

outhland Youth Directory

2014 - 2015



Information about services available to
Young People in Southland



Introduction:

The Southland Youth Directory was originally put out in 2000 by a partnership between the Invercargill City Council Community Development Service, Public Health South and the New Zealand Association of Adolescent Health and Development Southland branch.

In 2011, this document has been reproduced and updated to include a more extensive range of services and organisations, after there was a recognised gap for young people in the Southland community around having the information about services and supports relevant to them available.

Although this document covers many services and organisations that work with young people in the Southland area, it is recognised this is not a complete list and services listed in this directory are subject to change. This is a working document which will need amendments and additions and will be updated annually.

Thank you to all the individuals and organisations who provided information and feedback into this directory.

Feel free to photocopy or download this document and use it as necessary.
Available for download at: www.futuredirections.org.nz

Collated by: Tara Trounson
Youth Consumer Advisor
Southern DHB - Mental Health, Addictions and Intellectual Disability
Service – Invercargill Site

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Next Review Due: February 2015

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Southland Area Maps:

Maps supplied by Venture Southland

Invercargill & Bluff:



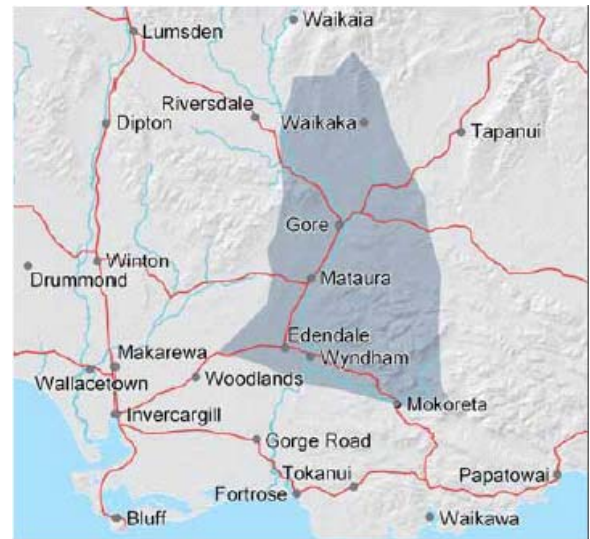
Southern Southland:



Central Southland:



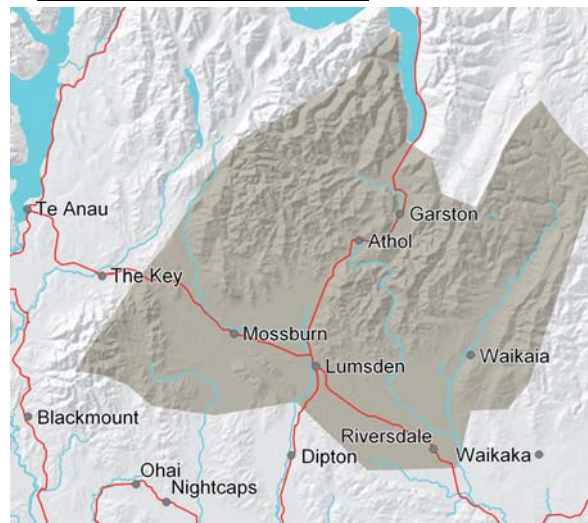
Eastern Southland:



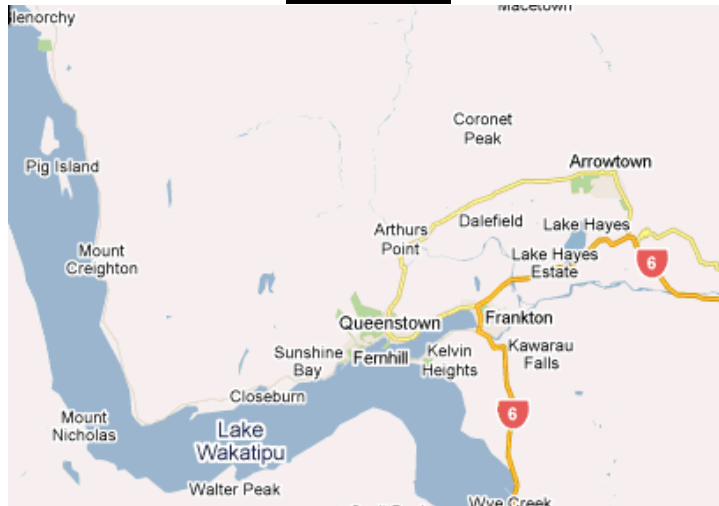
Western Southland:



Northern Southland:



Wakatipu:



Fiordland:



Southland Youth Services:

Access Ability

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 758 700
Address: Burns House, Level 1
 10 George Street, Dunedin
Postal Address: PO Box 699, Dunedin
E-mail Address: otago@accessability.org.nz
Website Address: www.accessability.org.nz

Service Description:

Our role is to complete Needs Assessment and Service Co-ordination. This is commonly known as NASC. We provide these services on behalf of The Ministry of Health (MoH):

- i. Needs Assessment and Service Coordination for people with long term impairment / disability needs that meet the MoH eligibility specifications and are aged between 0 and 65 years.
- ii. Access Ability works with people to:
 - Identify their needs (Needs Assessment)
 - Look at the services available (funded and unfunded)
 - Arrange the appropriate support (Service Co-ordination)

Any person can contact Access Ability for themselves or on behalf of someone else.

Who can access this service?

Any person with a long term disability that is: Physical, Sensory or Intellectual, will continue for at least six months and result in the need for ongoing support, aged between 0 and 65 years.

Adventure Development (ADL) – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 8833
Address: 62 Yarrow Street Invercargill
Postal Address: PO Box 1255, Invercargill
E-mail Address: southland@adventuredevelopment.co.nz
Website Address: www.adventuredevelopment.co.nz

Service Description:

ADL provides alcohol and other drug, (AoD) assessment and interventions to young people under 20 years of age. ADL also provides a 6 month programme for young people under 20 who have significant AoD and/or mental health concerns. This programme includes individual and family therapy, activity based therapy and wilderness group therapy experiences.

Altogether Autism Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 288 476 (0800 AUTISM) or 027 221 6151

Address: C/- 79 Egerton Road
RD1, Winton, 9781

E-mail Address: southland@autismnz.org.nz

Website Address: www.autismnz.org.nz

Service Description:

Provides support, resources and information on autism spectrum disorders to those with these conditions, their family/whanau, caregivers and professionals working with them.

Autisum New Zealand - Southland

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: 03 218 2420 or 022 0200 106

Address: C/O Disabilities Resource Centre (DRC),
192 Spey Street, Invercargill

Email Address: southland@autismnz.co.nz

Website Address: www.autismnz.org.nz

Service Description:

Autism New Zealand Inc. provides support, training, advocacy, resources and information on Autism Spectrum disorders including Aspergers Syndrome. Our members include children, young adults and adults on the autism spectrum; their family/whanau; caregivers; and professionals who work within this field.

Our Mission: is to improve the quality of life for people with Autism, Asperger Syndrome, those with associated conditions, their family/whānau and those who support them.

Awarua Social & Health Services

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 6668

Fax: (03) 218 9999

Address: 190 Forth Street, Invercargill

Website Address: <http://awaruashs.maori.nz/>

Service Description:

Awarua Social & Health Services is a Kaupapa Māori health service whose target group are Māori and Pacific Island but they service all ethnicities. They cater for the needs of whānau from conception to kaumātua. Offering Mother and Pepi - Conception - 6 weeks including ante-natal service, pregnancy preparation and care, breastfeeding. Tamariki Ora - birth - 5 years including Well Child checks, Kaiawhina extra support work. Whānau Ora - Tamariki - Kaumātua including health education, footcare, Registered Nurses visits, Whānau support, Whānau Tautoko - Health Plans, whānau programmes, and counselling.

Barnardos Southland – Invercargill Site

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 214 7751
Address: 120b Leet street, Invercargill
Postal Address: PO Box 59, Invercargill, 9840
E-mail Address: southland.amu@barnardos.org.nz
Website Address: www.barnardos.org.nz

Service Description:

A child-focused organisation offering a variety of services to children, young people and their families.

Services include:

- Children and young people’s domestic violence preventative programmes (4 years - 17 years)
- Domestic violence preventative programmes for families
- Family support
- Parent education (Conscious Parenting/Parenting Through Separation)
- Social Workers in Schools; Newfield Park, New River Primary, Fernworth Primary and Bluff School, Ascot Community School, Middle School, St Patricks Invercargill school, St Joseph’s Invercargill School, St Patricks Nightcaps School, St Theresa’s Bluff school, Aurora College, Mataura primary School and East Gore Primary school.

Barnardos - Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: 027 237 1438
Postal Address: PO Box 826, Queenstown
E-mail Address: maria.hendry@barnardos.org.nz
Website Address: www.barnardos.org.nz

Service Description:

Offering a programme for children ages 4 - 12 who have experienced family violence called, ‘Footsteps for feeling safe’.

Calvin Community Church

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 9973
Fax: (03) 208 0891
Address: 25 Robertson Street, West Gore
E-mail Address: office@calvin.org.nz
Website Address: www.calvin.org.nz

Service Description:

Offering 3 weekly youth programmes.

Group	Age group	Time	Day	Activities
Breakfire	Year 7 - 8	4:00 - 5:30	Fridays	Games & Activities
Four12	Year 9 - 13	7.00 - 9.00	Fridays	Games, Activities & Discussion
Fired Up	Year 7 - 9	10.30 - 12.00	Sundays	Games, Study & Discussion

Cancer Society – Otago / Southland Division

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 4108
Address: 149 Spey Street, Invercargill 9810
Postal Address: PO Box 995, Invercargill, 9840
E-mail Address: kathy@cansoc.org.nz - Invercargill & Central Southland
mairead@cansoc.org.nz - Gore & Districts
Website Address: www.cancernz.org.nz

Service Description:

No matter whom you are, where you live, or the issues you're facing through cancer, we can help with services that are free, confidential and accessible. These services are available for carers, family and friends as well.

Our services aim to help those affected by cancer maintain a positive future outlook and offer support for patients and their families. Living with a cancer diagnosis makes many demands on all members of the family. Support can be provided in your home by Society staff and volunteers who recognise the value of a listening ear and time-out for caregivers and supporters.

We do ask that anyone seeking support from Cancer Society please make contact with us as we do not know who has a diagnosed with cancer and because we respect your privacy. Health professionals, family or friends may also make a referral to the Society on your behalf, with your consent.

We offer an extensive range of practical services which include

- Information on reducing your cancer risk
- Information on cancer and treatment issues.
- Emotional and psychological support from a variety of workshops, networking groups, face to face contact with Cancer Society Staff and referrals to other agencies.
- A volunteer transport service to drive you to and from local hospital and treatment related appointments.

You do not need a referral. You are welcome to contact us to be assisted in the best services and information for your needs.

Cancer Society – Otago / Southland Division – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 442 4281 / 027 536 0066
Address: Unit 29, 159 Gorge Road, Queenstown
E-mail Address: marie@cansoc.org.nz
Website Address: www.cancernz.org.nz
Service Description: As Above

CanTeen Otago/Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 7961 or 021 733 131
Fax: (03) 218 1276
Address: Shop 4, Courtville Place (off Dee Street)
 Invercargill
E-mail Address: courtenayd@canteen.org.nz
Website Address: www.canteen.org.nz

Service Description:
 Peer support organisation for young people (13-24) living with cancer.

CCS Disability Action : Southland Branch

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 9696
Fax: (03) 218 9689
Address: 142 Don Street/ Cnr Don and Jed Streets, Invercargill
Postal Address: PO Box 492, Invercargill, 9840
E-mail Address: admin.southland@ccsdisabilityaction.org.nz
Website Address: <http://southland.ccsdisabilityaction.org.nz>

Service Description:
 Providing a service working alongside children, families and whanau with disabilities assisting with: family or school issues, relationship stressors, parenting ideas, and behavior management; increasing relationship and friendship skills; and providing opportunities to have an ordinary everyday life. For those in rural areas our service supports access to career support options. We also offer transition from school to work support for students under the Ongoing, Reviewable Resourcing Scheme (ORRS).
 For older adolescents and adults support is provided to develop life skills, adult relationships, friendships, work and training opportunities, income entitlements, and opportunities for hobbies, sports and interests.

Child, Adolescent and Family Mental Health Services (CAFS) – Gore Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 0299
Fax: (03) 208 8709
Address: Gore Mental Health Services,
 6 Irwell Street, Gore
Website Address: www.southerndhb.govt.nz

Service Description:
 A specialist mental health service providing assessment and treatment to children & young people aged 0 - 18 years. Services available to children & young people experiencing moderate - severe mental health concerns, suspected psychiatric disorders or severe emotional & behavioural disturbances.

Child, Adolescent and Family Mental Health Services (CAFS) – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland	✓		

Phone: (03) 214 5753 / 0800 443366
Fax: (03) 214 7279
Address: Southland Mental Health Services,
 Gate 1, Elles Road,
 Kew Hospital
Postal Address: PO Box 828, Invercargill, 9840
Website Address: www.southerndhb.govt.nz
Service Description: As Per Page 13

Child, Adolescent and Family Mental Health Services (CAFS) – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 441 0010
Fax: (03) 441 4310
Address: Wakatipu Mental Health Services,
 20 Douglass Street, Frankton, Queenstown
Website Address: www.southerndhb.govt.nz
Service Description: As per page 13

Child Cancer Foundation - Dunedin

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 471 7258
Fax: (03) 471 7259
Postal Address: PO Box 579, Dunedin
E-mail Address: cdonovan@childcancer.org.nz
Website Address: www.childcancer.org.nz

Service Description:
 Support services and information for children and young people with cancer and their families.

Child Development Services - Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 03 218 1949 ext 8495

Fax: 03 214 5779

Postal Address: Southland Hospital, Kew Road Invercargill
Ground Floor (Therapy Services Department)

Service Description:

Child Development Services are a team of allied health professionals who provide a full range of developmental services in the community or hospital setting for children aged between 0 and 16 years and their family/whanau. The focus is on early intervention for pre-school children.

A service is provided for children who have an intellectual, sensory or physical disability that is likely to last longer than 6 months and for children who are at risk of developing such a disability.

The service provides specialist assessment and intervention services to help each child achieve their potential.

Child, Youth and Family Services, (CYFs) – Gore Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: 0508 326 459 (0508 FAMILY)

Carer Support: 0508 227 377 (0508 CARERS)

Fax: (03) 214 4178

Address: Jones and Cooper Building,
24 Trafford Street, Gore

Postal Address: PO Box 44, Gore, 9740

Website Address: www.cyf.govt.nz

Service Description:

Providing care and protection, youth justice and adoption services for children and young people, usually up to 17 years and their families. CYFs provides information and referral services and works directly with children, young people and their families to help them find solutions to their difficulties.

Child, Youth and Family Services, (CYFs) – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland	✓		

Phone: 0508 326 459 (0508 FAMILY)

Carer Support: 0508 227 377 (0508 CARERS)

Fax: (03) 214 4178

Address: Henderson House,
93 Kelvin Street, Invercargill

Postal Address: Private Bag 1305, Invercargill, 9804

Website Address: www.cyf.govt.nz

Service Description: As Above

Child, Youth and Family Services, (CYFs) – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 901 6681
Fax: (03) 448 5437
Address: William Fraser Building,
Dunorling street, Alexandra
Postal Address: Po Box 240, Alexandra, 9340
Website Address: www.cyf.govt.nz
Service Description: As per page 15

Citizens Advice Bureau, (CAB) - Gore and Districts

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 4008 / 0800 367 222 (0800 FORCAB)
Fax: (03) 208 1476
Address: 15 Hokonui Drive, Gore
Postal Address: PO Box 372, Gore, 9740
E-mail Address: cab.gore@extra.co.nz
Website Address: www.cab.org.nz

Service Description:

We can help you with information, advice and support on a wide range of topics. You can also contact us to find out how to access Justices of the Peace (JPs), free legal assistance and other specialist advice.

Citizens Advice Bureau, (CAB) – Invercargill

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland	✓		

Phone: (03) 218 6648 / 0800 367 222 (0800 FORCAB) or (03) 218 2217
Fax: (03) 218 2714
Address: 97 Spey Street, Invercargill 9810
Postal Address: PO Box 1222, Invercargill, 9840
E-mail Address: cab.invercargill@extra.co.nz
Website Address: www.cab.org.nz

Service Description:

Offering

- Legal Advice service on Thursday evenings by appointment between 7pm and 8pm, approximately
- JP Service on Saturday mornings between 10am and 12 noon
- Consumer Clinics twice weekly by appointment for free, friendly, confidential help, contacts and information.

Citizens Advice Bureau Queenstown

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 442 6799 / 0800 367 222 (0800 FORCAB)

Fax: (03) 442 6800

Address: 44 Stanley Street, Queenstown

Postal Address: PO Box 122, Queenstown

E-mail Address: cab.queenstown@extra.co.nz

Website Address: www.cab.org.nz

Service Description:

Offering;

- Free Legal Service; Free legal appointments are available on a Wednesday morning 12.30pm - 1.30pm. (these are 10min appointments and require an appointment)
- Consumer Advocacy Service; a team of staff dedicated to specialising in consumer issues.
- Budget Advice; Referrals
- Justice of the Peace; Service every Friday from 12.30pm - 1.30pm. (no appointment needed)
- Information Resources; A huge range of pamphlets and information resources including a comprehensive range of immigration, Work and Income, and tax brochures and forms.
- Language Link; Direct access to interpreters in Amharic, Arabic, Bengali, Burmese, Cantonese, Dari, Farsi, French, Hindi, Japanese, Khmer, Kirundi, Kiswahili, Korean, Kurdish, Lao, Mandarin, Portuguese, Russian, Somali, Spanish, Taiwanese, Thai, Urdu and Vietnamese.

Community College Southland

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: 0800 887007

Fax: (03) 214 0870

Address: 4th Floor, Menzies Building, The Crescent

Postal Address: PO Box 611, Invercargill, 9840

E-mail Address: admin@southland.comcol.ac.nz

Website Address: www.comcol.ac.nz

Service Description:

Youth Guarantee 16-19 yrs

44 wk programme

Springboard - NCEA Level 1

Hairdressing - National Certificate in Salon Support

Hospitality - National Certificate in Hospitality (Entry Skills) & NCEA Level 1 & 2

Achieve - NCEA Level 2. 29 wk programme

Training for Work 18 yrs +

12 wk programme

12 wk intensive Job Search Programme for Winz referred clients

FREE TRAVEL to and from GORE

Community Mental Health Team - Gore

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland	✓	Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 0299
Fax: (03) 208 8709
Address: 6 Irwell Street, Gore
Postal Address: PO Box 105, Gore
Website Address: www.southerndhb.govt.nz

Service Description:

Providing a range of specialist mental health services to people 18+ in Gore & surrounding districts who have moderate - severe mental health concerns.

Community Mental Health Team - Invercargill

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland	✓		

Phone: (03) 214 5786 / 0800 443366
Fax: (03) 214 7231
Address: Southland Hospital
 Gate 2, Elles Road
Postal Address: PO Box 828, Invercargill
Website Address: www.southerndhb.govt.nz
Service Description: As Above

Community Mental Health Team - Wakatipu

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 441 0010
Fax: (03) 441 4310
Address: 19 Douglas Street, Frankton
Postal Address: PO Box 2022, Queenstown
Website Address: www.southerndhb.govt.nz
Service Description: As Above

Continence Service

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214-5783
Fax: (03) 218-1194
Address: Southland Hospital, Kew Rd, Invercargill
Postal Address: PO Box 828, Invercargill
Website Address: www.continence.org.nz

Service Description:

The NZCA was established to provide a service to people with continence problems, caregivers, health professionals and the general public by providing information and education on continence topics

Deaf Aotearoa Zealand

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 03 929 6565
Fax: 03 214 3129
Address: 192 Spey Street, Invercargill 9810
Email Address: rebecca.petre@deaf.org.nz
Website Address: www.deaf.co.nz

Service Description:

Assistance is provided for deaf people who wish to make changes in their lives. Needs are (jointly) identified at an interview between a client and a service co-ordinator. These may include income, accommodation, well-being and personal, educational or vocational aspirations. Priorities are set and a report is written. After the interview the service co-ordinator and client develop a service plan to meet identified needs. This may include advice and intervention to help the client access existing services, or the service coordinator may develop specific services and/or training programmes to meet particular needs.

Diabetes Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 217 4938
Fax: (03) 217 4962
Address: 151 Gala St, Invercargill
Postal Address: P O Box 1122, Invercargill
Website Address: www.diabetes.org.nz

Service Description:

Providing support, information and education to those living with Diabetes and their families. Our Drop in support centre operates every Friday from 1:30pm - 3:30pm. The Diabetes Nurse is available to take blood glucose & blood pressure readings, discuss problems, changes and provide other support.

disAbilities Resource Centre – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 5000 / 0800 100 531
Address: 192 Spey Street, Invercargill, 9810
Postal Address: PO Box 1091, Invercargill, 9840
E-mail Address: info@drcsouth.co.nz
Website Address: www.drcsouth.co.nz

Service Description:

Providing information and advise on a range of health and disability issues.

disAbilities Resource Centre – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 409 0900 / 0800 372 786
Fax: (03) 409 0628
Address: Unit 29, Gorge Road Retail Centre
 159 Gorge Road, Queenstown
E-mail Address: info@drcqueenstown.co.nz
Website Address: www.drcqueenstown.co.nz
Service Description: As per page 19

Drug & Alcohol Specialist Services (DASS) – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland	✓		

Phone: (03) 214 5786 / 0800443366
Fax: (03) 214 5722
Address: Mental Health, Addictions and Intellectual Disability Services,
 Gate 2, Elles Road,
 Southland Hospital
Postal Address: PO Box 828, Invercargill, 9840
Website Address: www.southerndhb.govt.nz

Service Description:

Providing a range of specialist services to reduce the negative consequences of drug & alcohol use. Including specialist assessment & treatment, recovery planning, a referral service to specialist residential treatment facilities, court assessments, education & more. This service caters for people 18 years and over.

Drug & Alcohol Specialist Services (DASS) – Wakaipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 441 0010
Fax: (03) 441 4310
Address: Wakatipu Mental Health Services,
 20 Douglas Street
 Frankton, Queenstown.
Website Address: www.southerndhb.govt.nz
Service Description: As Above

Epilepsy Association of NZ – Southland Branch

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 3089 / 027 2216 183. (Phone or Txt) or
0800 20 21 22

Address: Southland Community House,
46 Kelvin Street, Invercargill

E-mail Address: southland@epilepsy.org.nz

Website Address: www.epilepsy.org.nz

Service Description:

Providing information, education, support and advocacy for the Youth with epilepsy, their families, friends and wider community. A Youth Social Support Group in Invercargill on the 2nd Tuesday of the month 4.30 - 6.30 (10yrs - 17yrs). We also offer after hours home visits - by appointment.

Family Advisor – Southern DHB Mental Health, Addictions & Intellectual Disability Services

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 2145786

Address: Southern DHB - Invercargill Site
Mental Health, Addictions & Intellectual Disability Services
Gate 2, Elles Road

Postal Address: PO Box 828, Invercargill

E-mail Address: sharon.morrison@southerndhb.govt.nz

Service Description:

The Family is someone who has had a family member experience mental health and / or addictions concerns and is now representing the interests of all families within the Southern DHB Mental Health, Addictions & Intellectual Disability Services. Coming from the point of view of a family member the family advisor ensures the family voice is heard and acted upon.

Family Court

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Area	Phone	Fax	Address
Gore Family Court	0800 268 787	(03) 209 0031	6 Hokonui Drive GORE
Invercargill Family Court	0800 268 787	(03) 211 0652	33 Don Street State Insurance Building
Queenstown Family Court	0800 268 787	(03) 441 0201	36 Stanley Street QUEENSTOWN

Website Address: <http://www.justice.govt.nz/family/>

Service Description:

The Family Court aims to help people sort out their own problems as much as possible. The Family Courts Act 1980 places emphasis on counselling, conciliation and mediation and provides for the appointment of specialist Judges and Family Court coordinators.

Family Planning – Invercargill

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 214 4978
Fax: (03) 214 0574
Address: 142 Esk Street, Invercargill
Postal Address: PO Box 1166, Invercargill, 9840
Website Address: www.familyplanning.org.nz

Service Description:

Providing information and clinical services relating to sexual and reproductive health, including contraception, emergency contraception, pregnancy tests and advice, cervical smears and condom sales.

We promote a positive view of sexual health to enable people to make informed choices and sexual and reproductive health and well being.

This service is available to both males and females. Open for appointments Monday - Friday, with drop in clinics Friday 3 - 5pm (no appointment needed).

Family Works – Gore Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 2080877
Address: Hokonui Community House,
Cnr Crombie & Main Streets, Gore
E-mail Address: lorraine.marston@southland.familyworks.org.nz
Website Address: www.southland.familyworks.org.nz

Service Description:

The Buddy Programme: A mentoring programme for children aged 4 - 12 years whose life circumstances indicated a need for extra adult support. This support of an adult Buddy mentor contributes to the child's emotional and social well-being.

Family Works – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Please note; although this service covers all these areas, all services may not be offered in all areas

Phone: (03) 211 8200
Fax: (03) 218 6110
Address: 183 Spey Street, Invercargill
Postal Address: PO Box 314, Invercargill, 9840
E-mail Address: familyworks@southland.familyworks.org.nz
Website Address: www.southland.familyworks.org.nz

Services include;

Counselling; Social Work Support; Psychological Services; Young Parents Service; Foster Care; Strengthening Families; Cool Families Programme; Buddy Programmes in Invercargill, Gore & Wakatipu; Parenting Programmes; The Incredible Years; and the Invercargill Family Start Programme which provides home-based support for the parents of newborn to 5 year olds in Invercargill.

Family Works – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 442 4470
Fax: (03) 442 4470
Address: Unit 29, Gorge Road Retail Centre,
 159 Gorge Road, Queenstown, 9300
E-mail Address: nanette.benington@southland.familyworks.org.nz
Website Address: www.southland.familyworks.org.nz

Service Description:

The Buddy Programme: A mentoring programme for children aged 4 - 12years whose life circumstances indicated a need for extra adult support. This support of an adult Buddy mentor contributes to the child's emotional and social well-being.

Foundation for Youth Development Southland (operated by Youth Development Southland Region Trust)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 03 2174547 / 027 475 9235
Address: Invercargill Athletics Club Building,
 29 Surrey Park Road, Invercargill 9840
Postal Address: PO Box 224, Invercargill
Email Address: arron@fydsouthland.org.nz
Website Address: www.fyd.org.nz

Service Description:

Running the Kiwi Can and Project K programmes to help young people learn their potential, set goals and change their lives for the better. Both programmes are school-based.

Kiwi Can is a life skills and values programme for 5-12 year olds delivered in schools throughout Southland. Project K is a 14 month programme that currently operates at Gore High School to help 14 -15 year olds who have been identified as those most likely to 'fall through the cracks' reach their full potential.

Front-Line – Training Consultancy Ltd

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 214 2174 / 0800 287 754
Address: 416 Dee Street, Invercargill
Postal Address: PO Box 748, Invercargill
E-mail Address: reception@front-line.co.nz
Website Address: www.front-line.co.nz

Service Description:

Offering free training in Retail, Business Administration, Hospitality & Youth Work. Students are actively encouraged to gain employment or continue training at a course's end.

Gore Baptist Church

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 4675
Fax: (03) 208 4675
Address: 23 Ardwick Street, Gore
E-mail Address: office@gorebaptist.org
Website Address: www.gorebaptist.org

Service Description:

Offering a range of youth groups - For specific information contact the Youth Coordinator : 03 208 4675.

Gore Counselling Centre

Central Southland	✓	Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland	✓	Western Southland	
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 208 5366
Address: 17 Traford Street, Gore
Postal Address: PO Box 157, Gore, 9740
E-mail Address: office@gorecounsellingcentre.com
Website Address: www.gorecounsellingcentre.com

Service Description:

The Gore and Districts Community Counselling Centre Inc provides counselling, psychotherapy, education and Alcohol and Other Drug (AoD) services, including: general counselling; counselling for children, young people and families; alcohol and other drug counselling and programmes; Family Court counselling; relationship counselling; New Zealand Transport Association assessments; workplace counselling (EAP, SEED, Vitae etc); Victim Support counselling; parenting education; domestic violence programmes; anger management.

Gore and Districts Community Youth Worker Trust

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 8480
Address: 1 Charlton Lane, Gore
E-mail Address: youthworker@cnt.org.nz

Service Description:

Gore & Districts Community Youth Worker Trust aims to support young people and their families to achieve positive outcomes. We do this by employing a youth worker who can provide a safe environment for young people to access information regarding services available them. Our Youth Worker also facilitates programmes and develops resources relevant to the needs of young people living in the Gore and Districts Community.

Gore District Youth Council

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 209 0330
Address: 29 Civic Avenue, Gore
Postal Address: PO Box 8, Gore, 9710
E-mail Address: info@goredc.govt.nz
Website Address: www.goredc.govt.nz
Facebook: www.facebook.com/goredistrictyouthcouncil

Service Description:

Mission Statement, To give youth in the Gore District a real voice, so that young people can be heard and taken seriously on issues affecting youth and the general community.

Check out our facebook page for more information.

Gore Police

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 203 9300
Fax: (03) 203 9301
Address: Cnr Hokonui and Medway Street
Postal Address: PO Box 29, Gore, 9710

Service Description:

Providing educational lessons and programmes on alcohol and other drugs, keeping safe, bullying, law issues and more.

Grandparents Raising Grandchildren

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 216 0411
E-mail Address: jhandi@clear.net.nz
Website Address: www.grg.org.nz

Service Description:

Provide support services that help to reduce stress, promote and preserve the wellbeing of families/whanau and maximise stability in the lives of grandparents, kincarers and children in circumstances where the children are not being raised by their parents.

- Provide support to grandparents/kin who are primary caregivers
- Provide opportunity for grandchildren/kin to interact with others in the same situation
- Raise awareness as to the role of the grandparents/kin in the primary caregiving role
- Undertake research to establish the depth of grandparents/kin in the primary caregiver role in New Zealand and respond accordingly Facilitate change in the legal and regulatory environment for children and caregivers.

Happiness House Community Centre

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 442 6531
Fax: (03) 441 3561
Address: 4 Park Street, Queenstown
E-mail Address: happinesshouse@xtra.co.nz
Facebook Account: <https://www.facebook.com/HappinessHouseQueenstown>

Service Description:

Open from 9am, Monday - Friday, Happiness House provides a warm, friendly, confidential environment where people can gather in a home-like setting. Offering client advocacy and support, agency referrals, computer and internet access, craft and activity groups affordable pre-loved clothing and home wares, Second-hand Wakatipu high school Uniforms. We have a children's play area & are baby friendly. So come in for some company and a cup of tea.

Head Injury Society of Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 4154
Address: 46 Kelvin Street, Invercargill, 9810
E-mail Address: his-sth@xtra.co.nz

Service Description:

Working with all ages to provide support, information, advocacy and education for people with head injuries, their families/ whanau, carers and other interested community groups and schools.

Health & Disability Advocacy Service

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 9415 / 0800 555 050
Fax: (03) 214 0958
Address: 46 Kelvin Street, Invercargill, 9810
Postal Address: PO Box 1682, Invercargill
E-mail Address: jmacmanus@ast.org.nz
Website Address: www.hdc.org.nz/advocacy

Service Description:

Advocates assist people with making sure their rights are respected. They help consumers to resolve complaints about health or disability services. Advocates are there to support and encourage you to take action (including making a complaint) and to help you resolve your concerns. Advocates will listen to your concerns, give you information about your rights, help you to explore the options available, including ways to make a complaint, support you in the actions you decide to take to resolve your concerns, give you practical support, such as helping to write a letter or accompanying you to a resolution meeting with the provider, give you guidance and information on self-advocacy, if you wish to deal with the matter yourself.

Heart Foundation

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 03 214 5444
Address: 62 Deveron Street, Hargest House, Invercargill 9810
Postal Address: Po Box 151, Invercargill 9840
Website Address: <http://www.heartfoundation.org.nz/>

Service Description:
 Works to promote good health and to reduce suffering and death from heart and blood vessel disease through health services and by funding research.

Hokonui Rananga Health & Social Services

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 7954
Fax: (03) 208 7964
Address: 140 Charlton Lane, Gore
Postal Address: PO Box 46, Gore, 9740
Email Address: hokonui.office@ngaitahu.iwi.nz
Website Address: www.hop.org.nz

Service Description: Offering a range of youth services and groups.

Mums & Bubs: For mums under 25 years old & their Whanau. An early intervention programme aiming to assist families increase in living healthy by providing support, teaching new skills and education.

Youth Advocacy Services: Offering counselling, advocacy, support & a referral service. Also offering out of school & holiday programmes.

Whanau Ora: Aimed at all ages to increase quality of life for those living with illnesses & disabilities by developing and implementing individual health plans.

ICONZ Adventure

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 5889 / 027 246 6008
Address: Based at the Gore Baptist Church
Website Address: www.iconz.org.nz

Service Description:
 For boys 8 -11 years of age. An adventure, activity and values - based programme for boys. Activities include; Overnight camps, outdoor activities, games, life skills, community visits, hunting & value based teaching. Cost is \$40 per term.

IDEA Services Southland - Gore

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 203 9170
Fax: (03) 203 9172
Address: 15 Civic Ave, Gore, 9710
Postal Address: Po Box 6073, Invercargill, 9840
Website Address: www.ihc.org.nz

Service Description:
 Providing vocational and residential services, supported living and supported employment to people with disabilities.

IDEA Services Southland - Invercargill

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 211 2980
Address: 162 Dee Street, Invercargill, 9810
Postal Address: Po Box 6073, Invercargill, 9840
Website Address: www.ihc.org.nz
Service Description: As Above

Invercargill City Council – Youth Council

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 2111 777
Address: 101 Esk Street, Invercargill, 9810
Postal Address: Private Bag 90-104, Invercargill, 9840
E-mail Address: youth.council@icc.govt.nz
Website Address: www.icc.govt.nz

Service Description:
 Meeting fortnightly to discuss council reports, work programmes and youth issues. Reporting back to the ICC 6 weekly to give youth input on a variety of topics. The youth council consults with youth on Council issues and develops youth activities.

Invercargill And Districts Budget Advisory Service (Inc)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland		Western Southland	✓
Gore & Districts		Southern Southland	✓		

Phone: (03) 218 7001 / 0800 366 387

Fax: (03) 218 7004

Address: Southland Community House
46 Kelvin Street, Invercargill

Postal Address: PO Box 533, Invercargill

E-mail Address: inv.budget.org.nz

Service Description:

We offer a free and confidential service to those in the Invercargill & Districts area requiring budgeting advice. Hours Monday-Friday 9am-1pm. We can also offer home visits.

Invercargill Southland Family Violence Focus Group

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 931 1066

Address: WEA Building, 100 Esk Street, Invercargill

E-mail: stopviolencesthld@xtra.co.nz

Service Description:

A collaborative network of agencies and community organisations that initiates and supports projects aimed at early intervention and prevention of family violence, including youth-focused projects and events.

Invercargill Student Support Network (ISSN)

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 214 0557 ext: 201 / 027 472 4702

Address: 10 Deveron Street, Invercargill

Postal Address: PO Box 186, Invercargill, 9840

E-mail Address: lconway@issn.org.nz

Service Description:

Provides support for Invercargill secondary school students who are experiencing difficulties with behaviour at school. Students are referred to the ISSN by their school after consultation with parents/caregivers. Also provides attendance service support to all Invercargill and some Southland primary and secondary schools.

Jigsaw Central Lakes

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 411 0009 / 0508 440 255 (24hr crisis line)

Fax: (03) 442 8344

Address: 63 Ballarat Street, Queenstown

Postal Address: Po Box 302, Queenstown

E-mail Address: info@jigsawcentrallakes.co.nz

Service Description

Jigsaw Central Lakes provides free services to individuals and families that are affected by Family Violence. Services offered include 24 hour telephone support, emergency accommodation, women's and children's domestic violence programmes, professional counselling, child and youth advocacy, strengthening families, men's support, and a variety of educational programmes.

Jubilee Budget Advisory Service

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 0942 / 0800 JUBILEE / 027 JUBILEE

Fax: (03) 214 2392

Address: 74 Don Street, Invercargill

Postal Address: PO Box 1192, Invercargill

Website Address: www.jubileebudget.co.nz

Service Description:

Free & confidential budgeting advice and education provider. A team member will work alongside you to share ideas to help manage your money better & help reduce debt through planning, information & advice.

Our office is based in Invercargill and while we specialise locally, we can assist in the rural area or refer to a local advisor if required. We also specialise in providing education around personal finances with our information talks and budgeting seminars which can be offered to schools, community groups, churches and businesses.

Julie O'Connell – Counsellor

Member of New Zealand Association of Counsellors, (NZAC)

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: 027 603 9931

Postal Address: PO Box 18, Queenstown, 9348

E-mail Address: julesq@xtra.co.nz

Service Description:

Counselling to young people aged from 16 years. My work focuses on Person-Centred and Solution Focused Brief therapies. I work with issues relating to grief and trauma, family violence, depression, and relationship concerns.

Kakakura Health Service

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 217 4170
Fax: (03) 217 4135
Address: 25 Queens Drive, Invercargill
E-mail Address: marg@kakakura.org.nz

Service Description:

Toiora Arotake: For ages 6 - 65, Offering; Needs assessment and service co-ordination services to Kaupapa Maori clients who need long term support due to disabilities related to Mental Health / Addictions concerns. To access this service a referral must be made by a psychiatric clinician, at a mental health or addictions service.

Needs Asser: Karen Milne
 Phone 03 2175381
 Email karen@kakakura.org.nz

Lifeline Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 4889 / 0800 45 43 35
Address: 103 Esk Street, Invercargill
Website Address: www.2cu.co.nz

Service Description:

A FREE 24/7 phone counselling support service, working with people of all ages, who want to discuss their concerns. Counselling options include relationship counselling, legal matters and physical and mental distress, to name a few.

Mataura Youth Centre

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland		Mataura	✓

Phone: (03)203 8818
Address: Run out of the 'Old Mataura Hall'
 764 Old Coach Road,
 Ferndale, RD2, Gore.

Service Description:

Running after school activities on a Wednesday, Thursday and Friday from 3:30 - 5:30pm. Fully supervised. Offering a computer with internet access for youth, gym equipment, a pool table, table tennis, games & help with homework. A family evening is also held on Friday evenings.

Maternal Mental Health

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 5786 / 0800 443366

Fax: (03) 214 7231

Address: Southland Hospital
Gate 2, Elles Road

Postal Address: PO Box 828, Invercargill

Website Address: www.southerndhb.govt.nz

Service Description:

Providing care for women (baby, family & whanau), throughout their antenatal, birth and postnatal experience. This service is available to all women who have a known or suspected mental health concern during pregnancy and up to 1 year after birth. Referrals are accepted from self, GPs, Midwives, Community Mental Health Teams & other community agencies.

Murihiku Young Parents Learning Centre

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Contacts: Judy Buckley - Director

Phone: (03) 217 9659

Address: 55 Isabella Street, Invercargill

E-mail Address: judy.buckley@myplc.school.nz

Website Address: www.jameshargest.school.nz/

Service Description:

A teen parent unit to enable young parents or pregnant teens to continue their schooling. Childcare is available on-site at the Surrey Park Early Learning Centre.

Needs Assessment and Service Coordination

There are two Needs Assessment Services provided in the Southland region. One within the SDHB and the other is the Kaupapa Maori Services based at Te Kotuku and is one of the services provided by Kakakura Health Services.

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 5786 / 0800 443366

Fax: (03) 214 7231

Address: Southland Hospital, Gate 2, Elles Road, Invercargill

Postal Address: PO Box 828, Invercargill

Website Address: www.southerndhb.govt.nz

Service Description:

Needs Assessment is a process of identifying supports you may require to live within the community. Assessment is completed in partnership with Key Workers and the support people you chose. It aims to identify your areas of need and then provide a coordinated approach to accessing the necessary support.

Eligibility:

- You meet the criteria for Mental Health , Addictions and Intellectual Services.
- You are over 6 years of age
- You are expected to require support for a period of 6 months or more.

Nga Kete Matauranga Pounamu Charitable Trust: - Rangatahi Alcohol and other Drug Service (RAOD)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 5260
Address: 92 Spey Street, Invercargill
Postal Address: PO Box 1749, Invercargill, 9840
Website Address: www.kaitahu.maori.nz

Service Description:

Rangatahi (youth) alcohol and other drug service for young people ages 12-21. Offering AOD assessment, treatment planning and intervention.

Wero group - Alcohol and other Drug education and information group for young people (Developed for schools and alternative education providers).

All services are appointment only

Enquires to service manager: Selina Elkington

Northern Southland Community Co-ordinator (Northern Southland Community Resource Centre Charitable Trust)

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland	✓	Western Southland	
Gore & Districts		Southern Southland			

Phone: 03 2487885 or 027 810 8880
Address: 11 Hero St, Lumsden.
Postal Address: PO Box 5, Lumsden 9742
E-mail Address: nscoco-ord@extra.co.nz

Service Description:

Individual support for young people, youth programmes, information, family support, help to access services, both within and outside of the community.

We also run a number of events for children and youth each year, and support youth needs and initiatives within Northern Southland.

Number 10 Youth One Stop Shop

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 1013, txt - 027 4724703
Address: 10 Deveron Street, Invercargill
Postal Address: PO Box 186, Invercargill, 9840
E-mail Address: ruth@number10.org.nz, amy@number10.org.nz or cathy@number10.org.nz
Website Address: www.number10.org.nz

Service Description:

Number 10 Youth One Stop Shop provides a range of services in Southland for young people/rangatahi and their whanau for ages 10-24 years. The mission is to make a difference for youth towards their physical, mental, whanau and spiritual well being.

Services include:

HEALTH: Doctors, nurses, smoke free support, health promotion and referral
 SOCIAL SERVICES: youth workers, counsellors, peer support
 PROGRAMS: Community youth, mentoring, teenage parenting, girls and guys development groups. YOUTH VOICE LEADERSHIP GROUP, YOUTH ACTIVITIES AND EVENTS.

Oraka Aparima Runaka Inc Society.

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland			

Phone: (03) 234 8192
Address: 175 Palmerston Street, Riverton, Aparima, 9822
E-mail Address: office@orakaaparima.org.nz

Service Description:

We provide for people of all ages, including youth.

- Ngai Tahu, Manawhenua, Mana Moana
- Tribal Authority
- Marae visits - Hui - Wānanga
- Iwi Liason
- Waka Ama.

Otautau Community Worker

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts		Southern Southland			

Phone: 0800 732 732 Ext: 3670
Address: c/o Southland District Council Office
 Main Street, Otautau
E-mail Address: office@otautautrust.org.nz
Website Address: www.otautautrust.org.nz

Service Description:

Working with anyone who has a need to provide support, information and advice to the community. Referral service. Initiate training courses in response to community need. Working with others to develop social skills, educational and cultural activities and services.

Otautau Youth Centre – YC@156

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts		Southern Southland			

Phone: Tony - (03) 225 8055
Address: Located at Otautau New Life Centre,
 156 Main Street, Otautau
Website Address: www.otautaunewlife.com

Service Description:

Open Saturday Evening from 7pm - 10pm, catering to 13 - 18 year olds. Offering a relaxed & supervised environment with a pool table, foosball table, TVs, PS3, DVD Player, a stereo, a computer, outdoor seating & a BBQ.

ICONZ is a activity program for boys aged 7-11. They meet every Monday at ICONZ headquarters 388 Bayswater road for fun activities.
 For more information contact Nick 027-4885122

Pacific Island Advisory & Cultural Trust, (PIACT)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 6089
Fax: (03) 214 6089
Address: 135 Bowmont, Street, Invercargill
E-mail Address: piactinv@extra.co.nz

Service Description:

Providing a range of health services for the Pacific Island community in Invercargill. A free health clinic is held every Tuesday, Wednesday and Thursday from 10am - 2pm, which offers a range of health checks, information, advice & a referral service. The Trust also provides mental health support for Pacific Island clients.

Pact

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 03 211 2850
Fax: 03 218 1025
Address: 15 The Crescent, Invercargill
Postal Address: PO Box 280, Invercargill
E-mail Address: pactsouthland@pactgroup.co.nz
Website Address: www.pactgroup.co.nz

Service Description:

we provide a range of support for child and youth and adult clients. We provide the support in a range of settings including houses with staffing to meet client needs (eg we have supported landlord houses with no staff on site through to houses with 24-hour staffing); day programmes and centres which include social enterprises and vocational support, community support in people's own homes, respite care and carer support, peer support, consumer leadership, specialist Maori services, holiday programmes for youth and help into employment

Pact Youth South

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 2965 or 0272310037
 Ask for Christine Simpson (0273232846), (Youth Service Manager) or Jo O'Neill (Clinical Team member)

Address: 15 The Crescent, Invercargill

Postal Address: PO Box 280, Invercargill, 9840

E-mail Address: pactsouthland@pactgroup.co.nz

Website Address: www.pactgroup.co.nz

Service Description:

Pact Youth South (PYS) provides strengths based and recovery focused community mental health services for young people 0 - 19 years, with family/whanau participation where possible. Services include clinical, residential, day activity, community support, including afterschool groups, and family whanau support. Services cater for persons with, or suspected to have, moderate to severe mental illness. GPs, families and youth-focused services may refer to PYS's clinical team for assessment towards any of the PYS services. Also, PYS services can be accessed via contracted needs assessment services or specialist youth mental health services. Pact works in close collaboration with Southern DHB Child and adolescent Mental Health Services.

Parent to Parent

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 03 214 3179

Address: 46 Kelvin Street Invercargill

E-mail Address: southland@parent2parent.org.nz

Website Address: www.parent2parent.org.nz

Service Description:

Parent to Parent connects parents with trained volunteer Support Parents who have a child or family member with the same or similar disability, health impairment, or are experiencing a similar issue.

Support Parents:

- Are parents of a child who has a disability or health impairment who offer a listening ear.
- Have been trained to offer support to other parents, family, whanau or carers.
- Understand the challenges and unique joy of caring for a child with a disability or health impairment.
- Can share experiences and offer practical solutions.

Plunket Clinics - Southland

Area	Phone Number	Address
Edendale & Wyndham	(03) 203 9500	18 Brydone Street, Edendale
Gore	(03) 203 9500	12A Eccles Street, Gore
Invercargill - Kelvin St	(03) 218 2275 or 027 237 0028	132 Kelvin Street, Invercargill
Invercargill - South	(03) 2168496	49 Martin Street, Invercargill
Mataura	(03) 203 9500	Senior Citizens Rooms, McQueen Ave
Nightcaps	(03) 236 8558 or 027 243 7878	Nightcaps Medical Centre 19 Johnston Road, Nightcaps
Ohai	(03) 236 8558 or 027 2437878	Home visits by appointment
Otautau	(03) 234 8641	Main Street, Otautau
Queenstown	(03) 4427380	8 Henry Street, Queenstown
Arrowtown	(03) 422 1323	20 Cardgain Street, Arrowtown
Riverton	(03) 234 8641	35 Napier Street, Riverton
Te Anau	027 442 1751	State Highway 94
Tokanui	(03) 203 9500	Tokanui Medical Centre, 49 Niagara - Tokanui Highway
Tuatapere	(03) 234 8641	Main Street, Tuatapere
Winton	(03) 236 8558 or 027 243 7878	394 Great North Road, Winton
Balfour	027 243 7920	Longridge North, RD6, Balfour
Dipton	027 243 7920	State Highway 6
Kelso and Tapanui	027 243 7920	Northumberland Street
Waikaia	027 243 7920	Community Centre
Riversdale	027 243 7920	Newcastle Street

E-mail Address: southland@plunket.org.nz

Website Address: www.plunket.org.nz

Service Description:

New Zealand's largest provider of support services for the development, health and wellbeing of children under 5 years. Plunket works together with families and communities, to ensure the best start for every child. Whānau āwhina - caring for families. Plunket offers a wide range of services in different areas.

To find out what's available in your area and when clinics are open contact the Invercargill Kelvin Street Plunket Clinic or check out the website.

Pregnancy Help Inc

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 215 6720 / 0278185565

Address: 34 Forth Street, Invercargill

Postal Address: PO Box 5116, Invercargill

E-mail Address: southland@pregnancyhelp.org.nz

Website Address: www.pregnancyhelp.org.nz

Service Description:

Confidential support for women, girls and families. Offering home visits, advice and information, baby clothing and equipment, nappies, maternity packs & a friendly ear.

Primary Mental Health, Brief Intervention Service - Adult

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 6436
Fax: (03) 214 0325
Address: PHO House, 40 Clyde Street, Invercargill
Postal Address: PO Box 649, Invercargill
E-mail Address : sheryl.shipley@southernpho.health.nz
Website Address: www.southernpho.health.nz

Service Description:

A FREE Mental Health Brief Intervention service of up to 5 sessions.
 For people aged 18+ with mild - moderate mental health concerns.
 Referral must come via a General Practice, (GP) or Number 10 clinical staff.

Primary Mental Health, Brief Intervention Service - Youth

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 6436
Fax: (03) 214 0325
Address: PHO House, 40 Clyde Street, Invercargill
Postal Address: PO Box 649, Invercargill
E-mail Address: Sheryl.shipley@southernpho.health.nz
Website Address: www.southernpho.health.nz

Service Description:

A FREE Mental Health Brief Intervention service of up to 8 sessions.
 For young people aged 13 - 17.
 Referral must come via a General Practice, (GP) or Number 10 clinical staff.
 For concerns related to mental wellbeing. We cover GPs in Bluff and Invercargill and provide consult liaison for other areas.

Public Health Services: Invercargill

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 0900
Fax: (03) 211 0899
Address: 92 Spey Street, Invercargill
Postal Address: PO Box 1601, Invercargill, 9840
Website Address: www.southerndhb.govt.nz

Service Description:

Public Health Services provides a range of services including but not limited to mental and sexual health promotion, smoke-free co-ordination, nutritional and physical activity information, health promoting schools, alcohol harm reduction and building healthy public policy.

Public Health Services - Wakatipu

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 450 9156
Fax: (03) 450 9169
Address: Suite 2, Level 3, Building 7
Postal Address: Remarkables Shopping Centre
 Frankton, Queenstown, 9300
Website Address: www.southerndhb.govt.nz
Service Description: As Per Page 38

Public Health Services : Liquor Licensing and Alcohol Harm Reduction Health Promotion,
 Smoke free enforcement

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓	Clutha and Otago	✓

Phone: (03) 211 0900 : ext 722
Fax: (03) 211 0899
Address: 92 Spey Street, Invercargill
Postal Address: PO Box 1601, Invercargill, 9840
E-mail Address: lynn.grace@southerndhb.govt.nz
Website Address: www.southerndhb.govt.nz

Service Description:

Working with all age groups aiming to reduce alcohol harm. E.g.; after balls, special events, host responsibility polices, work place harm reduction, controlled purchase operations, liquor licence applications and renewal reporting and other alcohol harm reduction projects. Smoke free work place enquiries and complaints.

Queenstown Lakes Family Centre

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 441 4331
Fax: (03) 441 4336
Address: Level 1, 16 McBride Street
 Frankton, Queenstown, 9349
Postal Address: PO Box 2096, Wakatipu, 9349
E-mail Address: info@qlfc.co.nz
Website Address: www.qlfc.co.nz

Service Description:

With an emphasis on positive parenting along with building empathy and self-esteem in children and adolescents, Queenstown Lakes Family Centre exists to strengthen relationships within families/whanau and our community. Through our professionally trained clinicians we offer clinical services for children, young people and their families/whanau.

Rape and Abuse Support Centre Southland Inc, (R.A.A.S.C)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 216 2079
Fax: (03) 216 2080
Address: 26 Nelson, Street, Invercargill
Postal address: PO Box 7040, Invercargill, 9844
E-mail Address: raasc@extra.co.nz
Website Address: www.rapeandabuse.co.nz

Service Description:

Provision of education, advocacy, information and counselling around the issues associated with sexual violence, rape and abuse. We also offer individual and family social support. All services are FREE, confidential, culturally appropriate and professional.

Relationships Aotearoa

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland	✓	Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 218 2308
Fax: (03) 218 2157
Postal Address: PO Box 5855, Dunedin
Website Address: www.relationshipsaotearoa.org.nz
E-mail Address: invercargill@relationshipsaotearoa.org.nz

Service Description:

Offering individual & counselling to people of all ages. Counselling options include; personal & couples counselling, workplace counselling & stopping violence programmes.

Riding for the Disabled

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Area	Phone Number	Address	Postal Address	Email Address
Gore	(03) 208 7341 or (027) 327 0427	Gore A & P Grounds, Bury Street, Gore	PO Box 72, Gore 9740	cherryco.cd@gmail.com
Invercargill	(03) 213 0464	184 Erskine Road, RD 9, Invercargill	PO Box 1513, Invercargill 9810	committee@rdasouthland.org.nz

Website Address: <http://www.rda.org.nz/>

Service Description:

New Zealand Riding for the Disabled Association (NZRDA) is a charitable organisation which provides opportunities for anyone with a disability to enjoy safe, healthy, stimulating, therapeutic horse riding and horse-related activities in New Zealand

Riverton Community House

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts		Southern Southland			

Phone: (03) 234 8206
Address: 37 Napier Street, Riverton
Postal Address: PO Box 5, Riverton, 9847
E-mail: rvcworker@extra.co.nz

Service Description:

The Riverton community development worker provides support and information to the community. Family support, including; life and home skills, parenting support and budgeting advice. Training courses in response to community need, support with community development projects and referrals to other services and community agencies. We can also assist with client travel to Kew Hospital appointments.

Royal New Zealand Foundation of the Blind

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 9189 / 0800 243 333
Fax: (03) 218 9188
Address: 172 Queens Drive, Invercargill
E-mail Address: general@rnzfb.org.nz
Website Address: www.rnzfb.org.nz

Service Description:

To provide opportunities for blind and partially sighted young people to experience life as fully as possible. To offer support, education and encourage them to up-skill and broaden horizons. To foster independence and facilitate learning.

SGnLS – Southland Gay and Lesbian Support

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Address: Varies, Check our facebook page to see what we're up to
Website Address: www.facebook.com/glbtssouthland

Service Description:

Providing support to the gay, lesbina, Bisexual and Transgender community in Southland. Keep an eye out for some of the events we're associated with - support meetings, recreational activities, picnics etc.

Sport Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 2150

Fax: (03) 211 2250

Address: SBS Sports House
Isabella Street

Postal Address: PO Box 224, Invercargill

E-mail Address: active@sportsouthland.co.nz

Website Address: www.sportsouthland.co.nz

Service Description:

Programmes offered for youth include Green Prescription Active Families and Active Teens as well as school holiday programmes, Academy Southland - Talent Xcelerator Programme, Active Movement for Under 5's, Mini Movers in Gore, and events throughout the year. Through schools we also offer the traditional Maori game project, KiwiSport, and ILT Skills Based programme.

South Centre

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 218 2777

Fax: (03) 214 0435

Address: 9 Jenkins Street, Invercargill

Email Address: southcentre@xtra.co.nz

Service Description:

A Community work agency providing supportive and educational services in Invercargill. Offering a Library service, Senior Citizens cards, Wheelchair loans, services to home bound elderly, playgroup, family support programmes, creative workshops, weigh in groups and self esteem workshops.

Available: Mon - Thu 9am - 4pm, Fri 9am - 3pm

Southland ALIVE Programme

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 215 4221

Address: 810 North Road, Invercargill

Postal Address: PO Box 5134, Invercargill

E-mail Address: administration@adventuresouthland.com

Website Address: www.adventuresouthland.com

Service Description:

16 - 24 year olds are offered a 3 week outdoor adventure, while learning new skills and self confidence. Also offering support to find employment, further training and be mentored for 3 months.

Southland Asthma Society

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 2356
Address: 70 Forth Street, Invercargill
Postal Address: Po Box 1793, Invercargill, 9840
E-mail Address: southlandasthma@extra.co.nz
Website Address: www.asthmafoundation.org

Service Description:

Providing support, information, resources and education on asthma & how it's controlled in children and adults.

Also offering a "Huffers & Puffers Group" every 1st Wednesday of the month at 2pm, providing guest speakers, afternoon tea and peer support

Southland Community Law Centre

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 3180
 Outside Invercargill free calling area 0800 55 0800, not from cell phones
Fax: (03) 214 3170
Address: 100 Spey Street
Postal Address: PO Box 552, Invercargill, 9840
E-mail Address: enq@comlawsth.co.nz
Website Address: www.communitylaw.org.nz

Service Description:

Working with all ages to provide FREE legal services to the Southland Community. Including advice, information, education, representation and law reform.

Southland Disability Enterprises Ltd

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 6188
Fax: (03) 214 6189
Address: 28 Etrick Street, Invercargill
Postal Address: PO Box 891, Invercargill
E-mail Address: enquiries@sde.org.nz
Website Address: www.sde.org.nz

Service Description:

Provide opportunities for young people to attend and complete community services. Supply transition from school to work support for Ongoing, Reviewable Resourcing Scheme (ORRS) funded students and employment services for people with disabilities.

Southern DHB – Invercargill Site Psychologist Services
 Allied Health Services - Senior Clinical Psychologist, (medical/behavioural medicine).

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 1949
Fax: (03) 218 1194
Address: Community Services Building,
 Kew Hospital
Postal Address: PO Box 828, Invercargill, 9840
E-mail Address: mike.prouting@southerndhb.govt.nz
Website Address: www.southerndhb.govt.nz

Service Description:
 Referrals via internal hospital referrers associated with medical (*not mental*) health concerns. Phone consult and external referrals possible.

Southland Mental Health Emergency Team, (SMHET)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 467 846
Fax: (03) 214 7231
Address: Invercargill Mental Health Services,
 Kew Hospital
Postal Address: PO Box 828, Invercargill, 9840
Website Address: www.southerndhb.govt.nz

Service Description:
 Offering a 24/7 EMERGENCY Mental Health Service. Providing urgent mental health treatment or assistance.

Southland Settlement Support

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 1400
Address: Venture Southland
 143 Spey Street, Invercargill
Postal Address: PO Box 1306, Invercargill
E-mail Address: info@venturesouthland.co.nz
Website Address: www.southlandnz.com/moveto

Service Description:
 Creating a central point of contact for new comers arriving in Southland & assists in their settlement process. Providing current information on a range of things including employment, accommodation, education, health services & links to local network via clubs and organisations to make friends, wherever they live in the region.

Southland Sexual Health Service– Gore outreach clinic

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 209 3030 (Gore) (03) 214 5786 (Wyndham)
Address: 9 Birch Lane, Gore / 22 Redan Street, Wyndham
Postal Address: PO Box 828, Invercargill, 9840
Website Address: www.southerndhb.govt.nz

Service Description:

Free, confidential service providing advice, information, examination, diagnosis & appropriate treatment for sexually transmitted infections, (STI's), to people of all ages. No appointments are needed.

Clinics held in Gore every 2nd and 4th Tuesday of the month, 11.15am - 1.15pm
 Clinics held in Wyndham every 2nd and 4th Tuesday of the month, 2 - 3pm.

Southland Sexual Health Service – Invercargill & Districts

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 214 5786
Address: Southland Sexual Health Service, Southland Hospital
Postal Address: PO Box 828, Invercargill, 9840
Website Address: www.southerndhb.govt.nz
Service Description: As page Above

Clinics held at the cottage on;
 Mondays 11.30am - 1.30pm / 2.30pm - 6.30pm
 Wednesdays 3.30pm - 6.00pm
 Fridays 10.00am - 2.00pm.

Southland YMCA Education Ltd

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 9622 Ext 3
Address: 2 Leven Street, Invercargill
Postal Address: PO Box 183, Invercargill, 9840
E-mail Address: wendy@ymcaedco.co.nz
Website Address: www.ymcasouth.co.nz

Service Description:

Free education to youth aged 16 to 19 under the Youth Guarantee Scheme. Courses available are Art, Mechanics, Food & Technology, Sport & Recreation, Early Childhood Education and Southern Farm Training. We also have Y's Homebase where a tutor visits you in your home. Courses are full time and FREE, (no hidden costs). Other courses include Y's Way- a part time Intensive Literacy Programme and Workplace Literacy.

Southern Behaviour Support

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 341-8823
Postal Address: P.O. Box 33 035
 Barrington, Christchurch
Website Address: <http://www.southernbehavioursupport.com/>

Service Description:

Southern Behaviour Support provides behavioural assessments and intervention plans. Our work is based on a non-aversive method of behaviour change strategies

Southern Support Eating Disorder Service

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 328 744 or 027 209 7928
Postal Address: Private Bag 1916, Dunedin 9054

Service Description:

The SSED Service in the community and primary health sector is a free service that provides early identification, assessment, treatment and referral for people with symptoms and / or behaviours consistent with an eating disorder. The service also provides advice for families/whanau to access support networks. Education, training and information for a range of professionals, about eating disorders is a key focus.

Southern REAP, (Rural Education Activities Programme)

Central Southland	✓	Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

House	Service	Phone	Fax	Address
Gore	Alt Education/ Truancy Community Education	(03) 208 0614 (03) 208 8221	(03) 208 0614	6 Fairfield Street Gore
Wakatipu	Community Education	(03) 441 3219		Disability Resource Centre 29/159 Gorge Road Retail centre, Queenstown
Winton	Alt Education/ Truancy Community Education Early Childhood and Schools Education	(03) 236 6008 / 0800 111 117	(03) 236 7001	224 Great North Road, Winton.

Postal Address: Southern REAP Inc PO Box 9, Winton
E-mail Address: enquiries@reap.co.nz
Website Address: www.southernreap.co.nz

Service Description:

Provides a learning environment for students who have been alienated from mainstream schools. Supporting local schools and working closely with other agencies to help solve truancy issues.

Stopping Violence Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 4468
Fax: (03) 218 4460
Address: Victoria House, 70 Victoria Avenue, Invercargill
 P O Box 1048, Invercargill 9840
E-mail: southland@stopviolence.org.nz

Service Description:

Stopping Violence Southland provides an individual Stopping Violence programme (10 sessions) for youth aged 12 - 17 years, to assist them to gain control over anger and violence issues impacting on their lives and the lives of friends and family.

Strengthening Families – Gore

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Coordinator: Maura Dakin
Phone: (03) 208 9633 / 027 600 1800
Fax: (03) 208 8480
Address: 1 Charlton Lane, Gore, 9710
E-mail Address: maura.sfgore@cnt.org.nz
Website Address: www.strengtheningfamilies.govt.nz

Service Description:

Working with families and children 0 - 18 years to develop a plan to help the family move from difficult times to a supported place or independent living. Young people can instigate this process as well as their families and social services.

Strengthening Families – Invercargill

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts		Southern Southland			

Coordinator: Tony O'Neill
Phone: (03) 211 8200 / 027 208 2858
Fax: (03) 218 6110
Postal Address: PO Box 314, INVERCARGILL
E-mail Address: Tony.oneill@southland.familyworks.org.nz
Website Address: www.strengtheningfamilies.govt.nz
Service Description: As Above.

Strengthening Families – Wakatipu

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: 027034547 - 034501075
Address: Jigsaw Central Lakes
 63 Ballarat St, Queenstown
Postal Address: Po Box 302, Queenstown
E-mail Address: philppa@jigsawcentrallakes.co.nz

Service Description:

Strengthening Families brings together the family and all the agencies that have a part to play in helping the family/whanau achieve its desired outcomes. By having everyone in the room at the same time, the family only has to tell their story once

Supporting Families Southland (SF)

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 218 2100 / 0800 494 262
Address: Level 1, 5 Tay Street, Invercargill
Postal Address: PO Box 475, Invercargill, 9840
E-mail Address: debbie@sfsouthland.org.nz
Website Address: www.sfsouthland.org.nz

Service Description:

Working with children and young people, aged 0 - 17, who are affected by mental health or drug related issues. We offer education, advocacy, support and information through individual and peer support and group activities in the holidays.

Takitimu Community Worker

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts		Southern Southland			

Phone: (03) 225 4522 / 021 135 0119
Fax: (03) 225 4522
Address: 79 Birchwood Road, Ohai
Postal Address: PO Box 16, Nightcaps
E-mail Address: takitimucommunity@xtra.co.nz
Website Address: www.nightcaps-ohai.co.nz
Office Hours: Monday to Thursday 9am to 2pm.

Service Description:

This is a free and confidential service, working with anyone who has a need in the community. Providing support, information, advice and referrals to other supporting agencies and groups. Initiate training/courses in response to community need, support with community development projects.

We also house a wide range of brochures, funding information and computer/ internet access to the public. Agent for the monthly community newsletter.

Te Korowai Hou Ora

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 5786 / 0800 443366

Fax: (03) 214 7231

Address: Southland Hospital
Gate 2, Elles Road

Postal Address: PO Box 828, Invercargill

Website Address: www.southerndhb.govt.nz

Service Description:

TKHO provides a high level of care & service for both Maori & non Maori people with mental illness. Referrals are accepted via the Invercargill Community MHT, The Child, Adolescent & Family Services, the Drug and Alcohol Speciality Services, Forensic Mental Health & The Southland Mental Health Emergency Team. TKHO provides cultural & clinical assessments, karakia, support, home visits, cultural supervision, education and advocacy.

Te Oruanui Marae

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts		Southern Southland			

Phone: (03) 225 4801

Address: 21 Hastings Street, Ohai

Postal Address: PO Box 15, Ohai

Service Description:

Community development service that works with the community and services to provide programmes focused on strengthening individuals.

Te Whanau O Hokonui Marae Inc

Umbrallia Te Iho Awhi Rito Social Services

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Phone: (03) 208 0224

Fax: (03) 205 3842

Address: 11 Hyde Street, Gore

Postal Address: PO Box 61, Gore

E-mail Address: gore.marae@xtra.co.nz / awhirito@xtra.co.nz

Service Description:

Providing youth and social work support, advocacy, programmes and services for whanau/families in Eastern Southland

Time Out Carers

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 214 9999 / 027 216 6771

Address: 46 Kelvin Street, Invercargill

Website Address: www.timeoutcarers.co.nz

Service Description:

Offering a pool of substitute carers for relief care to families in need, enabling the permanent caregiver to have a break. Specialising in Aged Care, Care of children with Aspergers, A.D.H.D, and other diagnosis. In caring for the elderly, children with special needs or behavioural difficulties, and supporting people recovering from an operation or time spent in hospital.

Available: Mon - Thu 9am - 4pm, Fri 9am - 3pm

24hr on all system

The Booth - Wakatipu Youth Trust

Central Southland	✓	Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: Office (03) 442 8115,
Youth Centre (03) 409 0376 or 027 7105 368 or 021 525 595

Address: 66 Stanley Street,

Postal Address: PO Box 1948 Queenstown

Website: www.theyouthbooth.co.nz fb: [facebook.com/TheYouthBooth](https://www.facebook.com/TheYouthBooth)

E-mail Address: theyouthbooth@gmail.com

Youth Workers: jacqui@wakatipuyouthtrust.co.nz
rhys@wakatipuyouthtrust.co.nz and
fi@wakatipuyouthtrust.co.nz

Service Description:

Wakatipu Youth Trust operates a Youth Centre located in central Queenstown, offering a wide range of activities & events for young people living in & around Queenstown. Most activities & groups are FREE, however some activities have a small associated cost. The service also offers, Mentoring, Interest Groups and works alongside the local schools.

Tuatapere Community Worker

Located at the Tuatapere Plunket rooms & covering Tuatapere.

Phone: (03) 226 6483

Postal Address: Plunket Rooms, Main Street, c/o Post office, Tuarapere

Service Description:

Offering information, advocacy and referrals for children, young people and their families.

Victim Support – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 VICTIM (0800 842 846) / (03) 211 0418
Address: 117 Don Street, Invercargill
Postal Address: PO Box 808, Invercargill, 9840
E-mail Address: help@victimsupport.org.nz
Website Address: www.shatteredlives.org.nz

Service Description:

Immediate, 24 hours support for people affected by crime or trauma. Providing information, advice on you and your rights, provision of emergency grants and financial assistance to help deal with and/ or recover from your experience. Provide support to access other specialist support services.

Victim Support – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: 0800 VICTIM (0800 842 846)
Address: C/- Queenstown Police Station
E-mail Address: help@victimsupport.org.nz
Website Address: www.shatteredlives.org.nz
Service Description: As Above.

Wakatipu Abuse Prevention Network

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 442 7145
Postal Address: PO Box 302, Queenstown, 9348

Service Description:

Wakatipu Abuse Prevention Network specialises in issues concerning family violence, rape and sexual abuse. Our crisis teams, all of whom are volunteers, work specifically with clients. They help with emergency accommodation, counselling referrals, safety plans, advocacy with legal procedures, WINZ, CYF, police and medical support when needed. Our dedicated teams operate the 24 hour phone line, seven days a week. Between us we volunteer approximately 755 hours per month!

Wakatipu Sexual Health & Family planning clinics

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Service	Contact Number	Address	Web Address
Queenstown Medical Centre	(03) 441 0500	9 Isle street, Queenstown	www.qmc.co.nz
Remarkables Park Surgery	(03) 405 9199	Level 2, Remarkables Park Shopping Centre 12 Hawthorne Drive, Frankton	www.qmc.co.nz
Wakatipu Medical Centre	(03) 442 2288	11 McBride Street, Frankton	

Service Description:

Providing confidential and non-judgemental sexual health and family planning advice to all ages. There are 3 practices delivering these services;

Well Child Services - Public Health Nurses/Vision Hearing Technicians

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 0012 / 0274 440 121
Street Address: PHO House, 40 Clyde Street, Invercargill
Postal Address: PO Box 828, Invercargill, 9840
E-Mail Address: Sharon.ayto@southernhb.govt.nz
Website Address: www.southernhb.govt.nz

Service Description:

FREE Community based health service providing assessments, advice and referrals throughout the region.

All Schools and preschools throughout Southland have an allocated Public Health Nurse and Vision Hearing Technician.

Secondary schools have weekly Self Referral clinics for students and appointments can be arranged with school counsellors/support staff, or students can contact the Public Health Nurse directly.

General Health, Relationships, Stress, Alcohol and Drug advice, Sexual health, Emergency Contraception, QUIT smoking and much more.

Vision Hearing Screening - Year 7 vision and colour vision (male), or by referral.

Invercargill (Head Office):	03 211 0012	
Wakatipu:	03 450 9162	m: 0274 471 462
Gore:	03 208 7015	m: 0274 452 931
Te Anau/Tuatapere:	03 249 7717	m: 0274 421 751
Lumsden/Winton:	03 248 7997	m: 0274 463 707
Vision Hearing Technicians	03 211 0012	

Windmill Specialised Care

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 AT HOME (0800 284 663) or 03 455 7520

Address: 198 Esk Street, Invercargill.

E-mail Address: info@windmillprogramme.co.nz

Website Address: www.access.org.nz

Service Description:

Through our Windmill Specialised Care programme, we are now providing specialised care in Otago and Southland for those on the autistic spectrum (ASD) or those who have intellectual or physical disabilities.

We provide Specialised Home Support as well as Windmill Programmes which have a combination of educational, physical and social activities for people of different ages. All programmes are facilitated by trained caregivers and operate over the school term holidays, after school and at the weekend.

Winton Community Support

Central Southland	✓	Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 236 9934

Fax: (03) 236 9934

Address: Winton Maternity Centre,
Gow Street, Winton 9720

E-Mail Address: wcs@xtra.co.nz

Service Description:

Providing a FREE & confidential information and referral service. Also, assistance and support for the region's social, cultural, health and educational needs. Anyone in the community can use this service.

Women's Refuge

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	✓
Gore & Districts	✓	Southern Southland			

Crisis line: 0800 REFUGE (0800 733 843)

Refuge	E-mail Address	Phone	Fax	Address
Gore Women's Refuge / Te Whare Piringa o Marua Wai	refuge@ispnz.co.nz	(03) 208-8384	(03) 208-8384	PO Box 357, GORE, 9740
Te Whare Hou Invercargill Women's Refuge	ingillrefuge@xtra.co.nz	(03) 216-1040	(03) 216-1045	PO Box 1117 INVERCARGILL 9840

Website Address: www.womensrefuge.org.nz

Service Description:

A non-judgemental / 24 hr service, supporting women and children who have suffered from domestic violence, with a 24hr crisis line & intervention service. Women's refuge also offers support with ongoing issues like, courts, housing, information & advice, education & much more.

Workbridge Inc:

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 214 0227
Fax: (03) 214 0250
Address: 48 Kelvin Street, Invercargill
Postal Address: PO Box 22, Invercargill
E-mail Address: stephend@workbridge.co.nz
Website Address: www.workbridge.co.nz

Service Description:

Supporting people 16 years+ with disabilities to participate and experience opportunities in the labour market. Support funding is available for disability related costs for training, job support and self-employment.

Work and Income – Gore Branch
(Located in the Gore Community Link Centre)

Central Southland		Invercargill & Bluff		Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts	✓	Southern Southland			

Manager: Jan Beatty
Phone: (03) 902 0658
Address: 24 Traford Street, Gore
Postal Address: PO Box 271, Gore
E-mail Address: jan.beatty004@msd.govt.nz
Website Address: www.workandincome.govt.nz

Service Description:

Work and Income provides financial assistance and employment services throughout New Zealand. Work and Income provides a single point of contact for New Zealanders needing job search support and financial assistance.

Helping people into work

We hold seminars and offer practical advice to build confidence and skills to assist job seekers to find work. We provide income support to help job seekers get into, and stay in work.

Supporting employers

One of the ways we help people find work is to support employers who provide work for our clients. Our work broker team can help you find the right person for the job. Wage subsidies may be available to help with the costs of training and providing work.

Providing income support

We provide financial assistance for people unable to support themselves and some allowances for people on low-to-middle incomes.

For more information visit our website www.workandincome.govt.nz or phone 0800 559 009.

Work and Income – Invercargill Branch
(Located at Invercargill Community Link)

Central Southland		Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Branch Manager: Bruce Campbell
Phone: 0800 559 009
Address: 33 Gala, Invercargill, 9810
Postal Address: Private Bag 90102, Invercargill, 9840
Website Address: www.workandincome.govt.nz
Service Description: As Per Page 54

Work and Income – Queenstown Branch
(Located at Queenstown Community Link)

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Manager: Sharon Stephens
Phone: 03 901 6925
Fax: 03 441 2476
Address: Ground floor, Building 11
 Remarkables Park Town Centre
 Frankton
Postal Address: PO Box 2454, Wakatipu
E-mail Address: sharon.stephens001@msd.govt.nz
Website Address: www.workandincome.govt.nz
Service Description: As per page 54

Work and Income – Rural Outreach Centres

Location	Opening Hours	Physical Address	Postal Address	Fax
Bluff	Every 1 st Monday 10 - 12	St Johns Ambulance Hall, Lee St	Po Box 90102 Invercargill	(03) 214 1297
Lumsden	Every 2 nd Friday 10 - 12	Lumsden Resource Centre, Hero St	Po Box 90102 Invercargill	(03) 214 1297
Nightcaps	Every 2 nd Wednesday 12.30 - 2	Nightcaps Medical Centre, Johnston Road.	Po Box 90102 Invercargill	(03) 214 1297
Ohai	Every 2 nd Wednesday 10 - 12	Community Hall, Richmond Street	Po Box 90102 Invercargill	(03) 214 1297
Otautau	Every 3 rd Tuesday 9.30 - 1pm	Plunket Rooms Main Street	Po Box 90102 Invercargill	(03) 214 1297
Riverton	Every 1 st Thursday 9 - 12	Community House, 37 Naiper Street	Po Box 90102 Invercargill	(03) 214 1297
Te Anau	Every 2 nd & 4 th Tuesday 10.30 - 1	Real Journey Event centre	Po Box 90102 Invercargill	(03) 214 1297
Tuatapere	Every 2 nd Monday 10 - 1	Plunket Rooms, Main Road	Po Box 90102 Invercargill	(03) 214 1297
Winton	Every 1 st Friday 10 - 12	Chiropractic Rooms Great North Road	Po Box 90102 Invercargill	(03) 214 1297

Youth Aid & Youth Education Services – Invercargill Site

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 0400
Fax: (03) 214 2512
Address: Police Station,
 117 Don Street,
 Invercargill
Postal Address: Po Box 808, Invercargill, 9804

Service Description:

Youth aid Services - Dealing with youth offending through criminal proceedings or alternative action. Providing guidance & advice to parents, schools & communities in relation to youth offending. The Police Youth Education Service (YES) aims to enhance community safety by the delivery and promotion of police education programmes and services to youth in partnership with schools. YES works with schools to proactively prevent crime, victimisation and road trauma, enhance the safety of schools and their communities, and maintain law and order

Youth Aid & Youth Education Services – Wakatipu Site

Central Southland		Invercargill & Bluff		Wakatipu Basin	✓
Fiordland		Northern Southland		Western Southland	
Gore & Districts		Southern Southland			

Phone: (03) 441 1600
Fax: (03) 441 1601
Address: Wakatipu Police Station,
 11 Camp Street,
 Queenstown
Postal Address: PO Box 45, Wakatipu
Service Description: As Above

Youth Consumer Advisor , (YCA) – Southern DHB Mental Health , Addictions & Intellectual Services

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 2145786
Address: Southern DHB - Invercargill Site
 Mental Health & Addictions Services
 Gate 2, Elles Road
 Elm Court Building
Postal Address: PO Box 828, Invercargill
E-mail Address: [tara.trounson@southerndhb.govt.nz](mailto: tara.trounson@southerndhb.govt.nz)

Service Description:

A YCA is some who has experience mental health and / or addictions concerns and is now representing the interests of children and young people through advise and feedback, education and training, networking, promotion and resources within their mental health and addictions services throughout the Southern DHB region. Coming from the point of view of a young person the YCA ensures the youth voice is heard and acted upon.

Youth Services – Community College NZ

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: 0800 887 007
Address: Menzies Building
 Level 2, 1 Esk Street
 Invercargill
Postal Address: PO Box 611, Invercargill
Website Address: www.youthservice.govt.nz

Service Description:

Youth Service has community-based providers who will give guidance, support and encouragement to help young people find the education, training or work-based learning that works for them. Youth Service offers mentoring and practical support to young people. It is about stepping in early to help build potential through education, training or work-based learning. Through Youth Service some young people will be able to access financial assistance. There are a number of obligations or things you must do if you are getting these payments.

Youthline Southland

Central Southland	✓	Invercargill & Bluff	✓	Wakatipu Basin	✓
Fiordland	✓	Northern Southland	✓	Western Southland	✓
Gore & Districts	✓	Southern Southland	✓		

Phone: (03) 211 0031 (Office)
Address: Southland Community House,
 46 Kelvin Street,
 Invercargill
PO Box: 765, Invercargill
E-mail Address: southland@youthline.co.nz
Website Address: www.youthline.co.nz
Service Description:
 FREE 24 hour, 7 day a week helpline counselling service.
 FREE TEXT SERVICE - 18 hours per day, 7 days a week 8am - Midnight

While youthline has a youth focus anyone is welcome to call or txt.
 Numbers- Phone: 0800 37 66 33 Txt: 234
 Email: talk@youthline.co.nz
 Parent help: parenttalk@youthline.co.nz

National Services:

Alcohol, Drug Association of New Zealand, (ADANZ).

Alcohol Helpline

Phone: 0800 787 797 or text adh to 234

Fax: (03) 377 5600

Postal Address: PO Box 13 496, Christchurch

E-mail Address: ada@adanz.org.nz

Website Address: www.adanz.org.nz

Service Description:

ADANZ manages the Alcohol Drug Helpline, compiles the national Addictions Treatment Directory and delivers a range of services led and developed by people who have previously used addiction treatment services.

Ara Taiohi – For people working with young people

Phone: (04) 802 5000

Postal Address: PO Box 11420, Manners Street, Wellington 6142

E-mail Address: admin@arataiohi.org.nz

Website Address: www.arataiohi.org.nz

Service Description:

Ara Taiohi is a new national youth sector organisation created by NZ Aotearoa Adolescent Health and Development (NZAHD) and the National Youth Workers Network Aotearoa (NYWNA). It has been set up to support people who work with young people so that they are more connected, effective and accountable.

Young people are at the heart of Ara Taiohi. 'Ara' means 'pathway to/for' and 'taiohi' means 'young person' in Aotearoa/New Zealand.

Depression Helpline

Phone: 0800 111 757

Website Address: www.depression.org.nz

E-mail Address: For general enquires email : kaytef@ndi.org.nz

Service Description:

Funded by the Ministry of Health the depression helpline is a Free, 24/7 telephone service which you can contact trained counsellors for concerns surrounding your own or others depression and mental health.

Health Promotion Agency

Phone: (04) 917 0060

Fax: (04) 473 0890

Address: Level 4, ASB House, 101 The Terrace, Wellington

Postal Address: PO Box 2142 , Wellington 6140

E-mail Address: enquiries@hpa.org.nz

Website Address: www.hpa.org.nz

Service Description:

HPA is an evidence-based health promotion organisation, influencing all sectors that contribute to good health and wellbeing. Our work is divided into three main areas:

- **promoting** health and wellbeing
- **enabling** health promoting initiatives and environments
- **informing** health promoting policy and practice

In Ya Face - Youth Gambling Helpline

Phone: 0800 654 659
Website Address: www.inyaface.co.nz

Service Description:

We're the Youth Gambling Helpline which is part of the national Gambling Helpline. We are trained telephone counsellors here to provide support and information about gambling and gambling problems in New Zealand. We believe in youth supporting youth, so we have young counsellors and we've developed this website with a youth focus.

Kidsline

Phone: 0800 54 37 54 (0800 kidsline)
Website Address: www.kidsline.org.nz

Service Description:

Feelings. What are they? Sometimes the toughest thing about feelings is sharing them with others. Sharing your feelings helps when they are good, or not so good. Sharing also helps you become closer and more connected to people you care about and who care about you. It can be really hard when you don't tell anyone you're feeling sad, lost, lonely or angry. Then it's just you and those bad feelings.

If you want to talk about how you're feeling, call Kidsline! We're here to talk.

Available: Mon - Fri: 4pm - 6pm

Kidney Kids of NZ

Phone: 0800 215 437
Postal Address: PO Box 13732, Onehunga, Auckland
E-mail Address: support@kidneykids.org.nz
Website Address: www.kidneykids.org.nz

Service Description:

Kidney Kids of NZ is a parent driven organisation set up to meet the needs of children, and the families of children, who have kidney disorders.

We Aim:

- To give Kidney Kids the best life possible.
- To offer their families the best support and information available.
- To educate all New Zealanders on the early warning signs of Kidney and Urinary Tract disease.

We are a place where parents can:

- Receive emotional support from other parents who have "been there".
- Get information on their child's condition.
- Share social occasions.
- Read our regular newsletter.
- Come to education evenings where they can meet a specialist to talk to about their child's condition

We also help parents to find an advocate to help them work effectively with agencies providing services for their children.

Maori Education Trust

Phone: (04) 586 7971
Address: IT Building, Te Whiti Park, 170a Whites Line East, Lower Hutt 5010
Postal Address: PO Box 31213, Lower Hutt 5040
E-mail Address: info@maorieducation.org.nz
Website Address: www.maorieducation.org.nz

Service Description:

The Māori Education Trust provides scholarships for Māori students in Secondary School and Tertiary education.

Mental Health Foundation – National Office and Library

Phone: (09) 300 7010
Fax: (09) 300 7020
Address: 81 New North Road, Eden Terrace, Auckland
Postal Address: PO Box 10051, Dominion Road, Auckland 1446
Website Address: www.mentalhealth.org.nz

Service Description:

The Mental Health Foundation is creating a society free from discrimination, where all people enjoy positive mental health and wellbeing. We work to influence individuals, whanau, organisations and communities to improve and sustain their mental health and reach their full potential.

We're not a counselling or advice service, but our Resource & Information Service is happy to point you in the right direction to find help.

Ministry of Education

Phone: (03) 211 8000
Address: 190 Forth Street, Invercargill
Postal Address: PO Box 887, Invercargill, 9840
E-mail Address: enquiries.invercargill@minedu.govt.nz / info@minedu.govt.nz

Service Description:

Information about early childhood Education, Primary and Secondary schooling.

Ministry of Health

Phone: 0800 855 066
Postal Address: PO Box 5013, Wellington, 6011
E-mail Address: info@health.govt.nz
Website Address: www.health.govt.nz

Service Description:

The Government's principal advisor on health and disability: improving, promoting and protecting the health of all New Zealanders.

Quitline

Phone: 0800 778 778
Postal Address: Po Box 12 605, Wellington
Website Address: www.quit.org.nz

Service Description:

A Telephone, e-mail or txt quit smoking support service, offering reduced price patches and gum, quit smoking support, advice, information & more. The quit smoking txt service is aimed at 16 - 24 year olds & runs for 26 weeks while you quit smoking. To signup checkout the quit line website.

Skylight

Phone: 0800 299 100 or 04 939 6767
Fax: (+64) 4 939 4759
Address: 2A Green Street, Newtown,
Wellington 6021,
Postal Address: PO Box 7309, Newtown,
Wellington 6242,
E-mail Address: reception@skylight-trust.org.nz
Website Address: www.skylight.org.nz

Service Description:

A national organisation working to support children, young people and their families who have been affected by change loss, grief and trauma. Helping to find ways to live with life's losses, to build on ones natural resilience, and to move forward. Provides a national resource and information service on issues of loss and grief, depression, family issues and more...

SPINZ (Youth Suicide Prevention Information NZ)

Phone: 09 300 7035
Fax: 09 300 7020
Address: 81 New North Road
Eden Terrace, Auckland
Postal Address: PO Box 10051
Dominion Road, Auckland 1446
E-mail Address: info@spinz.org.nz
Website Address: www.spinz.org.nz

Service Description:

Assisting communities and services to prevent youth suicide by providing them with high quality information. SPINZ is a joint project with the Centre for Youth Health, South Auckland Health and The Mental Health Foundation of New Zealand, funded by the Ministry of Youth Affairs.

The Kids Foundation - Immune Deficiencies Foundation of New Zealand

Phone: 0508 300 600
Fax: (09) 523 5551
Postal Address: PO Box 75-076, Manurewa, Auckland
E-mail Address: info@idfnz.org.nz
Website Address: www.idfnz.org.nz

Service Description:

IDFNZ is a not-for-profit organisation dedicated to providing New Zealand families with support, advocacy and education on Primary Immune Deficiency Disorders. age group. Project courses are usually run in a school context in school hours.

The Lowdown

Txt: 5652
E-mail Address: team@thelowdown.co.nz
Website Address: www.thelowdown.co.nz

Service Description:

A Website aimed at helping young people learn about and deal with depression, offering an online & txt service.

What's up Helpline

Phone: 0800 9428787 (0800whatsup)

Website Address: www.whatsup.co.nz

Service Description:

Free and confidential phone counselling service for kids and young people aged 5-18. We'll listen and help you solve your problems you can even just call us for a chat. The person you talk to isn't allowed to tell anyone what you say and you don't have to tell them anything you don't want to, not even your name.

Available Mon – Sun 1pm – 11pm

Women's Self Defence Network – Wahine Toa

Phone: (03) 615 5889 to talk to a local instructor

Website Address: www.wsdn.org.nz

Service Description:

The Girls' Self Defence Project Aotearoa New Zealand provides:

- A completely free eight hour self defence course for Year 7-8 girls
- A completely free five hour self defence course for Year 3-4 girls and Year 10-11-12 girls

These courses are to equip girls with the skills and strategies to keep safe. The courses have been especially designed for each age group. Project courses are usually run in a school context in school hours.

Directory Breakdown

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