






Community provider	Services	Contact
South Canterbury DHB: Triage, Assessment and Crisis Team (TACT). Mental health service.	24 hr service. Assistance for anyone managing/experiencing a mental health crisis event. Free.	Address: High Street, Parkside, Timaru Phone: 0800 277 997
ICAMHS:	Emergency mental health. Free.	Address: Kensington Centre, corner High and Queen Streets, Timaru Phone: (03) 687 2150
Adventure Development:	Youth Mental Health counsellors/workers (Depression, anxiety, self-harm etc). 6 free sessions.	Address: 196 Evans street, Timaru Phone: 027 684 5870 or (03) 684 5870 Referral form: http://www.adventuredevelopment.co.nz/contact-us/timaru-south-canterbury/make-a-referral-to-the-timaru-south-canterbury-team/
South Canterbury DHB: Public Health Nursing Service.	Youth Clinic <u>each</u> Tuesday 2pm – 4:30pm. Health nurse appointments. Free.	18 Woolcombe Street, Timaru Phone: (03) 687 2320
Arowhenua Whanau Services:	Māori health provider at Arowhenua Marae. They offer a free, confidential, culturally safe primary health services to anyone in the region. Child and youth mental health services.	Phone: (03) 615 5180
Your family doctor (GP):	-	-
Timaru Police:	Emergency services. School/community/education officers. Free.	Emergency: 111 Timaru station: Address: 20 North St, Timaru Phone: (03) 687 9808
Enabling Youth:	Anger management, family conflict, life/communication skills, self esteem, grief and loss support. Free.	Address: YMCA Building, 23 Butler Street, Timaru Phone: 0800 478 778 Text 021 999 214

Oceans: Grief and Loss Peer Support Programme.	Programmes run each term (eight-week children's programme and six-week adult's programme).	Please visit our website for more information, including an Online enrolment form: www.anglicancare.org.nz . Alternatively, email oceans.timaru@gmail.com or phone Matt on 0800 OCEANS or text 0274 OCEANS (ie. 623267)
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A new National service which allows dialogue with a mental health professional via text.

Online support		
 Website: sparx.org.nz	 Website: thelowdown.co.nz	 Free text: 234 Phone: 0800 37 66 33 Website: youthline.co.nz
 Phone: 0800 942 8787	 Phone: 0800 54 37 54	<u>www.depression.org.nz</u> Free text: 4202 Phone: 0800 111 757