

# Counselling & Mental Health Services in the Upper Clutha area



This resource was developed by Community Networks Wanaka (updated Aug 2017)

The information contained in this document is provided by individual counsellors. Please note that Community Networks Wanaka does not recommend particular organisations or individuals, or endorse or accredits the qualifications and/or skills of those listed. The information provided is to help people make their own choice.

Name/Organisation	Contact	Services
<p><b>Primary Mental Health Brief Intervention Service</b></p>	<p>0800 477 115 0272319646</p> <p>[Based in Wanaka]</p>	<ul style="list-style-type: none"> <li>Free consultations to people 20 years and over in Central Otago who are experiencing difficulties related to their mental wellbeing.</li> <li>Referrals by GP or practice nurse</li> <li>Brief intervention may include; education about emotional wellness, medication and illness prevention, Stress management, talking therapy.</li> <li>5 funded sessions available.</li> </ul>
<p><b>Youth Brief Intervention Service</b></p>	<p>0800 477 115</p>	<ul style="list-style-type: none"> <li>Free consultations for youth aged 12-19</li> <li>Referrals accepted from GP's practice nurses, school counsellors, public health nurses</li> <li>Assessment and treatment options for youth who are experiencing mild to moderate mental health issues, including anxiety &amp; depression</li> <li>8 funded sessions available</li> </ul>
<p><b>SDHB Mental Health Services</b></p>	<p>03 440 4308 COCMHT CAFMHS [Based in Alexandra] 03 476 9760 CADS</p>	<ul style="list-style-type: none"> <li>Adult Mental Health Team (COCMHT)</li> <li>Child, Adolescent, Family Mental Health Service (CAFMHS)</li> <li>Community Alcohol and Drug Service (CADS)</li> </ul> <p>Workers from all three teams visit Wanaka on a regular basis.</p>
<p><b>Rachael Bentley</b> <i>Occupational Therapist</i> Registered with the Occupational Therapy Board of New Zealand 50-02766</p> <p>Associate member of the Australasian Sleep Association #3908 Sleep services listing #4393</p>	<p>0212508628 Thesleepsolutionsclinic@gmail.com</p> <p>[Based in Wanaka. Covering Central Otago]</p>	<ul style="list-style-type: none"> <li>Assessment and provision of Early intervention in mental health; anxiety, depression and life coaching.</li> <li>Supportive counsellor- Training in ACT and CPT</li> <li>Reactivation into meaningful activity after illness/injury or grief.</li> <li>Assessment, strategies and education to assist with sleep issues/disorders</li> <li>Mindfulness based practices facilitation group and individuals.</li> <li>Practitioner and facilitator of YIN yoga</li> <li>Injury rehab consultancy assessment, treatment, rehabilitation/Pain management work place assessments</li> <li>Wheelchairs and seating</li> <li>Housing</li> </ul>
<p><b>Meg Bryant</b> <i>Counsellor/Family Therapist</i> BA Psych, PGDip Rehab, PGCert Health Sci (child &amp; adol mental health)</p> <p>ACC approved-sensitive claims</p> <p>Member of the NZ Assn. of Counsellors</p>	<p>0278102671 megbryant40@gmail.com www.wanakacounselling.co.nz</p> <p>[Based in Wanaka, working in Cromwell &amp; Alexandra 1 day/week]</p>	<ul style="list-style-type: none"> <li>Individual counselling</li> <li>Family therapy – family issues, relationships</li> <li>Parenting</li> <li>Domestic violence, sexual abuse, parental separation</li> <li>Child &amp; adolescent mental health</li> </ul>
<p><b>Heather Clay</b> <i>Clinical Social Worker</i> MANZASW 30 years' experience clinical practice in the mental health and disability sector in publically funded health.</p> <p>Registered with the Social Workers Registration Board</p>	<p>021 887767 heather@heatherclay.co.nz</p> <p>Home visits can be made with prior arrangement and under certain circumstances. Wanaka/Central Otago/Queenstown.</p>	<ul style="list-style-type: none"> <li>Social Work Interventions, Counselling, Family Work, Advocacy, Supervision and Mentoring. Can work in conjunction with GP or Specialist care as needed.</li> <li>Child and adolescent mental health and disability.</li> <li>Families adjusting to health and disability issues.</li> <li>Available to act as an 'advocate' for individuals/families experiencing difficulties' with other systems (Health, Welfare, Educational or Vocational) accepting health or disability issues.</li> </ul>
<p><b>Robyn Cousins</b> Fieldworker for ABLE Southern Family Support in Mental Illness/Addiction</p>	<p>027 2489 307 03 448 9303 [Based in Alexandra but visits Wanaka]</p>	<ul style="list-style-type: none"> <li>Free mobile family/whanau support service for people affected by someone else's mental illness or addiction</li> <li>Advocacy</li> <li>Information and Education</li> </ul>
<p><b>Adventure Development Ltd</b></p>	<p>malcolm@adlnz.org.nz [Based in Central Otago]</p>	<ul style="list-style-type: none"> <li>Counselling and psychological services to young people 13-20 yrs (can include those up to 24 yrs) with</li> </ul>

<p>(a not-for-profit organisation)</p> <p><b>Malcolm Creagh</b> M.A. Counselling</p> <p>MNZAC</p> <p><b>Julie Scurr</b> Occupational therapist</p> <p><i>Registered OTNZ</i></p>	<p><a href="http://www.adventuredevelopment.co.nz">www.adventuredevelopment.co.nz</a></p> <p><a href="mailto:julies@adlnz.org.nz">julies@adlnz.org.nz</a> 027 554 9333 [Based In Queenstown]</p>	<p>alcohol or drug issues or mental health issues such as anxiety or depression.</p> <ul style="list-style-type: none"> <li>• Services tailored to fit situation, can include brief interventions, longer term individual counselling, group work, family work and wilderness therapy</li> <li>• These services are free, funded by SDHB</li> </ul>
<p><b>Frankie Dean</b> <i>Child-centred play therapy Counselling &amp; Psychotherapy</i> Bsc, Dipl of Prof Counselling, Dipl Teaching, Dipl special teaching needs</p> <p><i>Member of the NZ Assn. of Counsellors, ANZTAA</i></p>	<p>03-443-8656 playtherapyotago@gmail.com www.playtherapyotago.nz</p> <p>[Based in Wanaka]</p>	<ul style="list-style-type: none"> <li>• Counselling for children aged 2.5 – 12 years</li> <li>• For children experiencing: anxiety, anger management issues, grief and loss through bereavement, separation or divorce, domestic violence, depression, chronic illness or trauma, parental chronic illness, bullying</li> <li>• Early childhood and behaviour management specialist</li> <li>• Couple counselling and individual counselling &amp; psychotherapy for adults</li> </ul>
<p><b>Dr Chantal Degril</b> Psychotherapist</p> <p><i>Registered with the Psychotherapists Board of Aotearoa NZ MNZAP</i></p>	<p>022 1200 500 <a href="mailto:degril.chantal@gmail.com">degril.chantal@gmail.com</a></p> <p>[Central Otago, based in Cromwell]</p>	<p>Short and long term therapy for adults, couples, families, children &amp; adolescents Treatment of anxiety, depression, trauma, life changes, and other issues Employee Assistance Programmes ACC (Sensitive Claims) accredited</p>
<p><b>Kathryn Denniston</b> <i>Wakatipu Wellness</i> BSW (Hons), ANZASW, DAPAANZ</p> <p><i>Member of Aotearoa NZ Association of Social Workers</i></p>	<p>021 0289 7288 kathryn@re-create.co.nz</p> <p>[Based in Queenstown]</p>	<p>Working alongside you to re-build wellness, re-discover hope, and address the issues getting in your way. I work with :</p> <ul style="list-style-type: none"> <li>• Mental health issues – stress, depression, anxiety, self-esteem, trauma</li> <li>• Problematic substance abuse</li> <li>• Drug &amp; alcohol assessments for employers or to support court process</li> <li>• Professional supervision</li> </ul>
<p><b>Trudy Dent</b> Clinical Nurse Specialist; Southern Support Eating Disorders Service (SSED)</p>	<p>0800 328 744 southern.support@ashburn.co.nz</p>	<ul style="list-style-type: none"> <li>• Free consultation and assessment for eating disorders</li> <li>• Guided self-help strategies (up to 6 sessions)</li> <li>• Advice for family/whanau for access to support networks</li> <li>• Education &amp; training for health professionals and others</li> <li>• Referrals from GP's, Practice Nurses, Public Health Nurses</li> <li>• School Counsellors [with up-to-date physical health assessment from GP].</li> </ul>
<p><b>Mary Ferguson</b> Psychotherapist with a Child and Adolescent specialism. PBANZ, MNZAP, MNZACAP Child, Youth and Family Specialist ACC - Sensitive Claims</p> <p><i>Registered with the Psychotherapists Board of Aotearoa NZ</i></p>	<p>0275 044730 Maryferguson3@gmail.com</p> <p>[Based in Queenstown but visits Wanaka weekly]</p>	<ul style="list-style-type: none"> <li>• Adults &amp; Couples: Trauma, grief, anxiety, relationship difficulties</li> <li>• Children, young people and families with concerns, and/or behaviour problems</li> <li>• Unsettled babies and infants who are hard to understand or manage</li> <li>• Family dispute resolution practitioner. Family Court counsellor. Post-separation and mediating parenting plans</li> <li>• Specialist Trauma treatment across the lifespan</li> </ul>
<p><b>Kim Johnstone</b> Psychosynthesis Counsellor The Daring Way™ &amp; Rising Strong™ Facilitator CDWF, CRSF www.Changez.co</p>	<p>0274 962 664 kimjohnstone39@gmail.com</p> <p>[Based in Wanaka]</p>	<p>General adult counselling with particular areas of expertise in: Anxiety, Depression, Trauma Change, Relationship Work, Shame &amp; Vulnerability Mindfulness &amp; Self Compassion</p>
<p><b>Hal Kennedy</b> <i>The Relationship Clinic</i> MNZAC AMINZ</p>	<p>0800 488 499 halkennedy@relationshiphelp.co.nz www.therelationshipclinic.co.nz [Limited sessions in Wanaka]</p>	<ul style="list-style-type: none"> <li>• Relationship Counselling</li> <li>• Approved Family Court Counsellor.</li> <li>• Counsellor, coach, facilitator, mediator, trainer and supervisor who has worked with group and couple</li> </ul>



## Frequently Asked Questions - Counselling and Mental Health Providers

The following information is courtesy of the Mental Health Foundation and the New Zealand Association of Counsellors (visit [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) or [www.nzac.org.nz](http://www.nzac.org.nz) for further information and contact details):

- **How to find a doctor or mental health professional**  
If you feel unwell your best starting point is usually your GP (family doctor). GPs are trained to assess, treat and manage many mental health issues within primary care (the community rather than in a hospital). Your GP can refer you to your local community mental health service or elsewhere if needed. or they may be able to manage your illness themselves.
- **How to find a therapist or mental health professional**  
***There are several ways to access a counsellor:***
  - Most GPs are part of Primary Health Organisations (PHOs) that run Government funded mental health programmes – often you can access free counselling sessions through these.
  - If you are in paid employment you may be able to access free confidential counselling through your company's employee assistance programme – talk to your employer.
  - You may be eligible for 10 free counselling sessions (or more if clinically indicated) and other assistance through a WINZ Disability Allowance.
  - Free Youthline counselling for youth aged 12–25 years and their families. Available in various locations across Auckland and also Dunedin. Counselling for adults is available on a sliding scale.
  - If you have experienced sexual abuse or assault you may be eligible for ACC support to pay for therapy with a clinical psychologist or psychotherapist: 0800 735 556. Ask your GP about making a Sensitive Claim.
  - Local women's or men's centres often have counsellors on site or can provide recommendations, some of whom are low cost/charges are on a sliding-scale.
  - Local DHB Community Mental Health Services provide community based support, psychological therapy, counselling and psychiatrist services. Services are for those who meet mental illness criteria and you will usually need to be referred by your GP. Contact details are in the front of the phone book under 'Hospitals and Other Health Service Providers'.
  - Yellow Pages – look under Counselling Services, Psychotherapy & Psychology
  - Talking Works Directory of counsellors, psychologists and psychotherapists.
  - Colleges and professional organisations
- **How do I choose a counsellor who's right for me?**  
Have a chat asking about time, place and cost. Let the counsellor know what you want to get out of counselling and check that they can provide this. You may also want to ask about the counsellor's qualifications, their professional membership and the way they work. You should get a sense of whether you'd be comfortable talking to this person.
- **What's the difference between Counselling and other forms of therapy, like psychotherapy?**  
There is a lot of similarity between counselling and psychotherapy as they are both "talking therapies". Psychotherapy recognises the importance of conscious and unconscious psychological processes and the relationship between the therapist and client to further the healing process. Counselling draws from a number of theoretical approaches and can include these aspects. It will focus on your difficulties and concerns helping you develop more satisfying and resourceful ways of living
- **What sort of things can Counselling actually help with?**  
Counselling helps you explore and manage your emotions, thoughts and behaviour. It can help you plan and set goals and improve your relationships. Counselling assists you to address challenges in your life, get to know yourself better and to develop new ways of thinking and living.  
Counselling helps with anxiety, depression, grief and loss, life changes and stress, relationships with family, friends and work colleagues, trauma and abuse, domestic and sexual violence, .....
- **What does Counselling cost?**  
Each counsellor sets their own fees. Don't be afraid to ask about this. You may qualify for funding help so ask what's available in your area.
- **Can I get any Government assistance to help with these fees?**  
There is funding available through ACC, Work and Income and some Primary Health Organisations/GP's. Ask your counsellor or GP if any of these apply to you.