














Wakatipu new and expectant parents/ perinatal support services

Name	Description	Contact	Website	Logo
Community Organisations				
Able Minds	Supporting families around the mental distress of a loved one	03 448 9303	www.able.org.nz	
Anglican Family Care	Family Start Programme	0800 326 2273 03 443 6623	https://anglicanfamilycare.org.nz/	
Arai Te Uru Whare Hauora	Advice, advocacy, information and support to the migrant community	Frankton reception@araituru.co.nz	http://www.araituru.co.nz/#home	
Breastfeeding Support	Peer Support for new parents	catkinbartlett@gmail.com 0800 546 650 027 451 2230	https://wellsouth.nz/community/health-promotion-2/breastfeeding/breastfeeding-support-otago-and-southland/	
	Lactation Consultant Providing breastfeeding support to families in the Queenstown Lakes area	Queenstownbreastfeeding@outlook.com 027 293 3973	https://www.facebook.com/Queenstown-Breastfeeding-Support-109019834565185/	





Wakatipu new and expectant parents/ perinatal support services

Central Lakes Family Service	Family & Parenting Support, Social Work, Counselling, Family Harm services, Perinatal Support	16B McBride St Frankton 0508 440 255 info@clfs.co.nz	www.clfs.co.nz	 <p style="text-align: right;">Central Lakes Family Services</p>
Family Works	Building Financial Capability Support (Budgeting) and Good Loans Service in the Wakatipu Area.	familyworkscentral@psotago.org.nz	https://psotago.org.nz/family-works/	
Happiness House	Queenstown Community Support Centre clothing, food, counselling, information, advocacy	4 Park Street 03 442 6531 0279735535	http://happinesshouse.org.nz/contact.htm	
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/	
Lakes District Hospital	Maternity and social work services	20 Douglas Street Frankton 03 441 0015	https://www.southernhealth.nz/services/lakes-district-hospital-queenstown-hospital-services	




Wakatipu new and expectant parents/ perinatal support services

<p>Mums4Mums</p>	<p>Peer Support</p> <p>Mums4Mums drop in group</p> <p>Walking Group</p>	<p>0800 546 650 027 451 2230</p>	<p>https://www.facebook.com/pages/category/Community-Service/Mums4Mums-Wakatipu-341897856418256/</p>	
<p>Plunket Queenstown</p>	<p>Support service for health and wellbeing of Tamariki under 5 and whanau</p>	<p>8 Henry Street Queenstown 03 442 7380 queenstown.plunket@plunket.org.nz PLUNKETLINE 0800 933 922 Telephone Advice Service 24/7</p>	<p>https://www.plunket.org.nz/plunket-near-me/queenstown-plunket-clinic/</p>	
<p>Arrowtown</p> <p>Remarkable Mums</p>	<p>Parenting education and information</p> <p>Peer support for Low mood, sleep deprivation, anxiety, isolation, adjustment to motherhood. Discussion topics focused on emotional wellbeing with a baby/toddler</p>	<p>20 Cardigan Street Arrowtown 03 4427380 queenstown.plunket@plunket.org.nz</p>	<p>https://www.plunket.org.nz/plunket-near-me/arrowtown-plunket-clinic-2/</p>	







Wakatipu new and expectant parents/ perinatal support services

<p>SPACE</p>	<p>Supporting Parents As Child Educators</p> <p>Parenting Programme</p>	<p>The Salvation Army, 71 Gorge Road, Queenstown 03 442 9661</p> <p>Ruth.wilson@salvationarmy.org.nz</p>	<p>https://www.space.org.nz/home/find-a-space-programme/</p> <p>Facebook: Queenstown SPACE</p>	
<p>Strengthening Families</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>16B McBride St, Frankton 027 203 4547</p> <p>niki@clfs.co.nz</p>	<p>www.clfs.co.nz</p> <p>Facebook: Wakatipu Strengthening Families</p>	
	<p>Baskets of Blessing</p>	<p>Online referral info@basketsofblessing.org.nz</p>	<p>https://www.basketsofblessing.co.nz/meals/</p>	
	<p>Dovetail Meals</p>	<p>jmharfordbro wn@gmail.com</p>	<p>https://www.facebook.com/groups/545099185595998/</p>	

Wakatipu new and expectant parents/ perinatal support services

<p>The Baby Box</p>	<p>A baby box filled with useful items for a new-born is given to every baby born in the Queenstown Lakes region</p>	<p>Queenstown Lakes District Council babyboxtrust@gmail.com</p>	<p>https://groups.qldc.govt.nz/groups/show/baby-box-queenstown-lakes-charitable-trust/</p>	
<p>The Salvation Army</p>	<p>Social Services, Counselling, budget services, Op shop, Food assistance Space2play (Playgroup)</p>	<p>The Salvation Army, 71 Gorge Road, Queenstown 03 442 9661</p>	<p>https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown https://www.facebook.com/thesalvationarmyqueenstown/</p>	
<p>Medical Centres</p>				
<p>Mountain Lakes Medical</p>		<p>44 Beach Street Queenstown Level 1 34 Five Mile Shopping Centre Frankton 03 442 7188 admin@mountainlakesmedical.co.nz</p>	<p>https://www.mountainlakesmedical.co.nz/contact/</p>	

Wakatipu new and expectant parents/ perinatal support services

<p>Queenstown Medical Centre</p> <p>Arrowtown</p> <p>Jacks Point</p> <p>Queenstown</p> <p>Remarkables</p>	<p>Health Improvement Practitioner (HIP) Health Coach and Community Support Worker</p> <p>Free same-day support regarding any wellbeing or lifestyle concerns for individuals enrolled at QMC</p>	<p>Berkshire Street, Arrowtown 03 450 1355</p> <p>120b Māori Jack Road Jacks Point 03 4410500</p> <p>9 Isle Street, Queenstown 03 441 0500</p> <p>12 Hawthorne Drive, Remarkables Park 03 450 9199</p> <p>info@qmc.co.nz</p>	<p>https://www.qmc.co.nz/contact-us/</p> <p>https://www.qmc.co.nz/contact-us/remarkables-clinic/</p>	   
<p>The Doctors, Wakatipu</p>	<p>admin.shotover@wkt.thedoctors.co.nz</p>	<p>11 McBride Street Frankton 03 442 2288</p> <p>4 Thirteenth Avenue, Lower Shotover 03 442 2281</p>	<p>https://www.wakatipumedical.co.nz/contacts.html</p> <p>https://thedoctors.co.nz/</p>	 

Wakatipu new and expectant parents/ perinatal support services

<p>The Village Medical Centre</p>		<p>Queenstown Terrace Junction 1092 Frankton Road 03 441 4333</p> <p>hello@villagemedicalcentre.co.nz</p>	<p>https://villagemedicalcentre.co.nz/</p> <p>https://villagemedicalcentre.co.nz/contact/</p>	
<p>Mental Health Support</p>				
<p>1737</p>	<p>Talk to a trained counsellor</p>	<p>Free call or text Anytime 24/7 1737</p> <p>0800 1737 1737</p>	<p>https://1737.org.nz/</p>	<p style="text-align: center;">NEED TO TALK?</p> 
<p>Brief Intervention Service</p>	<p>Free assistance & support to people experiencing mild to moderate mental distress</p>	<p>GP or practise nurse referral</p> <p>0800 477 1155</p> <p>info@wellsouth.org.nz</p>	<p>https://wellsouth.nz/community/mh-concerns/brief-intervention-services/</p>	
<p>Central Lakes Community Mental Health Service</p>	<p>Moderate to severe maternal mental health distress</p>	<p>19 Douglas Street Queenstown</p> <p>03 441 0010</p>	<p>www.southernhealth.nz</p>	<p style="text-align: center;">Te Whatu Ora Health New Zealand Southern</p>

Wakatipu new and expectant parents/ perinatal support services

Emergency Mental Health Support		Emergency 0800 467 846 Press 1 for Southland		
---------------------------------------	--	---	--	--

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