

# Central Lakes Service Directory

## Mental Health and addiction services 2023

### Need Help Now

*I am at risk of harming myself or someone else- OR- I am experiencing severe withdrawals (24 hour services)*

Emergency	Call 111
Emergency Psychiatric Service (Dunedin)	0800 467 846
Alcohol and Drug Helpline- Youth	0800 787 984 - <a href="http://www.alcoholdrughelp.org.nz">www.alcoholdrughelp.org.nz</a> - free txt 8681
Healthline	0800 611 116
Lifeline	0800 543 354 – free text 4357
Youthline	0800 376 633 – <a href="http://www.youthline.co.nz">www.youthline.co.nz</a> - <a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a> - free text 234
Depression Helpline	0800 111 757 - <a href="http://www.depression.org.nz">www.depression.org.nz</a> - text 4202

### Addiction Self Help

*I would like to try on my own or do something as well as talking to you*

AA	0800 229 6757- <a href="mailto:help@aa.org.nz">help@aa.org.nz</a> - <a href="http://www.aa.org.nz">www.aa.org.nz</a>
Al-Anon / Al-a-teen	0508 425 266 - <a href="https://al-anon.org.nz/">https://al-anon.org.nz/</a>
Family Drug Support Aotearoa New Zealand	0800 337 877 - <a href="http://fds.org.nz">fds.org.nz</a>
Narcotics Anonymous	0800 628 632- <a href="http://nzna.org">nzna.org</a>
Depression website	<a href="http://www.depression.org.nz">www.depression.org.nz</a>
Drug help	<a href="http://www.drughelp.org.nz">www.drughelp.org.nz</a>
Health Navigator	<a href="http://www.healthnavigator.org.nz">www.healthnavigator.org.nz</a>
Hello Sunday Morning	<a href="http://www.hellosundaymorning.org">www.hellosundaymorning.org</a>
Living sober	<a href="http://www.livingsober.org.nz">www.livingsober.org.nz</a>
Need to Talk?	1737 (text or free call)
Mental Health Foundation	<a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>
NZ Drug Foundation	<a href="http://www.drugfoundation.org.nz">www.drugfoundation.org.nz</a>
The Lowdown	<a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>

### Local services

Able Minds	Alexandra Office; 28 Ashworth Street 0800 494 262; <a href="mailto:admin@able.org.nz">admin@able.org.nz</a> ; <a href="http://www.able.org.nz">www.able.org.nz</a>
Adventure Development	Cromwell Office & Mobile Service 35 The Mall, Cromwell 9310 Phone or text 027 254 9323 or 0800292988 <a href="mailto:admin@adlnz.org.nz">admin@adlnz.org.nz</a> <a href="http://www.adventuredevelopment.co.nz">www.adventuredevelopment.co.nz</a>
Alcoholics Anonymous	Recovery Groups in Queenstown and Alexandra 0800 229 6757; <a href="mailto:Help@aa.org.nz">Help@aa.org.nz</a> ; <a href="http://www.aa.org.nz">www.aa.org.nz</a>
Central Lakes Community Mental Health Team	Queenstown - 03 441 0010 Clyde – 03 440 4308 <a href="http://www.southerndhb.govt.nz">www.southerndhb.govt.nz</a>
Central Lakes Family Services	0508 440 255

	<a href="mailto:info@clfs.co.nz">info@clfs.co.nz</a>
Healthpoint	Up to date information about healthcare providers: <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
Salvation Army Queenstown	03 442 9661 <a href="http://www.salvationarmy.org.nz">www.salvationarmy.org.nz</a>
Wakatipu Youth Trust	03 451 1413 <a href="http://www.wakatipuyouthtrust.co.nz">www.wakatipuyouthtrust.co.nz</a>
Public Health Nurses	Clyde – 03 440 4309 Ranfurly – 03 444 9424 Wakatipu – 03 450 9162
Central Otago Community Connectors	0800 267 327
Health Improvement Practitioners – Free service at local medical centres	Queenstown - Queenstown Medical Centre <a href="http://www.qmc.co.nz">www.qmc.co.nz</a> Wanaka - Aspiring Medical Centre and Wanaka Medical Centre <a href="http://www.aspiringmedical.co.nz">www.aspiringmedical.co.nz</a> <a href="http://www.wanakamedical.co.nz">www.wanakamedical.co.nz</a> Alexandra – Health Central <a href="http://www.healthcentralnz.com">www.healthcentralnz.com</a>