Name	Description	Contact	Website	Logo
Community servi	•			
Able Minds	Supporting families around the mental distress of a loved one	03 448 9303	www.able.org.nz	able.minds
Central Lakes Family Service	Family & Parenting Support, Social Work, Counselling, Family Harm services Youth mild to moderate mental health support Sexual harm support Perinatal service	16B McBride St Frankton 0508 440 255 info@clfs.co.nz	www.clfs.co.nz	Central Lakes Family Services
Community College Youth Service Queenstown	Free youth coaching service providing wrap around support for young people- 16-18 years old. NEET (Not in Education or Training Programme	0800 887 007 info@comcol.ac.n z	https://www.comcol.ac.nz/community-college-southland-0800-887-007.html	Comcol

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Happiness House	Queenstown Community Support Centre clothing, food, counselling, information, advocacy	4 Park Street 03 442 6531 0279735535 info@happinessh ouse.org.nz	http://happinesshouse.org.nz/contact.htm	Happiness House
Health School Queenstown	Education for children who are too unwell to attend regular school	0800 774 700 secretary@south ernhealth.school. nz	www.srhs.school.nz	Southern Health te kura whaiora ki te tonga School
Heart Kids Central Otago	Practical and emotional support for families with a baby, child or teen with a heart issue	centralotago.fsw @heartkids.org.n Z	https://www.heartkids.org.nz/branches/central- otago/	HeartKids Central Otago Branch
Family Works	(Budgeting) and Good Loans Service in the Wakatipu Area a Parenting Programme Incredible Years	0508 396 678 familyworkscentr al@psotago.org.n Z	https://psotago.org.nz/family-works/	Family Works
Lakes District Hospital	Emergency health needs	20 Douglas Street Frankton 03 441 0015	https://www.southernhealth.nz/services/lakes-district-hospital-queenstown-hospital-services	Te Whatu Ora Health New Zealand Southern

Melon	Online youth related mental health resources	Call or chat online 0800 942 8787	https://www.melonhealth.com/ https://whatsup.co.nz/	melon
Parent2parent	Parent support network for families raising a child with a disability	southland@paren t2parent.org.nz 027 808 3951	https://parent2parent.org.nz/about-parent-to- parent/	Parent to Parent connect · Inform · support
Pivotal Point	Empowering whānau to access the help required to holistically support all our neurodiverse tamariki within the Whakatipu basin.	info@pivotalpoin t.org.nz	https://pivotalpoint.org.nz/	Pivotal Point
Playcentre Queenstown Wakatipu	Playcentre is a family affair where children learn through responsive and reciprocal relationships with people, places and things	57 Stanley Street, Queenstown 03-442 9309 49 Red Oaks Drive, Frankton, Queenstown 021 065 2100 wakatipu@playce ntre.org.nz	https://www.playcentre.org.nz/centre/queenstown/ https://www.playcentre.org.nz/centre/wakatipu/	Playcentre &

The Floor Aurum House Selected and trained adult volunteers in a well-supported mentoring relati onship.		Wakanpa offina and Touri Support Directory					
Aurum House Terrace Junction Selected and trained adult volunteers in a well-supported mentoring relationship. Aurum House Terrace Junction Go 27 28 38 466 mentoring relationship. Maintain on Ship. Maintain on Ship.	Presbyterian	1					
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Rainbow Youth NZ Og 376 4155 auckland@ry.or g.nZ Social services and advocacy for Aotearoa's queer, gender diverse Sorvices Social services and support for children and their Whanau A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic &		mentoring relati	NBenington@fam				
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STAND Children's Services Social services and advocacy for Aotearoa's queer, gender diverse	Rainbow Youth	09 376 4155	We provide	https://ry.org.nz/			
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including assistance with finances, food, practical needs, therapeutic & Families Te Huarahi ki te Whakapiripiri I Ngā Whānau		supports for	027 203 4547		Strangthoning		
assistance with finances, food, practical needs, therapeutic &		families	niki@clfs.co.nz		Strengthening		
assistance with finances, food, practical needs, therapeutic &		including			Families		
practical needs, therapeutic & Whakapiripiri I Ngā Whānau		assistance with					
therapeutic &		finances, food,					
· ·		practical needs,			Whakapiripiri I Nga Whanau		
health options		therapeutic &					
		health options					

Te Runanga o	Whanau	027 341 7897	https://maatawaka.org.nz/about-us/referrals/	
Nga Maata Waka	Resilience is a			
Inc.	long term	tina.macdonald@		
	service for 10 –	maatawaka.org.n		
	18 year olds and	<u>z</u>		
	their whanau,			
	who have been			
	affected by			
	intergeneration			To Punanga o
	al family harm.			Te Kunanga o
	Supports to			Nga Maata Waka
	strengthen			Te Rūnanga o Ngā Maata Waka -incorporated-
	cultural identity			
	and whakapapa,			
	community			
	capability and			
	connection and			
	creating healthy			
	skills and			
	relationships.			
The Salvation	Social Services,	The Salvation	https://www.salvationarmy.org.nz/centres/nz/ot	
Army	Counselling,	Army, 71 Gorge	ago-southland/queenstown	
	budget services,	Road,		THUTION
	Op shop,	Queenstown	https://www.facebook.com/thesalvationarmyque	(SALVAMY)
	Food assistance,		enstown/	ARI
	Youth groups	03 442 9661		
Whakatipu Youth	Works alongside	03 451 1415	https://www.whakatipuyouthtrust.org.nz/	
Trust	young people			
	aged 10 to 24	info@wakatipuyo		
	years and offers	uthtrust.co.nz		
	a range of			WakatipuYouth ()
	positive youth			TRUST
	development			

	opportunities such as holiday programmes, youth groups, youth workers in schools, life skill education and host various events. Clinical services -Youth Social Work, Youth Counselling,			
Verth Haring	Mentoring and group facilitation.	(00) 222 025		
Youth Horizons	Focused programmes that create better futures for rangatahi who are impacted by conduct problems.	info.central.south ern@youthorizon s.org.nz	https://www.youthorizons.org.nz/about-us/	YOUTH HORIZONS KIA PUĀWAI
Youth Line	Free helpline	0800 376 633 Free text 234 Webchat	https://youthline.co.nz/	Youth line Changing lives.

Medical Centres			•	,		
Queenstown	info@qmc.co.nz					
Medical Centre					Queenstown	
Arrowtown	Health	Berkshire Street,	https://www.qmc.co.nz/contact-us/		Queenstown Medical Centre Arrowtown	
	Improvement	Arrowtown		<i>F</i>	AITOWLOWIT	
	Practitioner	03 450 1355				
	(HIP) Health Coach and			_	Ouganstawn	
Jacks Point	Community	120b Māori Jack	https://www.qmc.co.nz/contact-us/jacks-point/		Queenstown	
	Support Worker	Road	incepany www.increasing.comedet asyguine pointy		Medical Centre	
	Free same-day	Jacks Point			Jacks Point Jacks Point	
	support	03 4410500				
	regarding any					
Queenstown	wellbeing or	9 Isle Street,	https://www.qmc.co.nz/contact-us/			
Queenstown	lifestyle	Queenstown	intips.//www.qmc.co.nz/contact-us/		Queenstown	
	concerns for	03 441 0500			Medical Centre	
	individuals					
	enrolled at QMC					
Dama da blac	QIVIC	42 Have the arms	hatter of the second se	_	0	
Remarkables		12 Hawthorne Drive,	https://www.qmc.co.nz/contact-us/remarkables- clinic/		Queenstown	
		Remarkables Park	<u>cimity</u>		Medical Centre	
		03 450 9199			Remarkables Park	
Mountain Lakes		44 Beach Street	https://www.mountainlakesmedical.co.nz/contac			
Medical		Queenstown	<u>t/</u>			
		Level 1				
		34 Five Mile				

		Shopping Centre Frankton 03 442 7188 admin@mountai nlakesmedical.co.		- And the state of
		<u>nz</u>		MOUNTAIN LAKES MEDICAL GUEENSTOWN
The Doctors, Wakatipu		11 McBride Street Frankton 03 442 2288 4 Thirteenth	https://www.wakatipumedical.co.nz/contacts.html https://thedoctors.co.nz/	Wakatipu Medical Centre the doctors medical centres
		Avenue, Lower Shotover 03 442 2281		medical centres
The Village Medical Centre	Terrace Junction 1092 Frankton Road Queenstown	03 441 4333 hello@villagemed icalcentre.co.nz	https://villagemedicalcentre.co.nz/ https://villagemedicalcentre.co.nz/contact/	VILLAGE MEDICAL — CENTRE
Mental Health Sup 1737	Talk to a trained counsellor	Free call or text Anytime 24/7 Or call 0800 1737 1737	https://1737.org.nz/	NEED TO TALK?

Pact	Youth support workers work alongside youth recovering from mental illness	Pact Southland 03 211 2850	http://www.pactgroup.co.nz/	pact
Southern DHB Child and Youth Mental Health Services	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	19 Douglas Street Queenstown 03 441 0010	www.southernhealth.nz	Te Whatu Ora Health New Zealand Southern
Thrive - Brief Intervention Service	Adventure Development provides free face to face and/or telehealth counselling. Thr ive! Te Pae Ora is a brief	Make A Referral (thriveservices.or g.nz) Referrals with consent of young person can be made by anyone.	http://www.thriveservices.org.nz/services	

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intervention	
service for 12 –	admin@thriveser
24yrs, focusing	vices.org.nz
on wellbeing for	
mild to	
moderate	
mental health	
concerns and	
Adventure	
Development	
Counselling is a	
longer term	
programme for	
12 – 19 year	
olds with	
moderate to	
severe	
substance	
misuse issues.	



Te Hau Toka

SOUTHERN LAKES WELLBEING GROUP

Updated January 2023