

Local Support Services A-Z	
Adventure Development	027 254 9323
Age Concern	(03) 441 3490
Alcohol and Drug Helpline	0800 787 979
Alcoholics Anonymous	(03) 442 3181
Alzheimer's Society Donna Watt	(03) 448 9056
Autism NZ Southland	(03) 218 2420
Breastfeeding Peer Support Catkin Bartlett	0800 560 650 (03) 442 4385 027 451 2230
Buddy Programme Coordinator Nanette Bennington	(03) 442 4470
Budget Advice	027 448 0099
Cancer Society	(03) 442 3516
Child Youth and Family Service	0508 326 459
Citizens Advice Bureau	(03) 442 6799
Epilepsy Association NZ	(03) 218 3089 027 221 6183
Gambling Helpline	0800 654 655
Happiness House Community Support Centre	(03) 442 6531
Hospice Southland Celine Collins	0800 211 308 027 403 0147
Jigsaw Central Lakes	0508 440 255
Kidsline	0800 543 754
LDH Social Worker	(03) 441 0015
Lifeline	0800 543 354
Mental Health Services	(03) 441 0010
NZ Aids Foundation Free HIV Testing	027 438 9029
Parent to Parent & Altogether Autism Southland	0508 236 236 (03) 214 3179
Plunket	0800 933 922
Plunket Arrowtown	(03) 442 1323
Plunket Queenstown	(03) 442 7380
Police	(03) 441 1600
Public Health Nurse Karina Anderson	(03) 450 9162 027 447 1462

Queenstown Lakes Community Housing Trust	(03) 450 1702 www.qlcht.org.nz
Queenstown Lakes Family Centre	(03) 441 4331
Queenstown Lakes Libraries (books on Prescription)	codc-qldc.govt.nz
Rehabilitation & Disability Services	(03) 441 2120 www.rds.org.nz
School Attendance Support Valda Muller	027 446 6112
St John	(03) 441 4555
Sexual Health Clinic	(03) 441 0565
Strengthening Families	027 203 4547
Salvation Army	(03) 442 5103
Supporting Families	0800 724 496
Supportlink/P.S.S	(03) 442 4408
Wakatipu Youth Trust	(03) 442 8115
What's Up Helpline	0800 942 8787
Youthline	0800 376 633
Verona Cournane Suicide Prevention	(03) 442 1098 verona.cournane@xtra.co.nz
Victim Support – Rachael Brown	(03) 441 1608 027 451 0276
Counselling Support Services A-Z	
Annette Fea	(03) 442 3564
Dr Chantel Degril	027 494 4661
Geoff Shirley	(03) 441 0560
Glenda Stone	027 826 1577
James Smithells	021 264 4008
Julie O'Connell	027 603 9931
Kathryn Denniston Re-Create Counselling	021 0289 7288
Mary Ferguson Child and Family Specialism	027 504 4730
Niki Hawke Kuhu Psychotherapy	027 603 9931
Pamela Wilson	(02) 942 892
Sarah Deering	021 252 7620
Stressbox Jo Clarkson	021 535 430 jo@stressbox.co.nz www.stressbox.co.nz