

For emergencies dial 111

Southland Emergency
Mental Health Team
0800467846

*If the danger is imminent
you feel you cannot
immediately manage
the situation you can call
the Police on 111.*

Southern Rivers
Community
Mental Health Team
03 208 0299

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	Text 4202 or 0800 111 757
Youthline	Text 234 or 0800 376 633
What's Up	0800 942 8787
Alcohol & Drug Helpline	Text 8681 0800 787 797

Mental Health Foundation

www.mentalhealth.org.nz

Skylight

www.skylight.org.nz

Rainbow Youth

www.insideout.org.nz

Depression.org.nz

www.depression.org.nz

Ministry of Health

www.health.govt.nz



Gore & Districts Support Services

For advice about community support agencies
and services contact us:

1 Charlton Lane, Gore 9710

03 208 8480

reception@cnt.org.nz www.cnt.org.nz

@connectedeasternsouthland

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 - Māori Mental Health 03 214 5786 or 0800 443366

Maternal Mental Health
2080299

Gore Counselling Centre
2085366

Primary Mental Health Brief Intervention Service - contact your GP for referral to the BIS
GP Services:

Gore Health Centre 2089855

Gore Medical Centre 2089222

Mataura Medical Centre 2038152

Gore Hospital 2093030

COMMUNITY

Oranga Tamariki

0508326459

Youth Service

0800887007

Rural Support Trust

0800787254

Public Health Nurses

2087015

PACT

0274346557

Strengthening Families

2088480

ABLE Minds

0800494262

Family Works

2080877

Barnardos

0800227627

Youth Worker

2088480

IDEA Services

2039170

Manaaki Tangata Victim Support

0800 842 846

Mind and Body Peer Support

027 880 7456

SERVICES

Te Iho Awhi Rito Social Services
2080224

Connected Eastern Southland
2088480

Gore & Clutha Whanau Refuge
0800 733 843 or 2088384

Hokonui Runanga -Whanau Ora
2087954

Thrive! Te Pae Ora
0800292988

Calvin Community Church
2089973

Gore Baptist Church
2084675

Gore Catholic Church
2089601

Gore New Life Church
2084821

Salvation Army
2084443

Mataura Youth Centre Trust
0272107825

Welcome In Day Centre
2080940