



Worried about someone you care about? Worried for yourself? Asking for help is the right thing to do.

Always phone 111 and ask for police if you are worried about someone's immediate safety. Police are specially trained to do welfare checks, and would rather you called them and they found someone alive and well, than having people wait and worry.

24/7 available helplines and resources:

- Free text or phone 1737 or free phone 0800 1737 1737. Need to Talk? You can reach a trained counsellor 24/7
- Tautoko Suicide Crisis Support Line - 0508 828 865
- Depression Support Line - 0800 111 757
- Lifeline - 0800 543 354
- Youthline - 0800 37 66 33 or contact their free text number 234, and instant messaging at www.youthline.co.nz
- Healthline - 0800 611 116
- Alcohol & Drug Helpline - 0800 787 797
- Gambling Helpline – 0800654655. Text – 8006
- After a Suicide www.afterasuicide.nz
- WellSouth <https://wellsouth.nz/community/mh-concerns/suicide-resources-and-information/>
- Mental Health Foundation Suicide Prevention Resources - <https://www.mentalhealth.org.nz/home/our-work/category/51/suicide-prevention>

Funding assistance is available via Life Matters Trust for counselling for people residing in the Southern district, email lifemattersotago@gmail.com

Where to get help in each area of the Southern district:

Otago Crisis Help:

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 Dunedin, Wanaka, Central Otago or 1 for Queenstown.**

Southland Crisis Help:

Southland Mental Health Emergency Services (SMHET). You could expect to be seen at Southland Public Hospital Emergency Department on Kew Road in an emergency and it is useful to have a support person/advocate with the person to identify any risk issues to SMHET. **Ring 0800 467 846 and then 1 for Southland**

Other available Help in Otago:

1. Child and Family Mental Health Services (CAFMS) < 14) 03 471 7105 and Youth.

2. Brief Intervention Service can be accessed for up to 5 sessions of counselling for those aged 20+ with a GP referral. This is not a crisis service and there may be a wait for an appointment.
3. Mirror Counselling (Oamaru and Dunedin) Counselling for young people 3 to 19 <http://mirrorservices.org.nz/mirror-counselling-service> 03 479 2970.
4. Adventure development provide brief intervention counselling for young people up to 20 and support up to the age of 24 for co- existing alcohol and other drug concerns. Young people can self-refer <http://www.adventuredevelopment.co.nz/> 03 470 1691.
5. Family Mental Health Service available to all ages enrolled with Mosgiel and Green Island practices, Broadway, Mornington and Servants. Available to see people for a 6-9 month period. Referrals able to be accepted from any source including self-referral. Currently people will be seen within 2 weeks 03 489 3728.
6. 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
7. Family Violence Central Lakes Family Service.0508440255
8. Arai te Uru Hineengaro Hauora Kaiarahi (B4) Youth Suicide 03 4719 960
9. Pacific Trust Otago 03 4551722

Other available help in Southland:

1. Child and Adolescent Family Services (CAFS) (0-18 years) 03 214 5753 or freephone 0800 44 33 66
2. Brief Intervention Service can be accessed for up to 5 sessions of counselling for those aged 20+ with a GP referral. This is not a crisis service and there may be a wait for an appointment.
3. Adventure development provide brief intervention counselling for young people up to 20 and support up to the age of 24 for co- existing alcohol and other drug concerns. Young people can self-refer <http://www.adventuredevelopment.co.nz/> 03 218 8833 or emailsouthland@adventuredevelopment.co.nz.
4. Nga Kete all Age Suicide Prevention, 92 Spey Street, Invercargill, 0800 925 242 or (03) 214 5260.
5. Pacific Island Advisory and Cultural Trust (PIACT) 135 Bowmont St, Invercargill, 03 214 6089.
6. Loss and Grief Centre, Invercargill, 49 Tay St, Invercargill. Ph: 0274438788. Email: lossandgriefcentre@gmail.com.
7. ABLE - Support for family Members/flatmates/ friends Ph 03 2182100, email adminsld@able.org.nz
8. Southern Rivers Community Mental Health Team 2080299 (Gore)
9. Te Korowai Hou Ora - Maori Mental Health 2080299 (Gore)