

# 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 and ask for the police.

If the situation does not require an immediate urgent response contact Southern District Health Board 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.

Phone **111**  
and ask for  
the police

Waea **111**  
me pātai mō kā  
Pirihimana



# Whakaarotau hauora hinekaro

## Medical clinics

### Queenstown

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

**Queenstown Medical Centre**  
(Queenstown/Frankton/Arrowtown) 03 441 0500

**Wakatipu Medical Centre**  
(Queenstown/Lower Shotover) 03 442 2288

### Wānaka

**Wanaka Medical Centre** 03 443 0710

**Aspiring Medical Centre** 03 443 0725

### Cromwell

**Cromwell Family Practice** 03 445 4666

**Cromwell Medical Centre** 03 445 1119

**Junction Health** 03 445 4688

### Fiordland

**Fiordland Medical Practice** 03 249 7007

## More great resources

Community Networks Wanaka, 35 McDougall St,  
Wanaka or [communitynetworks.co.nz](http://communitynetworks.co.nz)

[www.healthpoint.co.nz/mental-health-addictions/  
central-lakes/](http://www.healthpoint.co.nz/mental-health-addictions/central-lakes/)

[qldc.govt.nz/community/community-wellbeing](http://qldc.govt.nz/community/community-wellbeing)

# Looking after your wellbeing

# Manaakitia i tō oraka

## Keeping well Kia piki te ora

## Extra support He taupua ano

## Immediate crisis Mōrearea ināianeī tonu

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Te Hau Toka Southern  
Lakes Wellbeing

 **Southern  
Health**  
He hauora, he kuru pounamu  
[www.southernhealth.nz](http://www.southernhealth.nz)

# 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** ME WHAKAWHIANAUANGA

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

**KEEP LEARNING** ME AKO TONU

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

**BE ACTIVE** ME KORI TONU

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

**Give** TUKUA

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

**TAKE NOTICE** ME ARO TONU

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.

**melon**

A free app, empowering you to become your strongest self.  
[melonhealth.com](http://melonhealth.com)

**THE LOWDOWN** CO.NZ

Helping young Kiwis recognise and understand depression or anxiety.  
[thelowdown.co.nz](http://thelowdown.co.nz)

**just a thought**

Free courses on anxiety, depression, and managing stress.  
[justathought.co.nz](http://justathought.co.nz)

**Mental Health Foundation** OF NEW ZEALAND  
mauri tū, mauri ora

Resources to support mental health and wellbeing.  
[mentalhealth.org.nz](http://mentalhealth.org.nz)

**Mentemia**

A free NZ app with mental wellbeing coach support 24/7.  
[mentemia.com/nz](http://mentemia.com/nz)

# When you need some extra support

## So you're not feeling great?

It's been a tough time and some of us who may not have needed support previously could do with a helping hand. There's support out there if you need it. **A good first step is to see your GP (listed overleaf).**

Some GP practices offer the free services of:

**Health Improvement Practitioners.** These are qualified, registered health professionals who help people of all ages take positive steps in improving their physical and mental wellbeing.

**Health Coaches,** for support understanding healthy choices, goal setting, managing medication, and chronic conditions.

**Community Support Workers,** who help people to lead healthy lifestyles, and assist with social engagement, paid work, housing and money matters.



# Mēnā e pīraki he āwhina anō

## Your GP may be able to refer you to:

**Mental Health Brief Intervention Service**  
Up to five free sessions with a counsellor for adolescents and adults with mild to moderate mental health issues, including, stress, anxiety, depression, and alcohol and drug misuse. In person, phone or video counselling options are available.

**Youth and Family Services**  
Professional counselling services for young people aged 12-24 years. Includes supporting them and their whānau in dealing with alcohol and drug issues and/or mental health difficulties. Sessions can be face to face, by phone or video call. Self-referral can also be made to Central Lakes Family Services.

**Kaupapa Māori Services**  
Mana Tāhuna delivers services for both Māori and non-Māori in the Whakatipu, which value Māori tikanga (cultural values, processes and beliefs). Mana Tāhuna's mission is to improve the overall wellbeing of Māori people within the Tāhuna community. Visit [manatahuna.co.nz](http://manatahuna.co.nz) or phone **027 778 3935**.

**SDHB Community Mental Health Services**  
Providing a range of specialist mental health and addiction services in the community for adults and child/adolescent/youth.

## Phone and text services

NEED TO TALK?  
**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](http://youthline.co.nz)