South Inc Otago Chamber & Southern Employers Regional Business Partner Network
Central Lakes Safety Charter & Mates in Construction	Level 2, 36 Grant Rd Five Mile Centre 03 4422889	Connection to suitable professional support On-site training At risk case management support	Central Lakes Safety Charter - Home Facebook https://mates.net.nz/	 
Employment Assistance Programmes (EAP) and Benestar Group Limited	For Benestar call 0800 360364	If you are a small to medium size business owner (SME) in Queenstown Lakes District you are eligible for up to 3 free counselling sessions through the Take Stock initiative, contact Benestar for more information. There are also webinars available once a month for all owners, employees and family members of SME business within the Queenstown Lakes.	counsellingsupportnz@benestar.com	





Upper Clutha Business Support Directory

Ignite Wanaka Chamber of Commerce	027 295 3230 hello@ignitewanaka.co.nz	Connecting people and growing the business community of Wanaka	https://www.ignitewanaka.co.nz/	
Otago Regional Business Partners	03 479 0181 support@otagorbp.co.nz	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.	https://www.regionalbusinesspartners.co.nz/	
Queenstown Lakes District Council	10 Gorge Road Queenstown 03 440 499	Information and community wellbeing	https://www.qldc.govt.nz/community/community-wellbeing	
XAP - Xero Assistance Programme	xap@xero.com	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, standard and premium subscribers, their employees, and their families.	https://www.xero.com/nz/xap-faq/	





Upper Clutha Business Support Directory

Community Service				
Central Lakes Family Service	34 McDougall Street, Wanaka 0508 440 255 info@clfs.co.nz	Family/Whānau Support Counselling Family harm programmes	www.clfs.co.nz	 Central Lakes Family Services
Community Networks/ LINK	34 McDougall Street, Wanaka 03-443 7799 info@communitynetworks.co.nz	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	https://communitynetworks.co.nz/	
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	
Strengthening Families	021 912028 strengtheningfamilies@cor-eap.org.nz	A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic & health options	https://www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html	
The Salvation Army	The Salvation Army, 50 Helwick Street Wanaka 03 443 5065	Family Store, Budget assistance	https://opshopdirectory.co.nz/the-salvation-army-family-store-wanaka/	

Upper Clutha Business Support Directory

Medical Centres				
Aspiring Medical Centre	23 Cardrona Valley Road 03 443 0725 office@aspiringmedical.co.nz	Health Improvement Practitioner, Health Coach and Community Support Worker Free support regarding any wellbeing or lifestyle concerns	https://www.aspiringmedical.co.nz/	
Wanaka Medical Centre	23 Cardrona Valley Road 03 443 0710 admin@wanakamedical.co.nz	Health Improvement Practitioner, Health Coach and Community Support Worker Free support regarding any wellbeing or lifestyle concerns	https://wanakamedical.co.nz/	
Mental Health Support				
1737	Free call or text Anytime 24/7 Or call 0800 1737 1737	Free confidential service. Talk to a trained counsellor	https://1737.org.nz/	
Brief Intervention Service (BIS)	0800 477 1155 info@wellsouth.org.nz	Provides up to 5 free sessions of support for those with mild to moderate mental health need. Requires GP or practice nurse referral	https://wellsouth.nz/community/mh-concerns/brief-intervention-services/	

Upper Clutha Business Support Directory

Central Lakes Community Mental Health Service	Hospital Street Clyde 03 440 4308	Moderate to severe mental health distress, referral from a GP	www.southernhealth.nz	
Emergency Mental Health Support	0800 467 846 Press 2 for Otago			
Male Survivors Otago	021460195 lucia@mso.nz	Support of male survivors of sexual, physical and/or emotional abuse to move towards recovery	https://www.malesurvivorsotago.nz/	
Pact	Pact Southland 03 211 2850 pact@pactgroup.co.nz	Support workers work alongside those recovering from mental illness	http://www.pactgroup.co.nz/	
Wanaka Mental Health Peer Support Group	Wanaka Plunket Rooms 51 Ardmore Street Wanaka	Peer support every Tuesday of the month 6pm-7pm Monthly walk last Saturday of month 10am meet at Edgewater Hotel Cafe	peersupport@mentalhealthwanaka.org	

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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