

SUICIDE PREVENTION PATHWAYS IN CENTRAL/LAKES

- Ring 111 in an immediate emergency and ask for Police.
- For emergency mental health services ring 0800 467 846 and then 1 for Queenstown or 2 for Wanaka and Central Otago. It is useful to have a support person/advocate with the person to identify any risk issues.
- Central Community Mental Health Team (including emergency services): Hospital Road Clyde Ph 03 440 4308
Open 8:30 am to 4:30 pm
- Lakes Community Mental Health Team (including emergency services: 19 Douglas St Frankton Ph 03 441 0010
Open 8:30 am to 4:30 pm
- Child and Family Mental Health Services (CAFMHS) contact via the Community Mental Health Teams
- Encourage the client to make contact with their local general practice. You may need to support the person to attend or arrange for someone to go with them. An assessment and treatment plan will be discussed with the client and follow up or referral to appropriate agency arranged.
- Brief Intervention Primary Mental Health Service - This is a service available to people presenting with mild to moderate mental health issues and generally referred by their GP. A person could have up to 5 free sessions. This is not a crisis service so people can wait a number of weeks to be seen.
Check out www.whileyouwait.org.nz
- Youth Brief Intervention Service is available to youth aged from 12-19 within the Central Otago area (excluding Queenstown). GP referral required.
- Adventure Development provides 2 services in the Central Lakes region for 12 – 19 year olds experiencing difficulties with mental health and/or alcohol & other drugs. Thrive! Te Pae Ora is a brief intervention service for mild to moderate difficulties. The Adventure Development Counselling Programme is for those experiencing moderate to severe difficulties. The online referral form is at <http://adventuredevelopment.co.nz/contact-us/dunedin-otago/make-a-referral-to-the/> or email admin@thriveservices.org.nz. For either service call 032188833 or 034701691 or call/txt Malcolm 0272549323 or email malcolm@adlnz.org.nz
- Uruuruwhenua Health 90b Centennial Ave Alexandra 03 448 8634 or Freephone: 0800 878087 or email uruuruwhenuahealth@xtra.co.nz
- Queenstown Lakes Family Centre (QLFC). Support for families and children from 0-18 years with mild to moderate mental health issues. QLFC is not a crisis service. Self referrals are accepted. 16 McBride St, Frankton, Queenstown. Ph 03 441 4331 or info@qlfc.co.nz Website: www.qlfc.co.nz

Helplines

- Call/text 1737- nationwide mental health support: 'Need to Talk?' & 'Early Mental Health Response (EMHR)'
- The Depression Helpline (0800 111 757)
- Healthline (0800 611 116)
- Lifeline (0800 543 354)
- Samaritans (0800 726 666)
- Youthline (0800 376 633) txt **234** or talk@youthline.co.nz
- Alcohol Drug Helpline (0800 787 797)

For General Mental Health Enquiries call 0800 44 33 66

For advice on community support agencies, contact Citizens Advice Bureau 0800 367 222 or Family Services Directory at 0800 211 211 or online at www.familyservices.govt.nz/directory

On line Resources

www.depression.org.nz	www.beatingtheblues.co.nz
www.mentalhealth.org.nz	https://ecouch.anu.edu.au/welcome
www.thelowdown.co.nz	www.moodgym.anu.edu.au
www.moh.govt.nz/healthline	http://www.ehub.anu.edu.au/welcome.php
www.sparx.org.nz	www.anxietyonline.org.au
www.gamblinghelpline.co.nz	www.skylight.org.nz
www.whileyouwait.org.nz	www.booksonprescription.co.nz