

Dunedin 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 787 797 - www.alcoholdrughelp.org.nz - free txt 8681
Healthline	0800 611 116
Lifeline	0800 543 354 – free text 4357
Youthline	0800 376 633– www.youthline.co.nz - talk@youthline.co.nz - free text 234
Depression Helpline	0800 111 757 - www.depression.org.nz - text 4202

Addiction Self Help

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

AA	Recovery groups online and Mosgiel 0800 229 6757 - help@aa.org.nz - aa.org.nz
Al-Anon / Al-a-teen	0508 425 266 - https://al-anon.org.nz/
Family Drug Support Aotearoa New Zealand	0800 337 877 - fds.org.nz
Narcotics Anonymous	0800 628 632- nzna.org
Needle Exchange	Dunedin Intravenous Organisation - DIVO 405 Princes Street, Dunedin 03 479 2300
Depression website	www.depression.org.nz
Drug help	www.drughelp.org.nz
Health Navigator	www.healthnavigator.org.nz
Hello Sunday Morning	www.hellosundaymorning.org
Living sober	www.livingsober.org.nz
NZ Drug Foundation	www.drugfoundation.org.nz

Addiction Treatment Services

Mirror HQ	4 th Floor, Evan Parry House 43 Princes Street Dunedin 03 479 2970 ext. 3 - 027 529 9212 Oamaru 027 529 9219 South Otago
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	027 529 9010 hq@mirrorservices.org.nz
Adventure Development	Dunedin office and Mobile Service 599 Princes Street 03 470 1691 or 0800 292988 admin@adlnz.org.nz www.adventuredevelopment.co.nz
Youth Specialty Service	3 rd Floor, Savoy Building 8 Moray Place Dunedin 03 474 5601
Mirror Youth Day Programme	8 Foyle Street Waitati 03 482 1366 - 027 482 1368 mydp@mirrorservices.org.nz

Child and Family Services

Able Minds	Dunedin Office 34 Prince Albert Road, St Kilda 0800 494 262 - admin@able.org.nz - www.able.org.nz
Anglican Family Care	266 Hanover Street Dunedin 03) 477 0801
Arai Te Uru Whare Hauora	25 College Street Caversham Dunedin 03 471 9960
Catholic Social Services	42 McAndrew Road South Dunedin 03 455 3838
Family Mental Health Service	3 Wickcliffe St Mosgiel 03 489 3728
Healthpoint	Up to date information about healthcare providers: www.healthpoint.co.nz
Methodist Mission Southern	258 Stuart Street Central Dunedin 03 466 4600
Oranga Tamariki – Ministry for Children (Reporting a concern)	0508 FAMILY (0508 326 459)
Otago Youth Wellness Trust	20 Parry Street Dunedin 03 474 9547
Parent Help	0800 568 856
Plunketline	0800 933 922
Presbyterian Support Otago	407 Moray Place Dunedin 03 477 7115
Strengthening Families	407 Moray Place

(At Family Works-
Presbyterian Support)

Dunedin
03 477 7115 -0508 396 678