

# Counselling & Mental Health Services in the Upper Clutha area



This resource was developed by Community Networks Wanaka (updated January 2019)

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
<b>Primary Mental Health Brief Intervention Service</b>	0800 477 115 0272319646  [Based in Wanaka]	<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>
<b>SDHB Mental Health Services</b>	03 440 4308 COCMHT CAFMHS [Based in Alexandra] 03 476 9760 CADS	<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> Workers from all three teams visit Wanaka on a regular basis.
<b>Rachael Bentley</b>  <i>Occupational Therapist Registered with the Occupational Therapy Board of New Zealand</i>	0212508628 Thesleepsolutionsclinic@gmail.com .com  [Based in Wanaka. Covering Central Otago]	<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>Injury rehab consultancy assessment, treatment, rehabilitation/Pain management work place assessments</li> <li>Wheelchairs and seating</li> </ul>
<b>Meg Bryant</b> <i>Counsellor/Family Therapist BA Psych, PGDip Rehab, PGCert Health Sci (child &amp; adol mental health)  ACC approved-sensitive claims Member of the NZ Assn. of Counsellors</i>	0278102671 megbryant40@gmail.com www.wanakacounselling.co.nz  [Based in Wanaka, working in Cromwell & Alexandra 1 day/week]	<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>
<b>Heather Clay</b> <i>Clinical Social Worker MANZASW 30 years' experience clinical practice in the mental health and disability sector in publically funded health.  Registered with the Social Workers Registration Board</i>	021 887767 heather@heatherclay.co.nz  Home visits can be made with prior arrangement and under certain circumstances. Wanaka/Central Otago/Queenstown.	<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>
<b>Robyn Cousins</b> <i>Fieldworker for ABLE Southern Family Support in Mental Illness/Addiction</i>	027 2489 307 03 448 9303 [Based in Alexandra but visits Wanaka]	<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>
<b>Adventure Development Ltd</b> (a not-for-profit organisation)  <b>Malcolm Creagh</b> M.A. Counselling MNZAC  <b>Julie Scurr</b> Occupational therapist Registered OTNZ	malcolm@adlnz.org.nz [Based in Central Otago]  <a href="http://www.adventuredevelopment.co.nz">www.adventuredevelopment.co.nz</a>  <a href="mailto:julies@adlnz.org.nz">julies@adlnz.org.nz</a> 027 554 9333 [Based In Queenstown]	<ul style="list-style-type: none"> <li>Counselling and psychological services to young people 12-19yrs with alcohol or drug issues or mental health issues such as anxiety or depression.</li> <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>
<b>Frankie Dean</b> <i>Child-Centred play therapy Transactional Analysis (TA) Person-Centred Counselling</i>	027 788 2315 playtherapyotago@gmail.com www.playtherapyotago.nz	<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,</li> </ul>

<p>Certified Transactional Analyst (Psychotherapy) PG Cert. Child-centered play therapy Dipl. Of Prof Counselling, PGDipl. Teaching (primary), Dipl. ECE Dipl. Special teaching needs, BSc</p> <p><i>Registered Psychotherapist Member of the NZ Assn. of Counsellors, Member ANZTAA ITAA</i></p>	<p>[Based in Wanaka]</p>	<ul style="list-style-type: none"> <li>attachment disorders.</li> <li>Specialist in early childhood years, pregnancy and birth trauma, difficulties originating from medical interventions and health challenges under the age of 3, and challenging behaviours.</li> <li>For adults with relationship concerns, or facing uncertainty, change, loss or grief, PTSD, early childhood trauma.</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 degril.chantal@gmail.com</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.</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 access support networks</li> <li>Education &amp; training for health professionals and others</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</p>	<p>0274 962 664 kim@Changez.co www.Changez.co</p> <p>[Based in Wanaka]</p>	<p>General adult counselling with particular areas of expertise in:</p> <ul style="list-style-type: none"> <li>Anxiety, Depression, Trauma</li> <li>Change, Relationship</li> <li>Work, Shame &amp; Vulnerability</li> <li>Mindfulness &amp; Self Compassion</li> </ul>
<p><b>Hal Kennedy</b> <i>The Relationship Clinic</i> MNZAC AMINZ</p> <p><i>Member of the NZ Assn. of Counsellors</i></p>	<p>0800 488 499 halkennedy@relationshiphelp.co.nz www.therelationshipclinic.co.nz</p> <p>[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 dynamics for the past 20+ years.</li> </ul>
<p><b>Mark Littlewood</b> <i>Clinical Psychologist</i> Doctorate in Clinical Psychology. Professional memberships include: NZPB New Zealand Psychologist Board, NZCCP New Zealand College of Clinical Psychologists, EMDR Association of New Zealand</p>	<p>021 0890 7899 <a href="http://www.marklittlewood.co.nz">www.marklittlewood.co.nz</a> <a href="mailto:info@marklittlewood.co.nz">info@marklittlewood.co.nz</a></p> <p>[Based in Wanaka, Queenstown visits available]</p>	<ul style="list-style-type: none"> <li>Child, Adolescent &amp; Family / Adult &amp; Couples:</li> <li>Anxiety disorders (separation anxiety, social anxiety, obsessive compulsive disorder (OCD), panic, phobias, generalised anxiety)</li> <li>Depression and low mood, stress, abuse, neglect</li> <li>Trauma/post traumatic stress disorder (PTSD)</li> <li>Self-esteem/confidence, grief and loss, attachment, behavioural issues, anger</li> <li>Neurodevelopmental disorders such as Autistic Spectrum Disorder (ASD), Attention Deficient Hyperactivity Disorder (ADHD) etc.</li> <li>Specialist skills and experience in working with couples to resolve relationship issues.</li> </ul>
<p><b>Liz Maluschnig</b> <i>Counselling &amp; Psychotherapy</i></p> <p><i>Registered Comprehensive Nurse Dip. Counselling MNZCCA 24 years' experience.</i></p>	<p>027 4334 520 lizmaluschnig@gmail.com</p>	<ul style="list-style-type: none"> <li>Adult counselling: depression, family and couple relationships, sexual abuse, eating disorders, self-esteem, crisis, pregnancy, anger management, cancer support, grief and loss, life coaching, workplace support</li> <li>Counselling for Youth &amp; Children: Self-esteem, bullying, abuse, reconciliation between children and parents, anger</li> </ul>

Spiritual Director <i>Member of NZ Christian Counsellors Assn.</i>	[Based in Wanaka]	management, eating disorders, grief and loss. Can use interactive drawing therapy. • Tools and strategies to equip parents
<b>Karyn Munro</b> <i>Guidance Counsellor</i> <i>Mount Aspiring College</i> BA, MEd (Counselling). PGDip. in Health Sciences (with credit endorsed in mental health), Dip Teaching <i>Member of the NZ Assn. of Counsellors</i>	03 443 0496 0274640334 munrok@mtaspiring.school.nz	• Counselling for Mount Aspiring College students and their families. Pro- Active solution /resiliency based counselling
<b>Gemma Nott</b> <i>Counselling &amp; Psychotherapy</i> Registered Psychotherapist <i>Registered with the Psychotherapists Board of Aotearoa NZ</i>	021 799 332 gemmanott@xtra.co.nz  [Based in Wanaka]	• Working with adult individuals • Problems with relationships & loneliness • Experience of loss, separation & grief • Feelings of being stuck and unable to change patterns of behaviour
<b>Queenstown Lakes Family Centre</b>	03 4414331 www.qlfc.co.nz	• Free primary mental health and social services specialising in working with children and families • Parent Education groups
<b>Annetette Sorensen</b> MSc, Dip Clin Psych, MNZCCP  <i>Registered Clinical Psychologist</i>	021 910 440 <a href="mailto:info@annettesorensen.co.nz">info@annettesorensen.co.nz</a> <a href="http://www.annette.s@xtra.co.nz">www.annette.s@xtra.co.nz</a> (Based in Wanaka)	• Psychological assessment and therapy for mental health conditions (ages 17+) for Anxiety, Phobias, Obsessions, Depression, Trauma, Grief, Stress, Anger, Eating disorders, Sleep difficulties, Body dysmorphic disorders, Psychosis, Adult ADHD, Adult autism, Relationship difficulties
<b>Bruce Telford</b> Mental Health Professional with `17 years' experience. Dip Psychology & Social Services Certificate in counselling and Adult Education <i>Registered with the NZ Social Workers</i>	Ph: 0276307512 Email: <a href="mailto:brucetelford@xtra.co.nz">brucetelford@xtra.co.nz</a> brucetelford.com  Based in Queenstown at Wakatipu Medical Centre Frankton - Queenstown	• Free Online Mental Health Programme – Survival Strategies for Depression • Individual Counselling: Life difficulties, Stress, Anxiety, Depression, Anger management, Gambling addiction • Individual Face to Face Mental Health Education Programme – feeling good.
<b>Sonia Voldseth</b> <i>Revolutionary Life Coaching</i> <i>Wakatipu Wellness</i> Dip. Life Coaching, J.D, Hons, LLB Eq, B Sci.	021 881 635 sonia@revolutionarylifecoaching.com [Based in Queenstown], or via Skype or phone.]	• Specialises in anxiety, depression and body image, including eating disorders. Her approach includes principles of coaching and counselling, as well as meditation and mindfulness. She believes that no matter where you are now, what you believe about yourself or what's happened, that you deserve to be happy.
<b>Pamela Wilson</b> Counselling & Psychotherapy <i>Dip. Grad. Soc. Wrk. ANZASW</i> <i>ACC registered counsellor</i>	021 942 892 Pamela.wilson@xtra.co.nz  [Based in Queenstown]	
<b>Mrs Mijke van Weert</b> <i>Wanaka Psychology</i> Registered Clinical Psychologist member of the New Zealand Psychological Society	020 40708126 info@wanakapsychology.nz www.wanakapsychology.nz  Based in Wanaka but can travel to Queenstown	• Provides specialist assessment and therapy for children, adolescents and adults for a wide range of mental health issues. • Consultation available for development/learning concerns, parenting or family difficulties. • ACC physical injury support, Brief intervention services, mental injury assessments.

### Subsidised Counselling (Upper Clutha):

- The Darryl Fairbairn Memorial Fund offers subsidised counselling for anyone (children or adults) who has been affected by grief and loss. Grief comes in many shapes and forms, for example, loss of a loved one, moving towns, parents separating. Contact Community Networks for further information on how to access the fund.
- A local gym, The Fit Collective, held a fundraiser for to support local mental health services. Contact Community Networks for further information on how to access the fund. These funds can be used to subsidized the costs associated with;
  - Activities that assist people with mental health issues to engage in healthy lifestyles
  - Private therapy/counselling for people with mental health issues that may not otherwise be eligible for services with either Secondary CMHT, Brief Intervention or ACC.
  - Other discretionary matters around mental health of our community

## 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.