

WEBSITES:

- **The LowDown:** interactive website helping young kiwis understand and deal with depression: email: team@thelowdown.co.nz
www.thelowdown.co.nz
- **Like Minds Like Mine:** resources and information about the programme to reduce stigma and discrimination associated with mental illness:
email: likeminds@mentalhealth.org.nz
www.likeminds.org.nz
- **Mental Health Foundation:**
email: Info@mentalhealth.org.nz
www.mentalhealth.org.nz
- **Mother's Mental Health—Oranga Hinengaro:** information for mothers, fathers & families on post natal depression & related conditions, such as anxiety & bipolar disorder www.mothersmatter.co.nz
- **Depression:** Includes 'The Journal' an online self management programme (for mild to moderate depression):
www.depression.org.nz
- **Suicide Prevention Information NZ (SPINZ):** email: info@spinz.org.nz
www.spinz.org.nz

HOW TO ACCESS MENTAL HEALTH SERVICES:

- First point of call: contact your **doctor / GP clinic** or **school counselor**.
- Or call Healthline on: 0800 611 116.
- If it is a crisis or emergency situation, contact Community Psychiatric Services: 0800 222 955.
- **If there is an immediate risk of harm to self or others ring the police on 111.**

COMMUNITY AND PUBLIC HEALTH

Ashburton Office

Elizabeth Street
P.O Box 110
Ashburton

Phone: 03 3076902

Facsimilie: 03 307 6904

Email: ashburton.chic@cdhb.health.nz

Christchurch Office

310 Manchester Street
PO Box 1475
Christchurch

Phone: 03 378 6721

Facsimilie: 03 379 6125

Email: chic@cdhb.health.nz

www.cph.co.nz

Mental Health

Community and Public Health

(a division of the Canterbury District Health Board)

February 2012

Code / Reference: MNH0068

Mid Canterbury Mental Health Community Support

See inside for local support.

Canterbury

District Health Board

Te Poari Hauora ō Waitaha

LOCAL SUPPORT GROUPS:

- **Depression Support Network—Tu o pae ki te au marama:** Group & one-to-one support to people aged 15+ years who experience depression, or support a loved one who has depression. Fortnightly meetings in Ashburton. **03 3668083**
- **Step Ahead Trust:** Activity based rehabilitation for people with mental illness aged 18 – 65 years. Fridays, in Baring Centre, Baring square **0800 688732**.
- **Plunket Postnatal Adjustment Programme:** Assessment, education & support for postnatal depression.

03 3085272

Email: Jacquie.taleni@plunket.org.nz

RURAL SUPPORT

- **Rural Support Trust—Mid Canterbury:** **0800 787 254**. Allan & Sue Baird: 033087594, 027 4350141, email: allan.baird@xtra.co.nz. Tim Silva: 033081890, 021505137, email: tms@nicolaw.co.nz
- **Rural Women NZ:** www.ruralwomen.org.nz, email: enquiries@ruralwomen.org.nz, **04 4735524**.
- **Dairy Women's Network:** www.dwn.co.nz, email: info@dwn.co.nz,

OTHER LOCAL SERVICES:

- **Pacific Island Evaluation Inc (PIE)** - Mobile service in Ashburton. Alcohol & drug support service for Pacific people. Support & advocacy for Pacific children & families at risk. **03 365 1458**
- **Pacific Trust Canterbury:** culturally safe practices, Matua support for people in hospital, one to one community support work during recovery, interpreting for appointments, alcohol & drug services etc. **03 366 3900**
- **Te Awa o te Ora Trust:** Kaupapa Maori mental health support services. **03 389 7575** www.teawatrust.org.nz
- **ACADS - Ashburton Community Alcohol & Drug Service:** Alcohol, drugs, gambling, eating disorders, sexuality & relationship issues. Counseling, education, information & support. **03 308 1270**
- **Salvation Army—Ashburton:** Counseling, assistance with food, furniture & clothing. www.salvationarmy.org.nz **03 308 7610**
- **Presbyterian Support—Family Works:** Counseling sessions addressing a range of issues such as grief, depression, couple work, family relationships, stress & traumatic events. email: MidCant@psusi.org.nz **03 308 5868**
- **CAFLink:** Child and family specialist mental health service. **0800 218 219**
- **Lifelinks:** Mental health services for people with disabilities. **0800 866 877**
- **Supporting Families:** Free, confidential, mobile service. Support, education & understanding for

those with a mental illness in their family, whanau or friend. **0800 UR NOT ALONE** (0800 87 66 82), email: sfpb@xtra.co.nz

- **Comcare Trust★:** supporting individuals who have experienced mental illness to move forward in their lives. **03 3077137**.
- **Brief Intervention Counselors★:** Rural Canterbury PHO service. **03 308 1237**

★ **Service may require a referral from your doctor.**

HELPLINES:

- **Kidsline Canterbury:** 24 hr confidential, professional service for children <18 yrs. To enable young people to talk through issues **0800 543 754**
- **Youthline:** 11 am to 11 pm every day. **0800 376 633**
- **Lifeline:** Free 24 hr, 7 days a week, confidential telephone counseling service. **0800 543 354**
- **Warmline:** Non crisis mental health telephone peer support. 7 pm—1 am. **0800 89 WARM**
- **Depression Helpline:** free phone to talk to a trained counsellor **0800 111 757**
- **Samaritans:** 24 hr, 7 days, non-judgemental, confidential listening & support to anyone in emotional distress, depressed, lonely, or contemplating suicide **0800 726 666**
- **Healthline** (Ministry of Health): 24 hrs, 7 days, experienced nurses, specialists in assessing & advising on appropriate care over the phone.