

SUICIDE PREVENTION PATHWAYS IN DUNEDIN

- Ring 111 in an immediate emergency and ask for Police
- Emergency Psychiatric Services (EPS), (normally Dunedin Public Hospital Emergency Dept. first in an emergency). It's often useful to have a support person/advocate with the person to identify risk issues to EPS. Ring 0800 467 846 and then 2 for Otago
- Child and Family Mental Health Services (CAFMHS) < 14) 03 471 7105 and Youth Speciality Services (YSS) Dunedin (14-19) 03 474 5601 : 24 hour Freephone 0800 44 33 66
- With the approval of the client, notify their GP who can prescribe as necessary and/or make a referral to Brief Intervention Service
- Brief Intervention Service (waiting list and not a crisis service, but wait times can be escalated at times) Referred by GP. Free 5 sessions (plus assessment) but about a 6 week wait. For people 20 years and older.
- Mirror Counselling (Oamaru and Dunedin) Counselling for young people 3 to 19
<http://mirrorservices.org.nz/mirror-counselling-service> 03 479 2970
- Adventure Development (young people aged 24 and younger) - drug and alcohol services etc.
<http://www.adventuredevelopment.co.nz/> 03 470 1691
- Otago Youth Wellness Trust (Dunedin) (OYWT) is a free community-based service for young people aged 11-18 years with multiple and complex needs <http://www.oywt.org.nz/> 03 474 9547
- Arai te Uru Whare Hauora, Youth Suicide Kaiarahi (rangatahi) 027 572 7456 Lisa Lindsay

Helplines

- 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.Booksonprescription.co.nz	www.whileyouwait.org.nz