

## Emergency Contact Numbers:

**For emergencies dial 111**

### **Southland Emergency Mental**

**Health Team**

**0800467846**

### **Southern Rivers Community**

**Mental Health Team**

**03 208 0299**

### **Gore Hospital**

**03 209 3030**

**Gore Police**

**03 203 9300**

## **National and Online Support**

**Lifeline**

0800 543 354

**Suicide Crisis Helpline**

0508 828 865

**Healthline**

0800 611 116

**1737—Need to Talk?**

Text 1737 or 0800 1737 1737

**Depression Helpline**

0800 111 757 or text 4202

**Youthline**

0800 376 633 or text 234

**What's Up (5-18 year olds)**

0800 942 8787

**Alcohol & Drug Helpline**

0800 787 797 or text 8681

**Mental Health Foundation**

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**Skylight**

[www.skylight.org.nz](http://www.skylight.org.nz)

**Rainbow Youth**

[www.ry.org.nz](http://www.ry.org.nz)

**Depression.org.nz**

[www.depression.org.nz](http://www.depression.org.nz)

**Ministry of Health**

[www.health.govt.nz](http://www.health.govt.nz)



## **Gore & Districts Support Services**

**03 2088480**  
**[cccgore@cnt.org.nz](mailto:cccgore@cnt.org.nz)**  
**[www.cnt.org.nz](http://www.cnt.org.nz)**  
**Facebook: Connected  
Eastern Southland**

## SPECIALIST MENTAL HEALTH SERVICES

If you are in a crisis and need urgent assistance please phone the Southland Mental Health Emergency Team who provide 24 hour a day, 7 days a week service on:

**0800 467 846**

Southern Rivers Community Mental Health Team	2080299
Child & Adolescent Services	2080299
Te Korowai Hou Ora - Maori Mental Health	2080299
Maternal Mental Health	2080299
Primary Mental Health Brief Intervention Service - contact your GP for referral to the BIS	
Gore Counselling Centre	2085366
<u>GP Services:</u>	
Gore Health Centre	2089855
Gore Medical Centre	2089222
Mataura Medical Centre	2038152
Gore Hospital	2093030

### COMMUNITY SERVICES

Oranga Tamariki	0508326459
St Peters College Counsellor	2089060
Gore High School Counsellor	2089130
Youth Service	0800887007
Rural Support Trust	0800787254
Public Health Nurses	2087015
PACT	0274346557
Strengthening Families	2088480
ABLE Southern Support	0800494262
Family Works	2080877
Barnardos	0800227627
SWiS—Social Worker in Schools	0286878936
Youth Worker Service	2088480
IDEA Services	2039170
Welcome In Day Centre	2080940
Gore & Clutha Women's Refuge	0800 733 843 or 2088384
Hokonui Runanga—Whanau Ora	2087954
Thrive! Te Pae Ora	0800292988

### COMMUNITY SERVICES

Family/Whanau Navigator	2088480
Te Iho Awhi Rito Social Services	2080224
Community Connections Centre	2088480
Gore Migrant Services Coordinator	2039288
Calvin Community Church	2089973
Gore Baptist Church	2084675
Gore Catholic Church	2089601
Gore New Life Church	2084821
Salvation Army	2084443
Al-Anon	0273798442
Mind Matters	0273798442
Mataura Youth Centre Trust	0272107825
Mataura Community Development	2037083

A full directory of Gore & Districts Social Services is available to view or download from our website

[www.cnt.org.nz](http://www.cnt.org.nz)

Or contact The Community Connections Centre  
03 2088480 1 Charlton Lane GORE 9710  
Facebook: Connected Eastern Southland