

An immediate mental health crisis

In an immediate and serious situation when you are concerned for your safety or the safety of those around you:

Phone 111

If the situation does not require an immediate urgent response contact the Te Whatu Ora Southern crisis line (emergency psychiatric team) on 0800 467 846. Press 1 for Southland (includes Queenstown) or Press 2 for Otago. The service is for people who need crisis mental health emergency treatment, assistance, and information.

Call **111**

Waea **111**



Whakaarotau hauora hinekaroro

Medical clinics

Queenstown

Queenstown Mountain Lakes Medical
(Queenstown/Frankton) 03 442 7188

Queenstown Medical Centre
(Queenstown/Frankton/Arrowtown/Jack's Pt)
03 441 0500

The Doctors Wakatipu
(Frankton/Shotover) 03 442 2288

The Village Medical Centre (Frankton) 03 4414333

Wānaka

Wānaka Medical Centre 03 443 0710

Aspiring Medical Centre 03 443 0725

Central

Cromwell Family Practice 03 445 4666

Cromwell Medical Centre 03 445 1119

Junction Health 03 445 4688

Alexandra Family Medical 03 901 6277

Health Central – Alexandra 03 440 0295

Ranfurlly Medical Centre 03 444 1073

Roxburgh Medical Centre 03 446 8200

Fiordland

Fiordland Medical Practice 03 249 7007

More great resources

Community Networks Wanaka

communitynetworks.co.nz

healthpoint.co.nz/mental-health-addictions/central-lakes/
qldc.govt.nz/community/community-wellbeing

Fiordland Community House

fiordlandcommunityhouse.co.nz

Looking after your wellbeing

Manaakitia i tō oraka

Keeping well Kia piki te ora

Extra support He taupua ano

Immediate crisis Mōrearea ināianeī tonu

Proudly supported by
Te Hau Toka Southern
Lakes Wellbeing Group



Keeping well Kia piki te ora

Maintaining your wellbeing is important. It's a bit like keeping physically fit – something that you work on throughout life.



Connect with the people around you: whānau, friends, colleagues, neighbours.



Keep Learning. Try something new, or rediscover an old interest.



Be Active. Go for a walk or run. Step outside. Garden. Play a game.



Do something nice for a team mate. Thank someone. Volunteer your time.



Remark on the unusual. Notice the changing seasons. Savour the moment.

Apps and online learning

There are lots of great free wellbeing apps and online learning to support you.



melonhealth.com



thelowdown.co.nz



justathought.co.nz



allright.co.nz



mentalwealth.nz



smallsteps.org.nz



mentalhealth.org.nz



groovnow.com

When you need some extra support

So you're not feeling great?

A good first step is to see your GP. You and your whānau can tap into a range of health and wellbeing services when you're enrolled with a GP team. You can also call your GP to ask what services they offer. A number of General Practices offer free Access & Choice services:

Health Improvement Practitioners (HIPs) are registered health professionals who assist people of all ages to take positive steps to improve their physical, social and mental wellbeing.

Health Coaches (HCs)/Community Support Workers work alongside people to support social, emotional, and physical wellbeing, including setting health goals or connecting them with wider services in the community such as housing or social support.

Phone and text services

1737

Free phone or text **1737**, for support from trained counsellors 24/7. Interpreter services are available in more than 40 languages.

Youthline counselling services, free phone **0800 376 633** or text **234** or webchat youthline.co.nz



Mēnā e pīraki he āwhina anō

Your GP may be able to refer you to:

Mental Health Brief Intervention Service

For mild to moderate mental health issues, including stress, anxiety, depression and concerns about drugs and alcohol. Up to 5 free sessions for adults 20 years+. Counselling can be face-to-face, by phone or video call.

Youth and Family Services

Professional counselling for young people 12-24 years. Includes support for them and their whānau to deal with alcohol and drug issues and/or mental health challenges. Can be face-to-face, by phone or video call. Central Lakes Family Services or Adventure Development also take self-referrals.

Kaupapa Māori Services

Whakatipu: Mana Tāhuna. Visit manatahuna.co.nz or phone 027 778 3935.

Whakatipu/Central Otago: Uruuruwhenua Hauora. Visit uruuruwhenuahealth.co.nz or phone 0800 878 087.

Fiordland: Nga Kete Matauranga Pounamu. Visit nkmp.maori.nz or phone 0800 925 242.

Rainbow Community Programmes include Outline and Pride Counselling and local high school Spectrum Groups. Rainbow Outline Aotearoa 0800 688 5463 (0800 Outline).

Te Whatu Ora Southern Community Mental Health Services A range of specialist mental health and addiction services are available for adults and child/adolescent/youth.