

Counselling & Mental Health Services in the Upper Clutha

September 2020

Funded Mental Health Services Name/Organisation	Contact	Services
SDHB Central Lakes Community Mental Health Service	03 440 4308	<ul style="list-style-type: none"> • Adult Mental Health Team (CLCMHT) • Child, Adolescent, Family Mental Health Service (CAFMHS) • Specialist Addiction Service (SAS) • Clinicians from all three teams visit Wanaka on a regular basis. • After hours service as directed by Emergency Psychiatric Service
SDHB Emergency Psychiatric Service (based out of Dunedin Hospital)	0800 467 846	<ul style="list-style-type: none"> • This is a 24 – hour 7 day a week crisis service
Primary Mental Health Brief Intervention Service	All inquiries to: Dunedin: 03 477 1163 Invercargill: 03 214 6436 (Offices in Wanaka, Alexandra, Cromwell & Queenstown)	<ul style="list-style-type: none"> • GP or Practice nurse referral for those enrolled patients 20 years and over • The service offers free access to the Brief Intervention Team with up to five sessions of support for those with a mild to moderate mental health need • Psychological strategies to help with managing your experiences • Education • Or referral to a more appropriate service if required. • Family/Whanau involvement as appropriate
Adventure Development (a not-for-profit organisation) Thrive! Te Pae Ora Malcolm Creagh M.A. Counselling NZAC Registered	malcolm@adlnz.org.nz [Based in Central Otago] Ph: 027 254 9323 www.adventuredevelopment.co.nz	<ul style="list-style-type: none"> • Counselling and psychological services to young people 12-19yrs with alcohol or drug issues or mental health issues such as anxiety or depression. • Services tailored to fit situation, can include brief interventions, longer term individual counselling, group work, family work and adventure therapy • Young people can self-refer to the brief intervention service via our website: www.thriveservices.org.nz <p>These services are free, funded by SDHB</p>
Central Lakes Family Centre	03 4414331 www.qlfc.co.nz	<ul style="list-style-type: none"> • Free primary mental health and social services specialising in working with children and families • Parent Education groups • Family violence assistance and support • Maternal mental health
Robyn Cousins Fieldworker for ABLE Southern Family Support in Mental Illness/Addiction	027 2489 307 03 448 9303 (Based in Alexandra but visits Wanaka)	<ul style="list-style-type: none"> • Free mobile family/whanau support service for people affected by someone else's mental illness or addiction and families bereaved by suicide • Advocacy • Information, education and support

Mental Health Support	Contact	Services
Wanaka Mental Health Peer Support Group	peersupport@mentalhealthwanaka.org www.mentalhealthwanaka.org	<ul style="list-style-type: none"> • Tea & chat, second Wednesday of the month from 6pm – 7pm Wanaka Plunket Rooms, 51 Ardmore St, Wanaka • Monthly Walk, last Saturday of the month from 10am – meet at Edgewater Hotel Cafe
Alcoholics Anonymous Wanaka	Freephone 0800 AA works (2296757) nzgsa@aa.org.nz 03 443 9080 www.aa.org.nz	<ul style="list-style-type: none"> • Voluntary, worldwide fellowship of men and women who meet together to attain and maintain sobriety • Weekly meetings in Wanaka and Hawea • Mon and Fri 7.30pm Wanaka Plunket Rooms, 51 Ardmore St, Wanaka • Wed 7.30pm Hawea Flat St Ninian's Church Hall, Kane Rd, Hawea
Narcotics Anonymous	Freecall 0800 NA TODAY (0800 628 632) www.nzna.org	<ul style="list-style-type: none"> • NA is a fellowship of men and women for whom drugs have become a problem. They meet regularly to help each other stay clean. • Weekly meetings in Hawea • Meet every Tuesday 7.30-8.30pm at St Ninian's Church, St Ninian's Way, Hawea Flat
Registered Psychologists	Contact	Services
Colin Goldthorpe Aspiring Psychology Registered Psychologist	goldthorpecolin@gmail.com Providing services in the Wanaka and Central Otago areas	<ul style="list-style-type: none"> • Providing services to adults and young people with a focus on alcohol and drug issues, depression and anxiety, relationship issues, parenting issues and workplace stress. Also provide professional supervision.
Dr. Mark Littlewood Registered Clinical Psychologist, NZPBBSc (Hons), DClInPsy, MNZCCP, EMDRNZ	021 0890 7899 www.marklittlewood.co.nz info@marklittlewood.co.nz (Based in Wanaka, Queenstown and Alexandra)	<ul style="list-style-type: none"> • Work with children, adolescents, adults and couples. • Treat psychological and emotional issues such as; depression, anxiety, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), self-esteem/confidence issues, grief, behavioural issues, anger, eating disorders. • ACC approved Psychological Services vendor/provider • ACC sensitive claims provider
Annemette Sorensen Registered Clinical Psychologist MSc, Dip Clin Psych, MNZCCP	021 910 440 info@annettesorensen.co.nz www.annettesorensen.co.nz (Based in Wanaka)	<ul style="list-style-type: none"> • Adult mental health (17 years+): Assessment and therapy • Relationship therapy
Mrs Mijke van Weert Wanaka Psychology Registered Clinical Psychologist Member of the New Zealand Psychological Society	020 40708126 info@wanakapsychology.nz www.wanakapsychology.nz (Based in Wanaka)	<ul style="list-style-type: none"> • Provides specialist psychological assessment and therapy for children, adolescents and adults for a wide range of mental health issues. <p>Consultation available for development/learning concerns, parenting or family difficulties.</p>
Registered Psychotherapists	Contact	Services
Dr Chantal Degril PhD Psychology Registered Psychotherapist Weekly clinics in Cromwell,	022 1200 500 degril.chantal@gmail.com	<ul style="list-style-type: none"> • Short and long term therapy for adults, couples, families, children & adolescents • Treatment of anxiety, depression, trauma, life changes and other issues • Employee Assistance Programmes • ACC [Sensitive Claims] accredited

Alexandra and Arrowtown	(Central Otago, based in Cromwell)	
Melinda Brownsword Kids Focus Psychology Services Registered Psychologist M.Sc,M.Ed.Psych, PGDipEdPsych, MNZPS	021 074 3538 kidsfocusnz@gmail.com Limited services provided in Wanaka and Queenstown	<ul style="list-style-type: none"> • Providing psychological assessment and therapeutic services for children and adults. • Cognitive testing to assist with Special Assessment Conditions NCEA, learning and/or mental health difficulties such as dyslexia, ADHD, anxiety and depression. • Individual therapy, in person or via online platform provided for those experiencing psychological and emotional issues. • ACC registered provider.
Mary Ferguson Psychotherapist with a Child, Adolescent and Family specialism. PBANZ, PRI, MNZACAP, MNZAP Child, Youth and Family Specialist ACC - Sensitive Claims Registered with the Psychotherapists Board of Aotearoa NZ (PBANZ)	027 504 4730 Maryferguson3@gmail.com	<ul style="list-style-type: none"> • Adults & Couples: Trauma, grief, anxiety, relationship difficulties • Children, young people and families with concerns • Unsettled babies and infants who are hard to understand or manage • Family dispute resolution practitioner. Voice of child specialist. • Post-separation and mediating parenting plans • Member Resolution Institute, PRI
Frankie Dean Registered Psychotherapist Child-Centred play therapy Certified Transactional Analyst BSc, PG Cert. Child-centered play therapy Dipl. Of Prof Counselling, PGDipl. Teaching, Dipl. ECE Dipl. Special teaching needs Registered with the Psychotherapists Board of Aotearoa NZ	027 788 2315 playtherapyotago@gmail.com www.playtherapyotago.nz (Based in Wanaka)	<ul style="list-style-type: none"> • Child mental health ages 2.5 – 12 years for children experiencing: anxiety, anger management, bereavement, separation or divorce, domestic violence, chronic illness or trauma, medical interventions, attachment difficulties. • Specialist in early childhood years, pregnancy and birth trauma, difficulties originating in early childhood. • Adults with relationship concerns, grief or loss or PTSD, early childhood trauma.
Gemma Nott Counselling & Psychotherapy Registered Psychotherapist MPAnZA Registered with the Psychotherapists Board of Aotearoa NZ	021 799 332 gemmanott@xtra.co.nz (Based in Wanaka)	<ul style="list-style-type: none"> • Working with adult individuals • Problems with relationships & loneliness • Experience of loss, separation & grief Feelings of being stuck and unable to change patterns of behaviour
Professional Counsellors		
Meg Bryant Counsellor/Family Therapist BA Psych, PGDip Rehab, PGCert Health Sci (child & adolescent mental health) ACC approved-sensitive claims Member of the NZ Assn. of Counsellors	0278102671 meg@wanakacounselling.co.nz www.wanakacounselling.co.nz (Based in Wanaka, working in Cromwell & Alexandra 1 day/week)	<ul style="list-style-type: none"> • Individual counselling • Family therapy – family issues, relationships • Parenting • Domestic violence, sexual abuse, parental separation • Child & adolescent mental health

<p>Liz Maluschnig Counselling & Parent Educator Dip. Counselling MNZCCA 30 years' experience</p>	<p>027 4334 520 lizmaluschnig@gmail.com (Based in Wanaka)</p>	<p>I have many years experience offering a safe, relational and holistic approach as I journey alongside individuals and couples covering a wide range of issues.</p>
<p>Hal Kennedy <i>The Relationship Clinic</i> MNZAC AMINZ Member of the NZ Assn. of Counsellors</p>	<p>0800 488 499 relationships@outlook.co.nz www.therelationshipclinic.co.nz Sessions available via Skype with limited sessions in Wanaka</p>	<ul style="list-style-type: none"> • Relationship Counselling • Approved Family Court Counsellor. • Counsellor, coach, facilitator, mediator, trainer and supervisor who has worked with group and couple dynamics for the past 30+ years.
<p>Registered Health Professionals supporting mental health</p>		
<p>Heather Clay <i>Clinical Social Worker</i> MANZASW 30 years' experience clinical practice in the mental health and disability sector in publically funded health. Registered with the Social Workers Registration Board</p>	<p>021 887767 heather@heatherclay.co.nz Home visits can be made with prior arrangement and under certain circumstances. Wanaka/Central Otago/Queenstown.</p>	<ul style="list-style-type: none"> • Social Work Interventions, Counselling, Family Work, Advocacy, Supervision and Mentoring. Can work in conjunction with GP or Specialist care as needed. • Child and adolescent mental health and disability. • Families adjusting to health and disability issues. • Available to act as an 'advocate' for individuals/families experiencing difficulties' with other systems (Health, Welfare, Educational or Vocational) accepting health or disability issues.
<p>Rachael Bentley Occupational Therapist/ Sleep therapist Registered OTBNZ / 50-02766 26 years' experience. Assoc mem of the Australasian Sleep Association #3908 ACC provider #17CNLD</p>	<p>021 2508628 thesleepsolutionsclinic@gmail.com</p>	<ul style="list-style-type: none"> • All Occupational therapy Assessment and provision. • Sleep disorder and difficulties • Wellness programs for; early intervention mental health, autoimmune disorders/pain stress/anxiety/mild - severe head injury • Reactivation into meaningful activity after illness/injury or grief • Mindfulness and YIN yoga facilitator (groups and individuals) • Healthy aging • Workplace wellness • Biopsychosocial approach
<p>Bruce Telford Mental Health Professional with `18 years' experience. Dip Psychology & Social Services Certificate in counselling and Adult Education Registered with the NZ Social Workers</p>	<p>Ph: 027 630 7512 brucetelford@xtra.co.nz brucetelford.com Based in Queenstown – clients would need to travel to Queenstown for consultations</p>	<ul style="list-style-type: none"> • Experienced in working with gambling problems, complex family problems, domestic violence, sexually harmful behaviours, and specific mental health problems. • Individual Counselling: General mental health concerns, Life difficulties, Stress, Anxiety, Depression, Anger management, Gambling addiction Free Online Mental Health Programme – Survival Strategies for Depression – see website: brucetelford.com

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



Community Networks Wanaka
34 McDougall Street, Wanaka 9305
Ph: 03 443 7799
www.communitynetworks.co.nz

Community Support Fund - Subsidised Counselling (Upper Clutha):

BACKGROUND

The Community Support Fund provides financial assistance to individuals and families in the Upper Clutha;

- so that they may access a service that will support their mental and emotional wellbeing,
- that struggle with school based costs for their young person such as stationary, sports gear, uniform (referred to as No Child Misses Out)
- that struggle with a household & living cost such as power & medical costs

CRITERIA

- Referrals need to come from any professional that is able to means assess or understand a family's financial situation, including Social Workers, Budget Advisors and Counsellors
- It is expected that all other sources of funding/support have been explored including Work and Income, Upper Clutha Children's Medical Trust, Brief Intervention Service, health and education funding streams
- Funding will not be provided where it is part of the core service obligations of any government or non-government agency
- The funding sought needs to directly support the individual or family and their action plan
- We ask that, if possible, the client contributes to some of the costs
- Loans will not be approved
- No retrospective costs will be considered

PROCESS FOR APPLYING

- To apply for funding the referrer needs to complete the application form. Please email Kate Murray for this info - kate@communitynetworks.co.nz.

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 or 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 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.