

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 and families on post natal depression and related conditions, such as anxiety and 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
Facsimile: 03 307 6904
Email: ashburton.chic@cdhb.health.nz

Christchurch Office

310 Manchester Street
PO Box 1475
Christchurch
Phone: 03 378 6721
Facsimilia: 03 379 6125
Email: chic@cdhb.health.nz

www.cph.co.nz

Community and Public Health

(a division of the Canterbury District Health Board)

December 2018

Code / Reference: **MNH0068**

Authorised by: Resource Approval Panel (CPH)

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. 03 366 8083
- **Step Ahead Trust:** Activity based rehabilitation for people with mental illness aged 18 – 65 years. Fridays in Baring Centre, baring square 0800 688 732
- **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:** Judy Skevington
027 878 7254 or 0800 787 254
Email: rst.midcanterbury@gmail.com
- **Rural Women NZ:** www.ruralwomen.org.nz
email: enquiries@ruralwomen.org.nz
04 473 5524 or 0800 256 467
- **Dairy Women's Network:** www.dwn.co.nz
Email: info@dwn.co.nz
0800 396 748

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.
www.teawatrust.org.nz 03 389 7575
- **Ashburton Community Alcohol & Drug Service (ACADS):** 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:** Counselling 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
- **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. pm—1am. 0800 89 WARM (0800 89 9276)
- **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. All health topics. 0800 611 116

★ Service may require a referral from your doctor.