

Supporting Parents Healthy Children

DIRECTORY



The wellbeing of Children is everyone's responsibility

Also available in an online edition at www.able.org.nz

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ABLE – SOUTHERN FAMILY SUPPORT

<http://www.able.org.nz/>



☑ Alexandra

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E: adminco@able.org.nz

☑ Dunedin

P: 03 455 5973

E: admindn@able.org.nz

☑ Invercargill

P: 03 218 2100

E: adminsld@able.org.nz

☑ Oamaru

P: 03 434 1130

E: adminno@able.org.nz

SERVICE DESCRIPTION:

Region wide service to support families/whānau that care for someone with a mental illness, addiction or suicide. Our aim is to give families the strength and skills they need for a better life experience at home, in the community and at work.

Able family/whānau services are located in Alexandra, Dunedin, Invercargill and Oamaru with fieldworkers who offer a free, confidential and mobile service of information, education, support and advocacy covering the Otago/Southland region. Family/whānau services also include support for children or young people affected by a parent/siblings mental health and/or addiction.

Able offers support to people affected by a mental illness through the Focus Vocational services. Community based Activity Centres are available in Alexandra and Dunedin encouraging people to learn new skills and reconnect with their communities through a range of onsite and offsite activities.

Able has a clinical Supporting Parents Healthy Children Co-ordinator who will assist to strengthen family/whānau centred “best practice” at the personal, service practice and organisational level to meet SPHC Guidelines.

Able provides an 8-week education programme that aims to support adult 18+ years old who have been bereaved by suicide.

Able will work with communities to promote mental health and wellbeing and support family/whānau, friends and others affected by suicide or suicidal behaviours.

Able Timeout Carers provides individual supervised contact for children who have been exposed to issues around separation from significant people in their lives in Invercargill and Central Otago.

EMPOWERED by hope – **TRANSFORMED** by acceptance – **STRENGTHENED** by community connections

PROGRAMMES PROVIDED:

- Timeout carers - Inv
- SPHC
- Support Groups
- Waves Suicide Bereavement programme - Inv
- Activities Centres - Alex/Dunedin
- Share and Care Groups

ADVENTURE DEVELOPMENT

<http://www.adventuredevelopment.co.nz/>



☒ Alexandra

P: 027 254 9323

E: malcolm@adlnz.org.nz

☒ Dunedin

P: 021 281 1130

E: ben@adlnz.org.nz

☒ Invercargill

P: 027 553 9333

E: carol@adlnz.org.nz

☒ Oamaru

P: 021 281 1130

E: ben@adlnz.org.nz

P: 0800 292 988

SERVICE DESCRIPTION:

Adventure Development Counselling (age 13-19 years) is a free, moderate to severe drug and alcohol and or co existing problems service for young people and their families. This service has a focus around using activity and outdoor experiences to help develop new skills to better manage difficult times. Young people in this service will attend counselling sessions, day activities and may be offered a 3-9 day journey. We also offer a marae-based Journey for young Maori. Referrals can be made via our web site, by phone, email or coming in to see us.

Thrive! Te Pae Ora (12-19 years) a free, brief intervention service designed to meet the needs of rangatahi/young people experiencing mild and moderate mental health needs, substance use and co-existing problems.

Mild to Moderate Mental Health: Across the entire Southern DHB area

Substance use and Co-existing problems: Invercargill City, Southland District & Gore District, Queenstown-Lakes District & Central Otago District (Not available in Dunedin, Waitaki and Clutha Districts (see Mirror HQ pg 21). Referrals can be made via our web site, by phone, email or coming in to see us. Please see the website for more information. www.thriveservices.org.nz

ALEXANDRA & DISTRICT YOUTH TRUST

SERVICE DESCRIPTION:

☒ Alexandra

P: 03 448 6464

E: jcromb95@gmail.com

☐ Dunedin

P:

E:

☐ Invercargill

P:

E:

☐ Oamaru

P:

E:

The Alexandra Youth workers, work with youth aged 11-25 years of age. They aim to be advocates for youth in Alexandra district which includes Clyde, Omakau and Poolburn.

PROGRAMMES PROVIDED:

- Age related youth activities
- School work in the Alexandra district
- Youthbase

ALTOGETHER AUTISM

<https://altogetherautism.org.nz/>

☐ Alexandra

P:

E:

☒ Dunedin

P: 03 470 1086

E: info@altogetherautism.org.nz

☒ Invercargill

P: 03 214 3179

P: 0800 273 463

E: southland@altogetherautism.org.nz

☐ Oamaru

P:

E:



SERVICE DESCRIPTION:

Trusted autism information and advice in New Zealand.

PROGRAMMES PROVIDED:

- Prism Professional Development Series

ANGLICAN FAMILY CARE

<https://anglicanfamilycare.org.nz/>

☒ **Alexandra**

P: 03 448 8201

☒ **Dunedin**

P: 03 477 0801 – Dn

P: 03 418 2530 – Bl

E: enquiries@familycare.org.nz

☐ **Invercargill**

P:

☒ **Oamaru**

P: 03 395 8113



SERVICE DESCRIPTION:

Anglican Family Care is a child and family support service with a wide range of support services for children and families as well as Restorative Justice.

PROGRAMMES PROVIDED:

- Home-based Family Support
- Family Start
- Restorative Justice
- Parenting Skills and Managing Child Behaviour
- Family Centred Service (family violence)
- OCEANS Grief and Loss - Oamaru
- Counselling/Play Therapy - Dn
- Child Development Support
- Respite and emergency care giving – Dn
- Social workers in schools

ARAI TE URU WHARE HAUORA

<http://www.araiteuru.co.nz/#home>

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 471 9960

E: reception@araiteuru.co.nz & reception@tekaika.co.nz

☐ **Invercargill**

P:

☐ **Oamaru**

P:
E:



SERVICE DESCRIPTION:

Is an independent community provider of free, confidential, safe and integrated health, education, and social services that support and encourage the growth and well-being of whānau and the wider community. Health clinic and dental services on site.

PROGRAMMES PROVIDED:

- Free Gym
- Registered Nurse Clinics
- Family Centred services
- Tamariki Ora checks 6wk – 5yr
- Middle Eastern Integration Coordinator
- B4 Youth Suicide
- Whānau Ora Navigation

ARTSENTA

<https://www.artsenta.org/>

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 477 9566

E: info@artsenta.org

ARTSENTA

a shared art studio for people within the mental health community

☐ **Invercargill**

P:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Artsenta is a shared art studio for people within the mental health community. You need to be over 17 years, be seeing someone for your mental health and interested in being creative. Artsenta provides a wide range of creative activities, covering visual art, music and creative writing.

PROGRAMMES PROVIDED:

Artsenta is based in Dunedin at 462 Princes Street but also provides monthly outreach art activities to Oamaru, Balclutha and Alexandra. See their website for more details.

AUTISM NEW ZEALAND

<https://www.autismnz.org.nz/>



☐ Alexandra

P:
E:

☒ Dunedin

P: 03 487 8811
E: otago@autismnz.org.nz
P: 0800 288 476

☒ Invercargill

P: 03 218 2420
E: southland@autismnz.org.nz
C: 022 020 0106

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

Provides support, training, advocacy, resources and information on Autism Spectrum Disorders including aspergers syndrome.

PROGRAMMES PROVIDED:

- Lego Programme
- Support Groups
- Workshops

AWARUA WHANAU SERVICES

<https://awaruashs.maori.nz/>

☐ Alexandra

P:
E:

☐ Dunedin

P:
E:

☒ Invercargill

P: 03 218 6668
E: jroberts@awaruashs.maori.nz

☐ Oamaru

P:
E:



SERVICE DESCRIPTION:

Awarua social and health services is a kaupapa maori health service, whose target groups are Maori and Pacific Island, but service all ethnicities. They cater for the needs of whānau from conception to kaumatua.

PROGRAMMES PROVIDED:

- Registered Nurse visits
- Antenatal Service
- Kaiawhina extra support work
- Health promotion
- Well Child Checks
- Footcare, counselling
- Tamariki Ora Birth-5yrs

BARNARDOS

<https://www.barnardos.org.nz/>



Barnardos

☒ Alexandra

P: 03 445 4728 - Cmw
E: cromwellELC@barnardos.org.nz

☐ Dunedin

P:
E:

☒ Invercargill

P: 03 214 7751
E: southland.amu@barnardos.org.nz

☒ Oamaru

P: 03 434 9440
E: oamaruELC@barnardos.org.nz

SERVICE DESCRIPTION:

A child focused organisation offering a variety of services to children, young people and their families including early learning centres in Invercargill, Cromwell and Oamaru. Also a home based network across Southland

PROGRAMMES PROVIDED:

- 0800 What's Up
- Social workers in school
- Kids Start
- LEAP
- Child Safety Programmes (family violence)
- Parenting through separation

CALVIN COMMUNITY CHURCH



<http://www.calvin.org.nz/>

☐ Alexandra

P:
E:

☐ Dunedin

P:
E:

☒ Invercargill

P: 03 208 9973
E: office@calvin.org.nz

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

Calvin Community Church encompasses a broad range of ages. We seek opportunities to build relationships and foster community, connecting people and enhancing a sense of belonging through Christian faith-based groups and activities.

PROGRAMMES PROVIDED:

- Youth focussed programmes catering for different ages and stages
- Happy Hearts pre-school programme
- Kidz Church with Bible stories, crafts and activities
- Family Events including the Angels & Heroes party

CATHOLIC SOCIAL SERVICES

<http://www.cathsocalservices.org.nz/>



Catholic Social Services

☐ Alexandra

P:
E:

☒ Dunedin

P: 03 455 3838
E: office@cathsocalservices.org.nz

☐ Invercargill

P:
E:

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

A family social service and counselling agency available to all.

PROGRAMMES PROVIDED:

- Counselling & social work support
- Game on – parenting group for dads
- Parenting courses
- ABC Support Groups for mothers
- Birth support groups (antenatal group for young mothers requiring extra support)

CCS DISABILITY ACTION: OTAGO

<https://www.ccsdisabilityaction.org.nz/>

☒ Alexandra

P: 027 6745 688
E: Admin.Southland@ccsDisabilityAction.org.nz

☒ Dunedin

P: 03 477 4117
E: otago@ccsdisabilityaction.org.nz

☒ Invercargill

P: 03 218 9696
E: Admin.Southland@ccsDisabilityAction.org.nz

☒ Oamaru

P: 03 437 9005
E: admin.waitaki@ccsdisabilityaction.org.nz



SERVICE DESCRIPTION:

A range of services offered for disabled people and their family/whānau, with help to navigate health, education and disability systems.

PROGRAMMES PROVIDED:

- Early intervention
- Social/recreational teams
- Transition
- Support for ORS students in their final year
- Vocational living

CENTRAL LAKES FAMILY SERVICES

<http://www.clfs.co.nz>



☒ **Alexandra**

P: 03 441 0009 – Qst
P: 03 448 6682 – Al
P: 0508 440 255 – Qst/Al
E: info@clfs.co.nz

☐ **Dunedin**

P:
E:

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

We work with domestic and sexual violence as well as providing services for children, youth, men and women.

PROGRAMMES PROVIDED:

- Emergency accommodation
- Strengthening Safety Programmes
- Home based social work
- No violence programmes
- Children' Thumbs Up Programme
- Parenting programmes
- Counselling
- Strengthening Family Services
- Social Work Services

CENTRAL OTAGO RURAL EDUCATION ACTIVITIES PROGRAMME INC (REAP)

<http://www.coreap.org.nz/>



☒ **Alexandra**

P: 03 448 6115
E: admin@coreap.org.nz
P: 0800 267 327

☐ **Dunedin**

P:
E:

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Rural Education Activities Programme Inc facilitates educational opportunities in the Central Otago region.

PROGRAMMES PROVIDED:

- Early Childhood education
- Strengthening Families
- Schools and Adult Community Education (ACE)

CHILD, ADOLESCENT & FAMILY MENTAL HEALTH SERVICES (CAFMHS)

<https://www.southerndhb.govt.nz/index.php?page=2785>



☒ **Alexandra**

P: 03 441 0010 – Qst
P: 03 440 4308 – Cmw

☒ **Dunedin**

P: 03 474 5601 – Dn
P: 03 419 0440 – Bl

☒ **Invercargill**

P: 03 214 5753
P: 0800 44 33 66

☒ **Oamaru**

P: 03 433 0002
E:

SERVICE DESCRIPTION:

A specialist mental health service providing assessment and treatment to children and young people aged up to 18 years who are experiencing moderate to severe mental health problems.

PROGRAMMES PROVIDED:

- Individual or group/family therapy
- Parent management training
- Cognitive behaviour therapy
- Cultural support
- Medication

CITIZENS ADVICE BUREAU (CAB)

<http://www.cab.org.nz/getinvolved>



☑ Alexandra

P: 03 442 6799 - Qst
E: queenstown@cab.org.nz

☑ Dunedin

P: 03 471 6166
E: dunedin@cab.org.nz

☑ Invercargill

P: 03 218 6648
E: invercargill@cab.org.nz

☑ Oamaru

P: 03 434 9743
E: northotago@cab.org.nz

SERVICE DESCRIPTION:

Voluntary organisation which provides free, confidential information and advice to anyone about a query or problem

PROGRAMMES PROVIDED:

COMMUNITY CARE TRUST

<https://cct.org.nz/>

COMMUNITY CARE TRUST

Kaitiakitanga Tautoko Hapori

☑ Alexandra

P: 0800 800 001
E: info@cct.org.nz

☑ Dunedin

P: 0800 800 001
P: 03 466 3055
E: info@cct.org.nz

☑ Invercargill

P: 0800 800 001
P: 03 211 0021
E: info@cct.org.nz

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

We are a not-for-profit charitable trust that supports youth and adults with intellectual disabilities and/or autistic spectrum disorders in Otago, Southland and Central Lakes District to live as participating and valued members of their communities. We recognise that all people are different and therefore should be respected and supported as individuals. Our support can range from one hour per week for problem solving to 24 hour one-to-one support.

PROGRAMMES PROVIDED:

- Supported Living
- Youth Services
- Supported Employment
- Community & Employment
- Choices in Community Living
- Specialist Support
- ACC Living My Life

COMMUNITY MENTAL HEALTH SERVICES

<https://www.southerndhb.govt.nz/index.php?page=2671>



☑ Alexandra

P: 03 441 0010 - Qst
P: 03 440 4308 - Clyde

☑ Dunedin

P: 03 470 9429 - North Team
P: 03 476 9660 - South Team
P: 03 419 0440 - Bl

☑ Invercargill

P: 03 214 5786 - Inv
P: 03 208 0299 - Gore

☑ Oamaru

P: 03 433 0002
E:

SERVICE DESCRIPTION:

Provides support to people who have experienced mental illness and who are living in the community. For people 18 years and over.

PROGRAMMES PROVIDED:

- Support Groups
- Early intervention psychosis
- Day activity centres

COMMUNITY NETWORKS WANAKA

<http://communitynetworks.co.nz>



☒ **Alexandra**

P: 03 443 7799 - Wnk
E: info@communitynetworks.co.nz

☐ **Dunedin**

P:
E:

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Community Networks Wanaka is an Upper Clutha resource hub for social wellbeing services.

PROGRAMMES PROVIDED:

- Wheels to Dunstan
- Computer & IT Services
- Food Bank
- Total mobility assessments
- Arrange appointments
- Subsidised counselling

COMMUNITY REHABILITATION CENTRE (ISIS)

<https://www.southerndhb.govt.nz/index.php?page=2797>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 476 9500
E:

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

The Multidisciplinary Team provides rehabilitation to clients from the age of 16-65. This may occur in the home, community or ISIS centre.

PROGRAMMES PROVIDED:

- Rehabilitation services

CORSTORPHINE BAPTIST COMMUNITY TRUST

<https://cbct.org.nz/>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 487 8707
E: info@cbct.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Incorporated charitable trust that offers a range of community based and residential support services for adults, youth and children affected by mental health issues, intellectual disability and head injury.

PROGRAMMES PROVIDED:

- Adult residential services
- Te Whakaruruhau
- Te Whānau Whaka Maui
- Child and youth residential service
- Child and youth community support
- Adult community support
- Facility Respite

COUNSELLOR – BILL ROUT

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 021 513 995 - Balclutha
E: billrout55@gmail.com

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Professional, private and confidential counselling, including alcohol and drug addiction counselling.

PROGRAMMES PROVIDED:

-
-
-

DEAF CHILDREN ASSOCIATION

<http://www.deafkidsotago.org.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 021 260 2976
E: secretary@deafkidsotago.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

An organization that is made up of parents of deaf children. The association exists to support families with a deaf or hearing impaired child.

PROGRAMMES PROVIDED:

- Camps
- Saturday club
- Potluck Dinners
- Youth Group
- Information on equipment

DISABILITIES RESOURCE CENTRE

<http://www.drcsouth.co.nz>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 0800 100 531
E: info@drcsouth.co.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Independent living products and aids to buy and hire, registered Total Mobility (Ridewise) agency, free disability-related research and information. The centre can host "Show N Tell" sessions at your premises, which includes displaying a range of our products.

PROGRAMMES PROVIDED:

- Equipment shop
- Transport
- Information
- Independent living equipment and products

DISABILITY INFORMATION SERVICE

<http://www.disabilityinfo.co.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 0800 693 342
E: dis.dn@xtra.co.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION: A free information service that provides a broad range of information on disability and health related information for the Otago region.

PROGRAMMES PROVIDED:

- Mobile van service
- Directories for accessible accommodation and activities in Otago
- Contenance product service
- Range of equipment in store and aids

EPILEPSY ASSOCIATION

<http://www.epilepsy.org.nz>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 218 3089
E: national@epilepsy.org.nz

☐ **Oamaru**

P:
E:

P: 0800 374 537

SERVICE DESCRIPTION:

New Zealand wide agency that helps people to achieve a positive quality of life for individuals who have epilepsy.

PROGRAMMES PROVIDED:

- Education services
- Community Groups
- Seizure management planning

EXPLORE SPECIALIST ADVICE

<https://www.healthcarenz.co.nz/support-we-provide/explore-specialist-advice/>



☐ **Alexandra**

E:

☒ **Dunedin**

P: 0800 000 421
E:

☐ **Invercargill**

E:

☐ **Oamaru**

E:

SERVICE DESCRIPTION:

Support for the person with the behaviour difficulty and their family/whānau and support networks, to develop strategies to reduce the impact it has on their lives.

PROGRAMMES PROVIDED:

- Early Intervention Services
- General Behaviour Support for children, young people, and adults
- Autism Spectrum Disorder Services

FAMILY MENTAL HEALTH SERVICE

<http://www.fmhs.co.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 489 3728
E: admin@fmhs.co.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Offers individualised care of Mental Health needs for people of all age groups. This service is free to give people the opportunity to reach their full potential and aid in their recovery.

PROGRAMMES PROVIDED:

- Adult Services (over 18)
- Child and Youth Services (Under 18)

FAMILY PLANNING

<http://www.familyplanning.org.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 477 5850
E: national@familyplanning.org.nz

☒ **Invercargill**

P: 03 214 4978

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Family Planning NZ provides a range of sexual health services which is free for under 22 years old.

PROGRAMMES PROVIDED:

- Contraception
- STI treatment
- Fertility services
- Pregnancy treatment
- Cervical screening
- Gynaecological problems

FIORDLAND COMMUNITY HOUSE

<http://www.fiordlandcommunityhouse.co.nz>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 249 7754 – Te Anau
E: office@fiordlandcommunityhouse.co.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

We are a “hub of community services” assisting the community with a wide variety of social services in the Te Anau-Fiordland area.

PROGRAMMES PROVIDED:

- Heartland Services
- Community Shuttle
- Counselling
- Community Family Worker
- Employment Service
- Food Bank
- Jubilee Budget Service
- Community meeting spaces
- Support Groups
- Information Services
- Visiting agencies

GORE BAPTIST CHURCH

<http://www.gorebaptist.org>

☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 208 4675 – Gore
E: office@gorebaptist.org

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

A family church in Gore with many activities and support systems welcoming families.

PROGRAMMES PROVIDED:

- Coffee Group
- The Rock Cafe
- Kids Church
- Youth Groups
- Mainly Music

GORE COUNSELLING CENTRE

<http://www.gorecounsellingcentre.com>



☐ **Alexandra**

P:
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☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 208 5366
E: inquiry@gorecounsellingcentre.com

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

The Gore Counselling Centre provides general counselling and alcohol and drug counselling for people living in Eastern Southland. We also offer a crisis sexual harm support service for adults including counselling and social work support.

PROGRAMMES PROVIDED:

- Treatment plans
- Screening for AOD problems
- Education
- Counselling for families, couples and individuals
- Therapy groups

GRAEME DINGLE FOUNDATION

<http://www.dinglefoundation.org.nz>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 022 639 0191
P: 0800 435 775
E: office@dinglefoundation.org.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Aim to inspire all school age New Zealand children to reach their full potential through programmes that build self-esteem, promote good values and teach education and health skills.

PROGRAMMES PROVIDED:

- Funding
- Career Navigator Schools
- Drop your boss
- Kiwi can schools

GRANDPARENTS RAISING GRANDCHILDREN

<http://www.grg.org.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 027 205 5767
E: dunedin@grg.org.nz

☒ **Invercargill**

P: 027 489 2581
E: invercargillgrg@gmail.com

☒ **Oamaru**

P: 03 434 7233
E: northotago@grg.org.nz

SERVICE DESCRIPTION:

We provide support services to grandparents raising grandchildren on a full time basis.

PROGRAMMES PROVIDED:

- Emergency crisis line
- Education services
- Respite services
- Holiday programmes and camps
- Support groups
- Emergency Line 0800 472637 (0800GRANDS)

GROW DUNEDIN

<https://grow.org.nz/>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 477 2871
E: 2growdunedin@gmail.com

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
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SERVICE DESCRIPTION:

GROW is a volunteer association of people who know they need a stabilising influence to correct a mental, social or spiritual condition in their life and who earnestly desire to change and are willing to help one another grow to personal maturity.

PROGRAMMES PROVIDED:

- Group Work
- 1pm – 5pm Wednesday only

HAPPINESS HOUSE COMMUNITY SUPPORT CENTRE

<http://happinesshouse.org.nz>

☒ **Alexandra**

P: 03 442 6531 - Qst
E: info@happinesshouse.org.nz
P: 027 973 5535

☐ **Dunedin**

P:
E:

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
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SERVICE DESCRIPTION:

Happiness house assists families and individuals in the Wakatipu area by providing a drop-in centre that is safe, warm and non-judgemental for those affected by life events or unforeseen circumstances.

PROGRAMMES PROVIDED:

- Support Groups
- Computer and internet access
- Activities
- Client support and advocacy
- Clothing Resource Centre

HEALTH AND DISABILITY ADVOCACY SERVICES



<https://www.advocacy.org.nz>

☒ **Alexandra**

☒ **Dunedin**

☒ **Invercargill**

☒ **Oamaru**

E: advocacy@advocacy.org.nz
P: 0800 555 050

E:

SERVICE DESCRIPTION:

A free service that operates independently from all health and disability service providers, government agencies, and HDC. Advocates will support or guide you to resolve your concerns directly with your service provider. Advocates promote awareness of the rights of health and disability consumers by providing free education to consumers, service providers, and community groups.

PROGRAMMES PROVIDED:

-

HEARTLAND SERVICES

<http://www.heartlandservices.govt.nz/>



☒ **Alexandra**

☒ **Dunedin**

☐ **Invercargill**

☒ **Oamaru**

P: 03 443 7799

E: wanaka@heartlandservices.govt.nz

P: 03 418 1399 – Bl

E: balclutha@heartlandservices.govt.nz

P:

E:

P: 03 904 2988

E: oamaru@heartlandservices.govt.nz

SERVICE DESCRIPTION:

Access to government services and information in your community, and the opportunity to meet face to face with government agency representatives.

Also provide a service in Te Anau through Fiordland Community House (see page 15)

HOKONUI RUNANGA HEALTH SOCIAL SERVICES

<http://www.hokonuirunanga.org.nz/>



☐ **Alexandra**

☐ **Dunedin**

☒ **Invercargill**

☐ **Oamaru**

P:

E:

P:

E:

P: 03 208 7954 - Gore

E: hokonui.office@ngaitahu.iwi.nz

P:

E:

SERVICE DESCRIPTION:

Supports the health and well-being of the Eastern Southland Community.

PROGRAMMES PROVIDED:

- Kaumatua health day
- Youth Advocacy Services
- Manaaki Nursing Services
- Whānau Ora

HOPE CENTRE – LIFE MATTERS SUICIDE TRUST



<https://www.lifematters.org.nz/hope-centre>

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 021 293 0094
E: lifemattersotago@gmail.com

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Hope Centre is a place of hope to visit if you need help navigating Mental Health services or the aftermath of suicide.

PROGRAMMES PROVIDED:

- SafeTalk training
- Subsidised therapy
- Bereavement Support Group
- Online support groups

IDEA SERVICES

<https://ihc.org.nz/idea-services>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 466 3850
E:

☒ **Invercargill**

P: 03 211 2980
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

IHC, through IDEA services, supports adults of all ages with intellectual disabilities to live in their own homes and be part of their local communities.

PROGRAMMES PROVIDED:

- Disability support services

KAKAKURA HEALTH SERVICES (TE KOTUKU)

<http://www.kakakura.org.nz/>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 217 1470
P: 027 297 7337
E: glenda@kakakura.org.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Toiora Arotake delivers needs assessment and service coordination services to kaupapa maori clients. The services are available to people aged between 6 and 65 years of age who held long term support due to disabilities related to mental health issues and/or addictions

PROGRAMMES PROVIDED:

- Rehabilitation service
- Respite care
- Needs assessment

LEARNING DIFFERENCES AOTEAROA TRUST



<https://www.dyslexiasupportsouthland.co.nz/>

☒ Alexandra

P: 027 201 6951

☒ Dunedin

P:
E: support@learningdifferences.org.nz

☒ Invercargill

P: 027 201 6951

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

The trust runs programmes for individuals, parents and caregivers of children with learning differences and learning difficulties. They provide unbiased, professional support and information on dyslexia, dysgraphia, dyscalculia, visual stress issues and auditory processing issues. We also support Central Otago, Gore and Dunedin.

PROGRAMMES PROVIDED:

- Growing Stars
- Dyslexia Support Central Otago
- Adult Dyslexia Support Group
- Professional Development workshops
- Dyslexia Support Southland
- Dyslexia Support Eastern Southland

LOSS AND GRIEF CENTRE

<http://www.lossandgriefcentre.com>



☐ Alexandra

P:
E:

☐ Dunedin

P:
E:

☒ Invercargill

P: 027 443 8788
E: lossandgriefcentre@gmail.com

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

Support for living with loss and grief of any sort – including grief from bereavement, separation, illness, isolation and other life changes. Bases in Winton, Gore, Maitaia and Te Anau.

PROGRAMMES PROVIDED:

- Drop in centre
- Referral to counselling
- Information and resources
- Community meeting space
- Support groups
- Training workshops

LOVE LOCAL

<https://www.lovelocal.org.nz/>



☐ Alexandra

P:
E:

☐ Dunedin

P:
E:

☒ Invercargill

P: 027 500 2057
E: info@lovelocal.org.nz

☐ Oamaru

P:
E:

SERVICE DESCRIPTION:

At Love Local we are passionate about improving the health and well-being of our community. Our convenient produce delivery service makes fresh fruit and vegetables easily accessible. The proceeds from these deliveries makes healthy, fresh produce attainable for all. This is through our Healthy Whānau scheme that provides those in need with access to below cost fruit and vegetables. A focus on community and environment guides us. We support local growers, where possible, which minimises our carbon footprint and creates a more sustainable food system. As we grow, we increase our support of market gardeners in our region.

PROGRAMMES PROVIDED:

-

MALCAM TRUST

<https://malcam.org.nz/>



☐ **Alexandra**

P:

E:

☒ **Dunedin**

P: 03 477 4175

P: 021 572 228

E: ceo@malcam.org.nz

☐ **Invercargill**

P:

E:

☐ **Oamaru**

P:

E:

SERVICE DESCRIPTION:

Youth Development Trust in Dunedin and Clutha district. We facilitate quality fun experiences that encourage young people to become self-supporting and valued members of their communities.

PROGRAMMES PROVIDED:

- Youth Development
- Malcam @ the gardens
- Farmhand
- Hive Dunedin
- Clutha Youth
- Kowhai Grove

MATAURA YOUTH CENTRE (THE BUNKER)

☐ **Alexandra**

P:

E:

☐ **Dunedin**

P:

E:

☒ **Invercargill**

P: 027 210 7825

E: jlhansen100657@gmail.com

☐ **Oamaru**

P:

E:

SERVICE DESCRIPTION:

To create a safe, fun place for teenagers and children in Matura. It is run by the Matura Youth Trust.

PROGRAMMES PROVIDED:

- Activity Programmes
- After school space for teenagers
- Gym
- Five free internet stations

MATERNAL MENTAL HEALTH

<https://www.southerndhb.govt.nz/index.php?page=2671>



☐ **Alexandra**

P:

E:

☒ **Dunedin**

P: 03 470 9429

E: contactus@southerndhb.govt.nz

P: 0800 44 33 66

☒ **Invercargill**

P: 03 214 5786

E: contactus@southerndhb.govt.nz

P: 0800 44 33 66

☐ **Oamaru**

P:

E:

SERVICE DESCRIPTION:

This service is available to all women who have a known or suspected mental health disorder, during pregnancy and for one year following birth.

PROGRAMMES PROVIDED:

- Pregnancy counselling services - Dunedin
- Dunedin mums post-natal depression group

METHODIST MISSION



<http://www.mmsouth.org.nz>

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 466 4600
E: admin@mmsouth.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Change that Works – Enough Support & Challenge for You to Risk a Better Future. MMSouthern provides services across the Southern Region.

PROGRAMMES PROVIDED:

- Independent Information Service
- Client Support Service – Dn & Milton
- Incredible years
- Corrections Education
- Youth Transition House Ōtepoti & Waihōpai'
- Little Citizens Early Learning Centre – Dn & Milton
- Parenting through Separation – region wide
-

MINISTRY OF EDUCATION



<http://www.education.govt.nz/school/student-support/special-education/>

☒ **Alexandra** - Cmw

☒ **Dunedin**

☒ **Invercargill**

☒ **Oamaru**

P: 0800 622 222

E: learning.supportmailbox@education.govt.nz

SERVICE DESCRIPTION:

Supporting parents and educators of students with learning support needs in early childhood and school.

PROGRAMMES PROVIDED:

- Behaviour
- Intensive wrap-around service
- Communication
- Ongoing resourcing scheme
- Complex Needs
- Early Intervention
- Residential special schools

MIRROR SERVICES

<http://www.mirror-services.org.nz>



☐ **Alexandra**

☒ **Dunedin**

☒ **Invercargill**

☒ **Oamaru**

P:
E:

P: 03 479 2970
E: reception@mirror-services.org.nz

P:
E:

P:
E:

SERVICE DESCRIPTION:

Otago based organisation that delivers counselling and treatment programmes for children, young people and their whānau in the Otago/Southland region.

PROGRAMMES PROVIDED:

- Counselling Service
- Mirror Counselling Primary Care Team
- Mokopuna Ora
- Mirror Youth Day Programme
- Mirror HQ Youth Addiction Service

MOUNT CARGILL TRUST

<https://www.mtcargilltrust.org.nz/>

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 455 9200
E: reception@mtcargilltrust.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Provides residential care and support to children, young people and adults with intellectual learning disabilities and/or an autistic spectrum diagnosis.

PROGRAMMES PROVIDED:

- Adult community residential care
- Residential care for children and young people with a disability and/or ASD.

MURIHIKU YOUNG PERSONS LEARNING CENTRE

<http://teenparentschoools.org.nz/our-school/murihiku-young-persons-learning-centre/>

☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 217 9659
E: office@myplc.school.nz

☐ **Oamaru**

P:
E:



SERVICE DESCRIPTION:

Is a school for teenage parents under the governance of James Hargest College in Invercargill. The school is funded for 30 students. The purpose of the school is to provide learning and well-being programmes that enable young parents to achieve educational success necessary for the careers of their choice.

PROGRAMMES PROVIDED:

- Pathways to gaining NCEA (1, 2 & 3)
- Fitness and Team building
- Gateway Programme
- Teaching and Learning programmes
- Parenting and Budgeting modules
- Learner & Restricted Licence training
- Health and Nutrition
- Full childcare facilities

MUSICAL MILESTONES

<https://www.facebook.com/musicalmilestonesNZ/>

☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 021 995 676
E: musicalmilestonesNZ@gmail.com

☐ **Oamaru**

P:
E:



SERVICE DESCRIPTION:

Music therapy is a researched based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing.

PROGRAMMES PROVIDED:

- Lullaby Groups – for parent/infant bonding
- Courageously Creative Group – for child and adolescent with special needs
- Milestone Groups – for various age groups
- This is me – Adolescent and young adult mental health groups

NEEDS ASSESSMENT & SERVICE COORDINATION



<https://www.health.govt.nz/your-health/services-and-support/disability-services/getting-support-disability/needs-assessment-and-service-coordination-services>

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 0800 758 700
E: otago@accessability.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

If you or someone you care for needs support because of a disability, you'll need to talk to a Needs Assessment and Service Coordination Service (NASC).

PROGRAMMES PROVIDED:

- Financial Support
- Provide disability support services

NGA KETE MATAURANGA POUNAMU



<http://www.kaitahu.maori.nz/>

☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 0800 92 52 42
E: admin@kaitahu.maori.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Delivers a range of health and social services.

PROGRAMMES PROVIDED:

- Suicide Prevention
- Disability support & advocacy
- Doctor and Nursing services
- He Puna Waiora Wellness Centre (A Low Cost Access doctor service)
- Addiction services and counselling
- Whānau Ora service
- Pregnancy/Parent support
- Restorative Justice
- Stop Smoking support
- Iwi community panel

NUMBER 10 – SOUTHLAND YOUTH ONE STOP SHOP



<https://www.number10.org.nz/>

☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 214 1013
P: 027 472 4703
E: admin@number10.org.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Delivery of a range of free health and social services to young people/rangatahi aged 10-24yrs.

PROGRAMMES PROVIDED:

- Doctor and Nursing Services
- Youth Events
- School Holiday Programmes
- Health Education
- Mentoring
- Variety of Group Programmes

OAMARU MENTAL HEALTH SUPPORT CHARITABLE TRUST

<https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/oamaru-mental-health-support-charitable-trust/>

☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☐ **Invercargill**

P:
E:

☒ **Oamaru**

P: 03 747 4101
E: mhsupport@netspeed.net.nz

SERVICE DESCRIPTION:

Supporting people with mental illness, walking the road to mental well-being together.

PROGRAMMES PROVIDED:

- Activity centre
- Support and guidance
- Sports programmes

ORANGA TAMARIKI

<https://www.orangatamariki.govt.nz/>



☒ **Alexandra**

☒ **Dunedin**

☒ **Invercargill**

☒ **Oamaru**

P: 0508 326 459
E: enquiry@ot.govt.nz

SERVICE DESCRIPTION:

Ministry for Children. Dedicated to supporting any child in NZ whose well-being is at significant risk of harm now, or in the future. We also work with young people who may have offended, or are likely to offend.

PROGRAMMES PROVIDED:

- Children's teams
- Youth Justice
- Being in care
- Adoption
- Being a carer

OTAGO MENTAL HEALTH SUPPORT TRUST

<http://omhst.org.nz/>



Otago Mental Health Support Trust

☒ **Alexandra**

P: 0800 36 44 62
E:

☒ **Dunedin**

P: 03 477 2598
P: 0800 36 44 62
E: info@omhst.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Promotes full lives for people experiencing mental distress.

PROGRAMMES PROVIDED:

- Advocacy
- Intentional Peer Support Model
- Enigma Newsletter

OTAGO YOUTH WELLNESS TRUST

<https://www.oywt.org.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 474 9547
E: administrator@oywt.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

We help strengthen what is working well in the lives of young people, whilst addressing the issues that may be impacting negatively on them. Our wraparound service is for young people aged 11-18yrs.

PROGRAMMES PROVIDED:

- Wrap around case work

OTAUTAU NEW LIFE CENTRE

<http://www.otautaunewlife.com>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 225 8344
E: newlifeotautau@gmail.com
P: 027 441 1012

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

A great place to meet new people your own age and have a lot of fun as a group, at our Pentecostal, intergenerational, family church.

PROGRAMMES PROVIDED:

- Youth groups
- Youth Centre

ŌTEPOTI COLLECTIVE AGAINST SEXUAL ABUSE (ŌCASA)

<https://www.ocasa.org.nz/>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 474 1592
P: 0800 88 33 00
E: support@ocasa.org.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

For survivors of sexual violence; whānau and friends. Supporting women and non-binary survivors of sexual violence progress towards healing.

PROGRAMMES PROVIDED:

- Counselling Services
- Support Service
- Therapy group
- Advocacy
- Education
- Information and Resources

PACIFIC ISLAND ADVISORY & CULTURAL TRUST (PIACT)

<https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/pacific-island-advisory-cultural-trust/>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 214 6089
E: piactinv@xtra.co.nz

☐ **Oamari**

P:
E:

SERVICE DESCRIPTION:

We are an intergraded pacific community with cultural integrity and equal footing with mainstream NZ. We aim to support not only the individual client, but the whole family as well.

PROGRAMMES PROVIDED:

- Mental Health Navigator
- Matua Group
- Pasifika Kids Club
- Social Workers
- Health and Fitness
- Whānau Ora
- PI Specialist Nurses
- Brief Intervention
- Southland Pacifika Youth

PACIFIC TRUST OTAGO

<https://www.pto.nz/>



Pacific Trust Otago

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 455 1722
E: office@pto.nz

☐ **Invercargill**

P:
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Delivers a range of services for pacific Dunedin families and individuals to access health, education and social services.

PROGRAMMES PROVIDED:

- Well Child Service
- ROTAI plygroup
- Whānau Ora
- Health link support

PACT

<http://www.pactgroup.co.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 477 4312
E: pact@pactgroup.co.nz

☒ **Invercargill**

P: 03 211 2850
E: pact@pactgroup.co.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

We support people to lead fulfilling lives in the community. The Dunedin office also covers Oamaru.

PROGRAMMES PROVIDED:

- Accommodation
- Child and youth
- Alcohol, drugs and gambling addictions
- Vocational Services
- Community Support
- Corrections

PARENT TO PARENT

<https://parent2parent.org.nz/>



☒ Alexandra

P:

E:

☒ Dunedin

P: 03 470 1086
P: 027 808 3949

E: sheryld@parent2parent.org.nz

☒ Invercargill

P: 0508 236 236
P: 03 214 3179

E: maryann@parent2parent.org.nz

☐ Oamaru

P:

E:

SERVICE DESCRIPTION:

Supporting whanau/families, and anyone who is supporting someone with a disability, through quality, researched information, support navigating the disability sector and parent supporting each other through their own experiences.

PROGRAMMES PROVIDED:

- Connecting parents
- Workshops
- Supporting siblings
- Parenting support groups
- Information service

PILLARS

<http://www.pillars.org.nz>



☐ Alexandra

P:

E:

☒ Dunedin

P: 021 744 436

E: simone.claire@pillars.org.nz

☐ Invercargill

P:

E:

☐ Oamaru

P:

E:

SERVICE DESCRIPTION:

Pillars provides a wraparound service for children and whānau of prisoners ie. Family/whānau support on issues pertaining to the whānau and a mentoring programme. Pillars Family Start Whānau Programme - 0 (second trimester) to 5 years old. Pillars Mentoring Programme 5 years old to 17 years old.

PROGRAMMES PROVIDED:

- Crisis assessment/food
- Cultural support
- Referral to Specialist services
- Parenting support
- Advocacy

PLAYCENTRE AOTEAROA

<https://www.playcentre.org.nz/>



☒ Alexandra

☒ Dunedin

☒ Invercargill

☒ Oamaru

P: 03 488 3932

E: southern.admin@playcentre.org.nz

SERVICE DESCRIPTION:

Early Childhood education and parenting organisation which operates parent led early childhood education centres throughout NZ.

PROGRAMMES PROVIDED:

- Early childhood education
- Adult education
- Parenting classes

PLUNKET

<https://www.plunket.org.nz>



☒ **Alexandra**

P: 03 448 8205
P: 03 442 7380 - Qst

☒ **Dunedin**

P: 03 474 0490
P: 027 591 6050

☒ **Invercargill**

P: 03 218 2275

☒ **Oamaru**

P: 03 434 8437

P: 0800 933 922

E: southern.region@plunket.org.nz

SERVICE DESCRIPTION:

The Royal New Zealand Plunket Trust is a well-child provider that provides well child checks and support and advice for children and their families from birth to 5 years.

PROGRAMMES PROVIDED:

- Plunket clinics
- Plunketline
- Maternal well being
- Play groups and parent groups
- Pregnancy & parenting education classes
- Injury prevention advice & support
- Car seat advice
- Home help

PRACTICE 62 PSYCHOTHERAPY SERVICES

<https://www.practice62.co.nz/>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 021 382 044
E: practice62inv@gmail.com

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Psychotherapy is the use of psychological methods to help a person bring about personal changes and overcome difficulties. Provides brief, medium to long term psychotherapy working with children, adolescence, families, adults and couples.

PROGRAMMES PROVIDED:

PREGNANCY HELP

<http://www.pregnancyhelp.org.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 455 5892
E: otago@pregnancyhelp.org.nz

☒ **Invercargill**

P: 027 818 5565
E: southland@pregnancyhelp.org.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Information, advice and practical support (baby clothing, bedding, nappies, pregnancy clothing, bassinets and pepi-pods).

PROGRAMMES PROVIDED:

- Nappy Bank
- Drop in centre

PRESBYTERIAN SUPPORT SERVICES

<http://www.pss.org.nz> <https://psotago.org.nz/>



Presbyterian Support

☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 477 7116
E: enquiries@psotago.org.nz

☒ **Invercargill**

P: 03 211 8200
E: enquiries@pss.org.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

A part of Presbyterian Support's services include Family Works. Family Works supports children, young people and their families as they face life's challenges.

PROGRAMMES PROVIDED:

- Incredible Years
- Social Work Support
- Strengthening Families
- Family Dispute Resolution Service
- Parenting Programmes
- Young Parents
- Buddy Programme
- Parenting Through Separation
- Counselling
- Family Start
- Foster Care

PUBLIC HEALTH SOUTH

<https://www.southerndhb.govt.nz/pages/phsouth/>



☒ **Alexandra**

P: 03 450 9156
E:

☒ **Dunedin**

P: 03 476 9800
E:

☒ **Invercargill**

P: 03 211 8500
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Committed to improving the health and well-being of children and young people in the Southern District.

PROGRAMMES PROVIDED:

- Breastfeeding
- Alcohol harm reduction
- Child and Youth Health services
- Health Promotion

ROCK SOLID DUNEDIN

<http://www.rocksoliddunedin.co.nz>



☐ **Alexandra**

P:
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☒ **Dunedin**

P: 022 043 8053
E: manager@rocksoliddunedin.co.nz

☐ **Invercargill**

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☐ **Oamaru**

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E:

SERVICE DESCRIPTION:

Providing positive youth mentoring and youth development programme for families in Dunedin Youth Programmes for people aged 8-18 years.

PROGRAMMES PROVIDED:

- Little Rockies after school programme
- Rock Solid Girls Club
- Mentoring
- Rock Solid Intermediate
- Rock Solid Boys Club
- Extension Activities

SEXUAL HEALTH CLINIC

<https://www.southerndhb.govt.nz/index.php?page=2722>



☐ **Alexandra**

P:
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☒ **Dunedin**

P: 03 470 9780
E:

☒ **Invercargill**

P: 0800 742 546
E:

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

A confidential sexual health service for all ages which is free for New Zealanders.

PROGRAMMES PROVIDED:

- Safe sex information
- Advice
- Emergency contraception
- Information, diagnosis and treatment

SOUTH CENTRE ANGLICAN CARE

<http://calledsouth.org.nz/directory/organisations/south-centre/>



☐ **Alexandra**

P:
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☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 218 2777
P: 03 214 0344
E: southcentre@xtra.co.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Agency providing supportive and educational services in the Invercargill area.

PROGRAMMES PROVIDED:

- Family support service
- Library
- Mainly music group
- Baby groups

SOUTH COAST PSYCHOLOGY



<https://dianegillespiepsychology.vpweb.co.nz/>

☐ **Alexandra**

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☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 027 246 8437
E: digill@xtra.co.nz

☐ **Oamaru**

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E:

SERVICE DESCRIPTION:

Our aim is to work with other professionals to provide comprehensive client centric therapeutic psychological/mental health services to clients in the southern districts of Aotearoa. Our services include psychological assessment, counselling/therapy, support, training, clinical supervision, psychoeducation, therapeutic group work, family/relationship therapy, at individual, family/whanau, organisational and strategic levels.

SOUTHERN DHB MENTAL HEALTH EMERGENCY SERVICES



<https://www.southerndhb.govt.nz/pages/mental-health-emergency-services/>

☒ **Alexandra**
EPS

☒ **Dunedin**
EPS

☒ **Invercargill**
SMHET

☒ **Oamaru**
EPS

P: 0800 467 846

E:

SERVICE DESCRIPTION:

Southern DHB Mental Health Emergency Services (SHMET and EPS) provides a 24hr/7 day a week service for people who need crisis mental health (emergency) treatment, assistance and information.

PROGRAMMES PROVIDED:

- Crisis/Acute Mental Health
- Intake/Assessment

SOUTHERN REAP

<http://www.southernreap.co.nz>



☐ **Alexandra**

☐ **Dunedin**

☒ **Invercargill**

☐ **Oamaru**

P:

P:

P: 03 236 6008

P:

E:

E:

P: 0800 111 117

E: enquiries@reap.co.nz

E:

SERVICE DESCRIPTION:

Rural Education Activities Programme which fills gaps in mainstream education services.

PROGRAMMES PROVIDED:

- Classes
- G.A.T.E
- Computers in Homes
- Adult Community Education
- Attendance Service
- Alternative Education

SOUTHERN SUPPORT EATING DISORDER SERVICE

<http://www.ed.org.nz>



☐ **Alexandra**

☒ **Dunedin**

☐ **Invercargill**

☐ **Oamaru**

P:

P: 0800 233 169 (2EDANZ)

P:

P:

E:

E: info@ed.org.nz

E:

E:

SERVICE DESCRIPTION:

Help, support and understanding for people with eating disorders and their families.

PROGRAMMES PROVIDED:

- Information
- Support groups

SOUTHLAND HELP

<http://www.southlandhelp.nz>



☐ **Alexandra**

P:
E:

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 03 218 4357
E: contact@southlandhelp.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

To promote the safety and well-being of women, children and men through support, education, counselling and advocacy who have been affected by sexual harm/violence.

PROGRAMMES PROVIDED:

- Crisis Support
- Self defence
- Children's Play Therapy
- IMAGINE women's group
- IMAGINE youth group
- Counselling
- Coffee group

SPACE

<http://www.space.org.nz>

☒ **Alexandra**

P: 027 758 2922 - Qst
E: ruth.wilson@salvationarmy.org.nz

☒ **Dunedin**

P: 03 455 6281
E: wendyanne.rainbow@xtra.co.nz

☒ **Invercargill**

P: 03 488 3932
E: southern.programmes@playcentre.org.nz

☐ **Oamaru**

P:
E:



SERVICE DESCRIPTION:

Space is a parenting place that connects new parents and their babies with others, in a safe facilitated environment.

PROGRAMMES PROVIDED:

- Parenting Programmes

SPECIALIST ADDICTION SERVICES (SAS)

<https://www.southerndhb.govt.nz/pages/addiction-services/>



☐ **Alexandra**

P: 03 4404308 - Clyde
P: 03 441 0010 - Qst

☒ **Dunedin**

P: 03 476 9760 – Dn
P: 03 419 0440 - Bl

☐ **Invercargill**

P: 03 214 5786

☐ **Oamaru**

P: 03 433 0002

P: 0800 44 33 66
E: cads.intake@southerndhb.govt.nz

SERVICE DESCRIPTION:

The Southern DHB provides assessments and treatment in relation to Substance Use addictions. We support individuals aged 18+ to reduce the negative consequences of substance misuse.

PROGRAMMES PROVIDED:

- Assessment of needs in relation to addiction
- Advice regarding community supports.
- Assessment and referral to Residential Addiction Services
- Advice and support regarding compulsory treatment under the Substance Abuse Act.
- One to one counselling and case management in relation to substance use
- Opioid Substitution Treatment

SPELD NZ

<http://www.speld.org.nz>



☐ **Alexandra**

P: 0800 773 536
E: southern@speld.org.nz

☒ **Dunedin**

P: 0800 773 536
E: southern@speld.org.nz

☒ **Invercargill**

P: 0800 773 536
E: southern@speld.org.nz

☐ **Oamaru**

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E:

SERVICE DESCRIPTION:

We're a not-for-profit organisation with more than 40 years of experience helping children and adults with dyslexia and other specific learning disabilities. Each year we assist nearly 2,000 children and adults throughout New Zealand with assessment, tuition and support. Compelling evidence now shows that learning outcomes can be vastly improved with our specialised intervention.

PROGRAMMES PROVIDED:

- Diagnostic assessment
- Training for parents, teachers and assessors
- One-on-one tuition
- Family Support

STAND

<http://www.standforchildren.org.nz>



☒ **Alexandra**

P: 03 446 8119
E: southern@standforchildren.org.nz

☐ **Dunedin**

P:
E:

☒ **Invercargill**

P: 022 077 6178
E: southern@standforchildren.org.nz

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

Nationwide Intensive Family Wrap Around Service which includes trauma focused social work services delivered in home based and school based settings. Focus is to protect children from further trauma, support their recovery and enhance their well-being.

PROGRAMMES PROVIDED:

- Trauma focused CBT
- Theraplay
- Parenting programmes
- Seasons for Growth
- Sunshine circles

STOPPING VIOLENCE SOUTHLAND

<http://www.stoppingviolencesouthland.co.nz>



☐ **Alexandra**

P:

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☐ **Dunedin**

P:

E:

☒ **Invercargill**

P: 03 218 4468
P: 027 260 5034
E:

☐ **Oamaru**

P:

E:

SERVICE DESCRIPTION:

To provide affordable, accessible and effective support for people affected by violence.

PROGRAMMES PROVIDED:

- Programmes for men, women and youth.

SYNERGY WELLNESS

<http://www.synergywellness.co.nz/>



☐ Alexandra

P:
E:

☒ Dunedin

P: 03 455 6477
E: info@synergywellness.co.nz

☐ Invercargill

P:
E:

☒ Oamaru

P: 03 434 1125
E: oamaru@synergywellness.co.nz

SERVICE DESCRIPTION:

Mental health needs assessment and service coordination (NASC) service working with clients and whanau to identify support needs and develop support plans to address those needs; access support services from Southern DHB contracted providers to meet the needs; put people in touch with other services that may be helpful. Staff are mobile and will visit clients anywhere in the Dunedin, North Otago and South Otago areas.

TE PUNAKA ORAKA – PUBLIC HEALTH NURSING

<https://www.southerndhb.govt.nz/index.php?page=2825>



SERVICE DESCRIPTION:

☒ Alexandra

P: 03 440 4309

☒ Dunedin

P: 03 476 9800 – Wakari
P: 027 454 6996

☒ Invercargill

P: 03 211 0012

☒ Oamaru

P: 03 433 1162

E: publichealthnursing@southerndhb.govt.nz

SERVICE DESCRIPTION:

Part of a new district wide service incorporating the Otago Public Health Nursing Service and the Southland Well Child Service with two urban main offices and five offices throughout the Southern District.

PROGRAMMES PROVIDED:

- Youth health clinics in schools
- Support interagency care planning
- Child/youth health assessments
- Community based contraceptive clinics
- Health services for children & young people
- Support at risk youth with suicidal ideation and/or self-harm

THE SALVATION ARMY

<http://www.salvationarmy.org.nz>



☒ Alexandra

P: 03 448 9436
E: alexandra.Corps@salvationarmy.org.nz

☒ Dunedin

P: 03 477 9852
E: dunedin.cm@salvationarmy.org.nz

☒ Invercargill

P: 03 218 3094
E: invercargill.cm@salvationarmy.org.nz

☒ Oamaru

P: 03 434 8413
E: Oamaru.Corps@salvationarmy.org.nz

SERVICE DESCRIPTION:

The aim is to fight poverty and social and spiritual distress in New Zealand. We care for people, transform lives and reform society.

PROGRAMMES PROVIDED:

- Op Shop
- Food bank
- Church Ministry
- Positive Lifestyle Programme
- Drug and Alcohol counselling - Inv
- Residential (alcohol & other drugs) addiction recovery programme – Dn
- Community Finance – Inv
- Oasis – preventing and minimising gambling harm – Dn
- Emergency Housing – Inv
- Education and Employment – Inv, Oam

TOKOMARIRO COMMUNITY HUB (MILTON)

<http://www.milton-district.co.nz/tokomairiro-community-hub-2/>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 027 596 5988 - Mlt
E: tokohub17@gmail.com

☐ **Invercargill**

P:
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☐ **Oamaru**

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E:

SERVICE DESCRIPTION:

Local base for health and social services, support and resources, catering to the needs of the Bruce area.

PROGRAMMES PROVIDED:

- Clutha Budget Advisory Service
- Southern Stop Smoking
- Salvation Army foodbank
- Community Probation Services
- Methodist Mission Support
- Well South Brief Intervention Service
- Plunket
- Mirror Services

WAKATIPU YOUTH TRUST

<http://www.wakatipuyouthtrust.co.nz>



☒ **Alexandra**

P: 03 451 1413 - Qst
P: 021 525 595 - Qst
E: info@wakatipuyouthtrust.co.nz

☐ **Dunedin**

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☐ **Invercargill**

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☐ **Oamaru**

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E:

SERVICE DESCRIPTION:

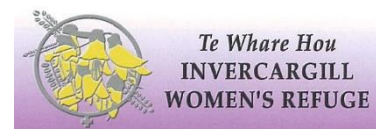
Work with young individuals from the age of 10-24 years. We provide opportunities for young people to access resources and have a safe environment to empower them and reach their full potential.

PROGRAMMES PROVIDED:

- Youth drop in centre (The Booth)
- Youth Workers in Schools (YWIS)
- Holiday programmes
- LGBTQIA support
- Mentoring
- Programmes/Events

WOMEN'S REFUGE

<http://www.womensrefuge.org.nz>



☐ **Alexandra**

P:
E:

☒ **Dunedin**

P: 03 477 1229
P: 0800 733 843
E: wenda.twp@refuge.org.nz

☒ **Invercargill**

P: 03 218 9790 - Inv
E: ingillrefuge@xtra.co.nz
P: 0800 733 843 (0800REFUGE)

☐ **Oamaru**

P:
E:

SERVICE DESCRIPTION:

A women's organisation for women and their children, there to help prevent and stop family violence in New Zealand.

PROGRAMMES PROVIDED:

- Emergency Accommodation
- Training
- Legal and Financial Help
- Family Violence Help

YMCA

<http://www.ymcasouth.org.nz>

SERVICE DESCRIPTION:

☐ **Alexandra**

☐ **Dunedin**

☒ **Invercargill**

☐ **Oamaru**

P:
E:

P:
E:

P: 03 218 2989
E: reception@ymcasouth.org.nz

P:
E:



Recreational programmes and services for all ages.

PROGRAMMES PROVIDED:

- Recreation and well being
- Childcare
- Education
- Community events

YOUTHLINE

<https://www.youthline.co.nz>

☒ **Alexandra**

☒ **Dunedin**

☒ **Invercargill**

☒ **Oamaru**

P: 0800 37 66 33 - Free Txt: 234
E: southland@youthline.com



SERVICE DESCRIPTION:

Offers a FREE 24hr, 7 days a week helpline counselling service. They also work with young people, their families and those supporting young people. The organisation is made up of volunteers and trained staff.

PROGRAMMES PROVIDED:

- Counselling
- Youth Health Service
- Mentoring
- Advice Hub
- Employment

YOUTH SERVICE

<http://youthservice.govt.nz/>

☐ **Alexandra**

☒ **Dunedin**

☒ **Invercargill**

☐ **Oamaru**

P:

P: 03 477 7790
0800 887 005

P: 0800 887 007

P:

E:

E: info.dn@comcol.ac.nz

E: info.so@comcol.ac.nz

E:



SERVICE DESCRIPTION:

The Youth Service supports young people aged 16 to 19 to engage in education, training, and work-based learning, and to have the life skills to be a successful contributing member of the community.

PROGRAMMES PROVIDED:

- Support to study
- Financial Assistance
- Support & resources

YOUTH SPECIALTY SERVICES

<https://www.southerndhb.govt.nz/pages/child-and-youth-mental-health-services/>

☐ **Alexandra**

P:
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☒ **Dunedin**

P: 03 474 5601
E:

☐ **Invercargill**

P:
E:

☒ **Oamaru**

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SERVICE DESCRIPTION:

Provides assessment and treatment for young people aged between 14 to 19 years.

PROGRAMMES PROVIDED:

-

YOUTHTOWN

<https://www.youthtown.org.nz>



☐ **Alexandra**

P:
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☐ **Dunedin**

P:
E:

☐ **Invercargill**

P:
E:

☒ **Oamaru**

P: 0800 00 45 66
P: 03 434 6473
E: oamaru@youthtown.org.nz

SERVICE DESCRIPTION:

Nationally operated, not-for-profit organisation offering a whole township of developmental activity in key communities across New Zealand for 5-18 year olds.

PROGRAMMES PROVIDED:

- Funding
- Outdoors delivery - EOTC
- Holiday programmes
- Youth activities – learner drivers licence workshops
- Sports events