

SUICIDE PREVENTION PATHWAYS IN INVERCARGILL

- Ring 111 in an immediate emergency and ask for Police
- 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
- Child and Adolescent Family Services (CAFS) (0-18 years) 03 214 5753 or freephone 0800 44 33 66
- With the approval of the client, notify their GP who can assess or prescribe as necessary and/or make a referral to Youth Brief Intervention Service (12-19 years) till January 2018, or Adult Brief Intervention Service (20+)
- Youth (12 to 19) Brief Intervention Service (not a crisis service) will be delivered by Adventure Development from January 2018. Clients will receive 1 to 6 sessions across Otago and Southland, Ph 03 218 8833 or southland@adventuredevelopment.co.nz
- Check out the Look After Yourself and While You Wait handouts available through your GP or WellSouth office or at www.whileyouwait.org.nz
- Adventure Development (young people aged 24 and younger) - drug and alcohol services etc. <http://www.adventuredevelopment.co.nz/> 03 218 8833 or emailsouthland@adventuredevelopment.co.nz
- Number 10, Youth One Stop Shop, 10 Deveron St Invercargill, 03 214 1013 or 027 472 4703
- Nga Kete , All Age Suicide Prevention, 92 Spey Street, Invercargill, 0800 925 242 or (03) 214 5260
- Pacific Island Advisory and Cultural Trust (PIACT) 135 Bowmont St, Invercargill, 03 214 6089
- Loss and Grief Centre, Invercargill, 49 Tay St, Invercargill. Ph: 0274438788. Email: lossandgriefcentre@gmail.com
- ABLE - Support for family Members/flatmates/ friends Ph 03 2182100, email adminsld@able.org.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) – 24 hours or txt **234** (8am to midnight) 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

