

## Upper Clutha new and expectant parents/ perinatal support service directory

Name	Description	Contact	Website	Logo
<b>Community Organisations</b>				
<b>Able Minds</b>	Supporting families around the mental distress of a loved one	03 4489 303	<a href="http://www.able.org.nz">www.able.org.nz</a>	
<b>Anglican Family Care</b>	Family Start Home-based Family Support	0800 326 2273 03 443 6623	<a href="https://anglicanfamilycare.org.nz/">https://anglicanfamilycare.org.nz/</a>	
<b>Breastfeeding Support</b>	Wanaka Well Help and Support for new parents	0800 560 650 027 451 2230 <a href="mailto:catkinbartlett@gmail.com">catkinbartlett@gmail.com</a>	<a href="https://wellsouth.nz/community/health-promotion-2/breastfeeding/breastfeeding-support-otago-and-southland/">https://wellsouth.nz/community/health-promotion-2/breastfeeding/breastfeeding-support-otago-and-southland/</a> <a href="https://www.facebook.com/WanakaWell/">https://www.facebook.com/WanakaWell/</a>	
<b>Central Lakes Family Service</b>	Family/Whānau Social work support Family harm programmes	34 McDougall Street, Wanaka 0508 440 255 <a href="mailto:info@clfs.co.nz">info@clfs.co.nz</a>	<a href="http://www.clfs.co.nz">www.clfs.co.nz</a>	
<b>Community Networks/LINK</b>	Connection to social support services, information and advice; subsidised counselling and financial assistance;	34 McDougall Street, Wanaka 03-443 7799 <a href="mailto:info@communitynetworks.co.nz">info@communitynetworks.co.nz</a>	<a href="https://communitynetworks.co.nz/">https://communitynetworks.co.nz/</a>	

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	social worker appointments; food parcels; support programme for local families with pre-school age children; training opportunities; community group consultation and funding.	<a href="mailto:familysupport@communitynetworks.co.nz">familysupport@communitynetworks.co.nz</a>		
<b>Family Works</b>	Social Work Support Building Financial Capability Support (Budgeting) and Good Loans Service	34 McDougall Street, Wanaka 0508 396 678 <a href="mailto:familyworkscentral@psotago.org.nz">familyworkscentral@psotago.org.nz</a>	<a href="https://psotago.org.nz/family-works/">https://psotago.org.nz/family-works/</a>	
<b>Heart Kids Central Otago</b>	Practical and emotional support for families with a baby, child or teen with a heart issue	<a href="mailto:centralotago.fsw@heartkids.org.nz">centralotago.fsw@heartkids.org.nz</a>	<a href="https://www.heartkids.org.nz/branches/central-otago/">https://www.heartkids.org.nz/branches/central-otago/</a>	
<b>Plunket Wanaka</b>	Support service for health and wellbeing of Tamariki under 5 and whanau	51 Ardmore Street 03 474 0490 027 591 6050  <b>PLUNKETLINE</b>	<a href="https://www.plunket.org.nz/plunket-near-me/upper-clutha">https://www.plunket.org.nz/plunket-near-me/upper-clutha</a>	

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		0800 933 922 Free advice service 24/7		
<b>Precious Beginnings</b>	Free postpartum programme available to parents of a new baby 12 weeks and younger held over 10 weeks	021 382324 <a href="mailto:alex@nurtured.net.nz">alex@nurtured.net.nz</a>	<a href="https://www.preciousbeginnings.org.nz/about/">https://www.preciousbeginnings.org.nz/about/</a>	<b>Precious Beginnings</b>
<b>Strengthening Families</b>	A free service to coordinate support for families needing assistance with finances, food, practical needs and other therapeutic options	021 912028 <a href="mailto:strengtheningfamilies@coreap.org.nz">strengtheningfamilies@coreap.org.nz</a>	<a href="https://www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html">https://www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html</a>	
	<b>Food for Love</b> Free homecooked meals	<a href="mailto:food@foodforlovevanaka.com">food@foodforlovevanaka.com</a>	<a href="https://www.foodforlovevanaka.com/">https://www.foodforlovevanaka.com/</a> <a href="https://www.facebook.com/pg/Foodforlove1/posts/">https://www.facebook.com/pg/Foodforlove1/posts/</a>	

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<b>The Salvation Army</b>	Family Store, Counselling, Budget assistance	The Salvation Army, 50 Helwick Street Wanaka 03 443 5065	<a href="https://opshopdirectory.co.nz/the-salvation-army-family-store-wanaka/">https://opshopdirectory.co.nz/the-salvation-army-family-store-wanaka/</a>	
<b>Wanaka Mental Health Peer Support Group</b>	Peer support every Tuesday of the month 6pm-7pm Monthly walk last Saturday of month 10am meet at Edgewater Hotel Cafe	Wanaka Plunket Rooms 51 Ardmore St, Wanaka	<a href="mailto:peersupport@mentalhealthwanaka.org">peersupport@mentalhealthwanaka.org</a>	
<b>Medical Centres</b>				
<b>Aspiring Medical Centre</b>	Health Improvement Practitioner and Health Coach – Free support regarding any wellbeing or lifestyle concerns	26 Cardrona Valley Road  03 443 0725 <a href="mailto:office@aspiringmedical.co.nz">office@aspiringmedical.co.nz</a>	<a href="https://www.aspiringmedical.co.nz/">https://www.aspiringmedical.co.nz/</a>	
<b>Wanaka Medical Centre</b>	Health Improvement Practitioner and Health Coach - Free support regarding any wellbeing or lifestyle concerns	23 Cardrona Valley Road  03 443 0710 <a href="mailto:admin@wanakamedical.co.nz">admin@wanakamedical.co.nz</a>	<a href="https://wanakamedical.co.nz/">https://wanakamedical.co.nz/</a>	

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Mental Health Support				
<b>1737</b>	Talk to a trained counsellor	Free call or text 1737 Anytime 24/7  0800 1737 1737	<a href="https://1737.org.nz/">https://1737.org.nz/</a>	<p>NEED TO TALK?</p> 
<b>Brief Intervention Service</b>	Free assistance & support to people experiencing mild to moderate mental distress	GP or practice nurse referral  0800 477 1155  <a href="mailto:info@wellsouth.org.nz">info@wellsouth.org.nz</a>	<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>	Moderate to severe maternal mental health distress	19 Douglas Street Queenstown 03 441 0010  Hospital Street Clyde 03 440 4308	<a href="http://www.southernhealth.nz">www.southernhealth.nz</a>	<p><b>Te Whatu Ora</b> <b>Health New Zealand</b> <hr/><b>Southern</b></p>
<b>Emergency Mental Health Support</b>		<b>Emergency</b> <b>0800 467 846</b> <b>Press 2 for</b> <b>Wanaka (OTAGO)</b>		

# Te Hau Toka

SOUTHERN LAKES WELLBEING GROUP

Updated January 2023