




Wakatipu 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
Chamber of Commerce	Level 2, The Forge Building, 20 Athol Street, Queenstown 03 4418254 admin@queenstownchamber.org.nz	Business assistance Business mentors	https://queenstownchamber.org.nz/contact-us/	 Queenstown Business CHAMBER OF COMMERCE
Central Lakes Safety Charter & Mates in Construction	Level 2, 36 Grant Rd Five Mile Centre 034422889 0800 111 315	On-site training At risk case management support Connection to suitable professional support	Central Lakes Safety Charter - Home Facebook https://mates.net.nz/	 MATES in Construction CENTRAL LAKES SAFETY CHARTER
Kuma -Southern Māori Business Network Te Kupeka Umaka Māori Ki Āraiteuru	tahuna@kuma.co.nz	A proudly southern Māori Business Network, KUMA's vision is to bring Māori together to enhance their individual, professional and business success through our collective support.	www.kuma.co.nz	 KUMA TE KUPEKA UMAKA MĀORI KI ĀRAITEURU Southern Māori Business Network

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Mates in Construction	fkaan@mates.net.nz eteit@mates.net.nz 0277788243	On-site training At risk case management support Connection to suitable professional support	https://mates.net.nz/	 <div style="background-color: red; color: white; padding: 5px; text-align: center;"> STRONGER TOGETHER 0800 111 315 </div>
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/	 <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> Regional Business Partner Network </div> </div>
Queenstown Lakes District Council	10 Gorge Road Queenstown 03 440 499	Information and community wellbeing	https://www.qldc.govt.nz/community/community-wellbeing	
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	
Take Stock: Employment Assistance Programmes (EAP) supplied by	For Benestar call 0800 360364 counsellingsupportnz@benestar.com	If you are a small to medium size business owner (SME) in Queenstown Lakes District you are eligible for up to 3	https://www.benestar.com/	





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<p>Benestar Group Limited Southern Lakes Business Response Group initiative</p>		<p>free counselling sessions through the Take Stock initiative, contact Benestar for more information.</p> <p>There are also webinars available once a month for all owners, employees and family members of SME business within the Queenstown Lakes.</p>		
<p>XAP - Xero Assistance Programme</p>	<p>xap@xero.com</p>	<p>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.</p>	<p>https://www.xero.com/nz/xap-faq/</p>	
Community Services				
<p>Central Lakes Family Service</p>	<p>16B McBride St Frankton</p> <p>0508 440 255 info@clfs.co.nz</p>	<p>Family/Whānau Support Counselling Family harm programmes Parenting programmes</p>	<p>www.clfs.co.nz</p>	





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<p>Citizens Advice Bureau</p>	<p>44 Stanley Street Queenstown</p> <p>03 442 6799</p>	<p>Free legal clinics Justice of Peace Budget Advice/Financial Mentoring, specialist employment advice</p>	<p>https://www.cab.org.nz/location/cab-queenstown</p>	
<p>Happiness House</p>	<p>4 Park Street Queenstown</p> <p>03 442 6531 0279735535 Info@happinesshouse.org.nz</p>	<p>Queenstown Community Support Centre, clothing, clothing, food, counselling, information and advocacy</p>	<p>http://happinesshouse.org.nz/contact.htm</p>	
<p>Strengthening Families</p>	<p>16B McBride St, Frankton</p> <p>027 203 4547 niki@clfs.co.nz</p>	<p>A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic & health options</p>	<p>www.clfs.co.nz</p> <p>Facebook: Wakatipu Strengthening Families</p>	
<p>The Head Light Trust</p>	<p>info@headlight.org.nz workshops@headlight.org.nz</p>	<p>GoodYarn Mental Health Workshops - helping workplaces to talk about mental health, facilitated by people from the local business community</p>	<p>www.mentalhealthworkshops.org.nz</p>	

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The Salvation Army	The Salvation Army, 71 Gorge Road, Queenstown 03 442 9661	Social Services, Counselling, Budget services, Op shop, Food assistance	https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown https://www.facebook.com/thesalvationarmyqueenstown/	
Uruuruwhenua Health	melw@uruuruwhenuahealth.co.nz 027 3361281	Work alongside whānau and the wider community to ensure Health and Social Services are accessible and tailored to meet the needs of whānau so that good health and wellbeing is achieved	https://www.ururuwhenuahealth.co.nz/about/	
Medical Centres				
Arrowtown Medical Centre	Berkshire Street, Arrowtown 03 450 1355	Health Improvement Practitioner (HIP) Health Coach and Community Support Worker	https://www.qmc.co.nz/contact-us/	
Jacks Point Medical Centre	120b Māori Jack Road Jacks Point 03 4410500	Free same-day support regarding any wellbeing or lifestyle concerns for	https://www.qmc.co.nz/contact-us/jacks-point/	


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Queenstown Medical Centre	9 Isle Street, Queenstown 03 441 0500	individuals enrolled at QMC info@gmc.co.nz	https://www.gmc.co.nz/contact-us/	
Remarkables Medical Centre	12 Hawthorne Drive, Remarkables Park 03 450 9199		https://www.gmc.co.nz/contact-us/remarkables-clinic/	
Mountain Lakes Medical	44 Beach Street Queenstown Level 1 34 Grant Road Five Mile 03 442 7188 admin@mountainlakesmedical.co.nz		https://www.mountainlakesmedical.co.nz/contact/	
The Doctors, Wakatipu	11 McBride Street Frankton 03 442 2288 4 Thirteenth Avenue, Lower Shotover 03 442 2281 admin@wakatipumedical.co.nz		https://www.wakatipumedical.co.nz/contacts.html https://thedoctors.co.nz/	

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The Village Medical Centre	03 441 4333 hello@villagemedicalcentre.co.nz	Terrace Junction 1092 Frankton Road Queenstown	https://villagemedicalcentre.co.nz/ https://villagemedicalcentre.co.nz/contact/	
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/	
Central Lakes Community Mental Health Service	19 Douglas Street Queenstown 03 441 0010	Moderate to severe mental health distress, referral from a GP	www.southernhealth.nz	

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Emergency Mental Health Support	0800 467 846 Press 1 for Southland (Queenstown) 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	Support workers work alongside those recovering from mental illness	http://www.pactgroup.co.nz/	

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

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