

## Alpine Community Development Trust

operating as



### Counselling & Mental Health Services in the Otago region

Funded Mental Health Services Name/Organisation	Contact	Services
<p><b>SDHB Central Lakes Community Mental Health Service</b></p> <p>Based at Invercargill office</p>	<p>03 440 4308 Dunstan office, Hospital Street OR</p> <p>03 441 0010 Queenstown office, 19 Douglas Street</p> <p><b>Freephone: 0800 467846</b></p>	<ul style="list-style-type: none"> <li>• Adult Mental Health Team (CLCMHT)</li> <li>• Child, Adolescent, Family Mental Health Service (CAFMS)</li> <li>• Specialist Addiction Service (SAS)</li> <li>• Clinicians from all three teams visit Wanaka on a regular basis</li> <li>• Referral from G.P./Health professional is required</li> <li>• After hours service as directed by Emergency Psychiatric Service</li> </ul>
<p><b>SDHB Emergency Psychiatric Service (based out of Dunedin Hospital)</b></p>	<p><b>Freephone: 0800 467 846/press 2 for Otago regions</b></p> <p><b>Text 1737 for free counselling, anytime</b></p>	<ul style="list-style-type: none"> <li>• This is a <b>mobile 24/7 emergency crisis service</b></li> </ul>
<p><b>Pact</b> (a non-government organisation)</p>	<p>Emily Black - Community Support Worker Ph: 027 205 4036 <a href="mailto:emily.black@pactgroup.co.nz">emily.black@pactgroup.co.nz</a></p>	<ul style="list-style-type: none"> <li>• We provide support for <b>adults and youth who have a mental illness</b> for ongoing weekly community support</li> <li>• We <b>provide support for people</b> who require encouragement with developing living skills and reaching their goals</li> <li>• <b>We support anyone in need</b> to help them lead fulfilling lives in the community. People set the goals and we are there to help them achieve</li> <li>• <b>Referrals can be made through the Mental Health service, GP's, Social Workers or other agencies</b></li> <li>• <b>Services are free</b></li> </ul>
<p><b>Primary Mental Health Brief Intervention Service (BIS)</b></p>	<p><b>All enquiries: 0800 477 1155</b></p> <p>Offices in Wanaka, Alexandra, Cromwell &amp; Queenstown</p> <p><a href="mailto:info@wellsouth.org.nz">info@wellsouth.org.nz</a></p>	<ul style="list-style-type: none"> <li>• <b>Provides assistance &amp; support to people experiencing concerns related to their mental wellbeing</b></li> <li>• <b>GP or Practice nurse referral</b> for those enrolled patients who are 20 years and over</li> <li>• 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</li> <li>• Depression, anxiety, stress and behaviour changes</li> <li>• Treatment includes family/whanau involvement as appropriate</li> </ul>

<p><b>Adventure Development</b> (a not-for-profit organisation) <b>Thrive! Te Pae Ora/Adventure Development</b> <b>Counselling</b></p> <p><b>These services are free, funded by SDHB</b></p>	<p>Julie Scurr O.T/Service Leader Ph: 027 554 9333 <a href="mailto:julies@adlnz.org.nz">julies@adlnz.org.nz</a></p> <p>Fiona Brown / Occupational Therapist Ph: 027 616 9256 <a href="mailto:fiona@adlnz.org.nz">fiona@adlnz.org.nz</a></p> <p>Malcolm Creagh/Counsellor Ph: 027 254 9323</p>	<ul style="list-style-type: none"> <li>• <b>Free face to face professional counselling for young people 12-19 and their family.</b> It's safe, non-judgemental, and confidential. If you are experiencing some difficulties with mental health or substance use, then we may be able to support you</li> <li>• Services include brief interventions or longer-term individual counselling</li> <li>• <b>Young people can self-refer to the brief intervention service via our website:</b> <a href="http://www.thriveservices.org.nz">www.thriveservices.org.nz</a></li> </ul>
<p><b>Central Lakes Family Centre</b></p>	<p>Ph: 03 4414331/Queenstown enquiries and referrals</p> <p><b>Freephone: 0508 440255</b></p> <p><a href="http://www.qlfc.co.nz">www.qlfc.co.nz</a> <a href="mailto:info@cifs.co.nz">info@cifs.co.nz</a></p>	<ul style="list-style-type: none"> <li>• <b>Free</b> primary mental health and social services specialising in working with children and families</li> <li>• Parent Education courses</li> <li>• Family violence assistance and support</li> <li>• Maternal mental health and non-violence programmes</li> </ul>
<p><b>ABLE Southern Family Support</b></p>	<p><a href="http://www.able.org.nz">www.able.org.nz</a> <a href="mailto:adminco@able.org.nz">adminco@able.org.nz</a></p> <p>Johnny Ramano/fieldworker for ABLE <a href="mailto:john@able.org.nz">john@able.org.nz</a></p> <p>Ph: 03 4489 303 (based in Alexandra but visits Wanaka)</p>	<ul style="list-style-type: none"> <li>• <b>Free mobile family/whanau support service</b> for people affected by someone else's mental illness or addiction to assist in getting the most out of life</li> <li>• Provide information, education and support</li> <li>• SPHC/Supporting Parents Healthy Children</li> </ul>
<p><b>Mental Health Support</b></p>	<p><b>Contact</b></p>	<p><b>Services</b></p>
<p><b>Wanaka Mental Health Peer Support Group</b></p>	<p><a href="mailto:peersupport@mentalhealthwanaka.org">peersupport@mentalhealthwanaka.org</a> <a href="http://www.mentalhealthwanaka.org">www.mentalhealthwanaka.org</a></p>	<ul style="list-style-type: none"> <li>• Tea &amp; chat, <b>every Tuesday of the month from 6pm – 7pm</b> at the Wanaka Plunket Rooms, 51 Ardmore St, Wanaka</li> <li>• <b>Monthly Walk, last Saturday of the month from 10am</b> – meet at Edgewater Hotel Café</li> </ul>
<p><b>Alcoholics Anonymous Wanaka</b></p>	<p><b>Freephone:</b> <b>0800 AA WORKS (2296757)</b></p> <p><a href="http://www.aa.org.nz">www.aa.org.nz</a> <a href="mailto:nzgsa@aa.org.nz">nzgsa@aa.org.nz</a></p> <p>Ph: 03 443 9080</p>	<ul style="list-style-type: none"> <li>• Voluntary, worldwide fellowship of men and women who meet to attain and maintain sobriety</li> <li>• Weekly meetings in Wanaka and Hawea</li> <li>• <b>Mon and Fri 7.30pm / Wanaka Plunket Rooms, 51 Ardmore St, Wanaka</b></li> <li>• <b>Wed 7.30pm / Hawea Flat St Ninian's Church Hall, Kane Rd, Hawea</b></li> </ul>
<p><b>Narcotics Anonymous</b></p>	<p><b>Freephone:</b> <b>0800 NA TODAY (0800 628 632)</b></p> <p><a href="http://www.nzna.org">www.nzna.org</a></p>	<ul style="list-style-type: none"> <li>• NA is an anonymous fellowship of men and women for whom drugs have become an issue. We meet regularly to help each other stay clean.</li> <li>• Meeting - Every Tuesday 7.30-8.30pm online via Zoom ID: 915 0667 6631 Password: nzna</li> </ul>
<p><b>Otago Mental Health Support Trust</b></p>	<p><b>Freephone: 0800 364 462</b> <a href="http://www.onhst.org.nz">www.onhst.org.nz</a></p>	<ul style="list-style-type: none"> <li>• <b>Free, confidential + independent service</b></li> <li>• No referral required</li> </ul>

Registered Psychologists	Contact	Services
<p><b>Colin Goldthorpe</b></p> <p>Aspiring Psychology <b>Registered Psychologist</b></p>	<p><a href="mailto:goldthorpecolin@gmail.com">goldthorpecolin@gmail.com</a></p> <p>Providing services in the Wanaka and Central Otago areas</p>	<ul style="list-style-type: none"> <li>• 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</li> </ul>
<p><b>Annemette Sorensen</b></p> <p><b>Registered Clinical Psychologist</b> MSc, Dip Clin Psych, MNZCCP</p>	<p>Ph: 021 910 440</p> <p><a href="mailto:info@annettesorensen.co.nz">info@annettesorensen.co.nz</a> <a href="http://www.annettesorensen.co.nz">www.annettesorensen.co.nz</a></p> <p>Based in Wanaka</p>	<ul style="list-style-type: none"> <li>• Adult mental health (17 years+): Assessment and therapy</li> <li>• Relationship therapy</li> </ul>
<p><b>Mrs Mijke van Weert</b></p> <p><b>Registered Clinical Psychologist</b> Wanaka Psychology</p> <p>Member of the New Zealand Psychological Society</p>	<p>Ph: 020 4070 8126</p> <p><a href="mailto:info@wanakapsychology.nz">info@wanakapsychology.nz</a> <a href="http://www.wanakapsychology.nz">www.wanakapsychology.nz</a></p> <p>Based in Lake Hawea</p>	<ul style="list-style-type: none"> <li>• Provides specialist psychological assessment and therapy for children, adolescents, and adults for a wide range of mental health issues</li> <li>• Professional Supervision/Consultation for managers, health professionals, teachers, or other professionals in need of advice on conflicts, mental health problems, crisis/traumatic situations, or other HR related issues</li> <li>• Heartmath® certified practitioner</li> </ul>
<p><b>Taylor Rapley</b> ĀHUA Psychology</p> <p><b>Registered Psychologist Intern</b> Bsc Psych MSc Psych (hon) PGDip Psych Prac (in progress)</p>	<p><a href="http://www.ahuapsychology.com">www.ahuapsychology.com</a></p> <p><a href="mailto:taylor@ahuapsychology.com">taylor@ahuapsychology.com</a></p> <p>Based in Wānaka, Queenstown + Online</p>	<ul style="list-style-type: none"> <li>• Provides holistic psychological and mental skill services for adults and teens</li> <li>• Delivers evidence-based practical skills for real change and long-lasting growth</li> <li>• ACT (Acceptance Commitment Based Therapy) and CBT</li> <li>• Self Transcendental 'Being Meditation' certified meditation teacher</li> </ul>
Registered Psychotherapists	Contact	Services
<p><b>Dr Chantal Degril</b></p> <p><b>Registered Psychotherapist</b> PhD Psychology</p> <p>Weekly clinics in Cromwell, Alexandra and Arrowtown</p>	<p>Ph: 022 1200 500</p> <p><a href="mailto:degril.chantal@gmail.com">degril.chantal@gmail.com</a></p> <p>Central Otago, based in Cromwell</p>	<ul style="list-style-type: none"> <li>• Short and long-term therapy for adults, couples, families, children &amp; adolescents</li> <li>• Treatment of anxiety, depression, trauma, life changes and other issues</li> <li>• Employee Assistance Programmes</li> <li>• <b>ACC [Sensitive Claims] accredited</b></li> </ul>
<p><b>Melinda Brownsword</b></p> <p><b>Registered Psychologist</b> M.Sc, M.Ed. Psych, PGDipEdPsych, MNZPS</p> <p>Kids Focus Psychology Services</p>	<p>Ph: 021 074 3538</p> <p><a href="mailto:kidsfocusnz@gmail.com">kidsfocusnz@gmail.com</a></p> <p>Limited services provided in Wanaka and Queenstown</p>	<ul style="list-style-type: none"> <li>• Providing psychological assessment and therapeutic services for children and adults</li> <li>• Cognitive testing to assist with Special Assessment Conditions NCEA, learning and/or mental health difficulties such as dyslexia, ADHD, anxiety and depression</li> <li>• Individual therapy in person or via an online platform provided for those experiencing psychological and emotional issues</li> <li>• <b>ACC registered provider</b></li> </ul>
<p><b>Mary Ferguson</b></p> <p><b>Psychotherapist with a Child, Adolescent and Family specialism.</b></p> <p>PBANZ, PRI, MNZACAP, MNZAP Child, Youth and Family Specialist</p> <p>Registered with the Psychotherapists Board of Aotearoa NZ (PBANZ)</p>	<p>Ph: 027 504 4730</p> <p><a href="mailto:Maryferguson3@gmail.com">Maryferguson3@gmail.com</a></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</li> <li>• Unsettled babies and infants who are hard to understand or manage</li> <li>• Family dispute resolution practitioner. Voice of child specialist</li> <li>• Post-separation and mediating parenting plans</li> <li>• Member Resolution Institute, PRI</li> <li>• <b>ACC - Sensitive Claims</b></li> </ul>

<p><b>Frankie Dean</b></p> <p><b>Registered Psychotherapist</b></p> <p>Certified Transactional Analyst BSc, PG Cert.</p> <p>Child-centred play therapy</p> <p>Dipl. Of Prof Counselling, PGDipl. Teaching, Dipl. ECE Dipl. Special teaching needs</p> <p>Registered with the Psychotherapists Board of Aotearoa NZ</p>	<p>Ph: 027 788 2315</p> <p><a href="mailto:playtherapyotago@gmail.com">playtherapyotago@gmail.com</a></p> <p><a href="http://www.playtherapyotago.nz">www.playtherapyotago.nz</a></p> <p>Based in Wanaka</p>	<ul style="list-style-type: none"> <li>• 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 and attachment difficulties</li> <li>• Specialist in early childhood years, pregnancy and birth trauma, difficulties originating in early childhood</li> <li>• Adults with relationship concerns, grief or loss or PTSD, early childhood trauma</li> <li>• <b>ACC sensitive claims provider</b></li> </ul>
<p><b>Gemma Nott</b></p> <p><b>Registered Psychotherapist MPAnZA</b></p> <p>Counselling &amp; Psychotherapy</p> <p>Registered with the Psychotherapists Board of Aotearoa NZ</p>	<p>Ph: 021 799 332</p> <p><a href="mailto:gemmanott@xtra.co.nz">gemmanott@xtra.co.nz</a></p> <p>Based in Lake Hawea</p>	<ul style="list-style-type: none"> <li>• Working with adult individuals</li> <li>• Problems with relationships &amp; loneliness</li> <li>• Experience of loss, separation &amp; grief</li> <li>• Feelings of being stuck and unable to change patterns of behaviour</li> </ul>
<p><b>Professional Counsellors</b></p>	<p><b>Contact</b></p>	<p><b>Services</b></p>
<p><b>Meg Bryant</b></p> <p><b>Counsellor/Family Therapist</b></p> <p>BA Psych, PGDip Rehab, PGCert Health Sci (child &amp; adolescent mental health)</p> <p>Member of the NZ Assn. of Counsellors</p>	<p>Ph: 027 810 2671</p> <p><a href="mailto:meg@wanakacounselling.co.nz">meg@wanakacounselling.co.nz</a></p> <p><a href="http://www.wanakacounselling.co.nz">www.wanakacounselling.co.nz</a></p> <p>Based in Wanaka, working in 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 and parental separation</li> <li>• Child &amp; adolescent mental health</li> <li>• <b>ACC approved-sensitive claims</b></li> </ul>
<p><b>Kris Letcher</b></p> <p><b>Counsellor / Registered Mental Health Nurse</b></p> <p>BSc Dip. Mental Health</p>	<p>Ph: 021 1409225</p> <p><a href="mailto:freedomcounselling500@gmail.com">freedomcounselling500@gmail.com</a></p> <p><a href="http://www.freedomcounselling.co.nz">www.freedomcounselling.co.nz</a></p> <p>Based in Wanaka</p>	<ul style="list-style-type: none"> <li>• Services include relationship and individual counselling</li> <li>• Specialising in adults and men’s health issues</li> <li>• Wellbeing at Work Group Presentations - Business Support.</li> <li>• 20 years’ experience</li> </ul>
<p><b>Liz Maluschnig</b></p> <p><b>Counselling &amp; Parent Educator</b></p> <p>Dip. Counselling MNZCCA</p> <p>Registered with NZCCA under Dip Counselling MNZCCA</p>	<p>Ph: 027 4334 520</p> <p><a href="mailto:lizmaluschnig@gmail.com">lizmaluschnig@gmail.com</a></p> <p>Based in Wanaka</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 30 years’ experience</li> </ul>
<p><b>Hal Kennedy</b></p> <p><b>The Relationship Clinic</b></p> <p>MNZAC AMINZ</p> <p>Member of the NZ Assn. of Counsellors</p>	<p>Ph: 0800 488 499</p> <p><a href="mailto:relationships@outlook.co.nz">relationships@outlook.co.nz</a></p> <p><a href="http://www.therelationshipclinic.co.nz">www.therelationshipclinic.co.nz</a></p> <p>Sessions available via Skype with 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 30+ years</li> </ul>
<p><b>Rike Andree</b></p> <p><b>Counsellor, Clinical Social Worker, Drug &amp; Alcohol Clinician and Practitioner</b></p>	<p>Ph: 021 0388248</p> <p><a href="mailto:rike@phoenixcounselling.co.nz">rike@phoenixcounselling.co.nz</a></p> <p><a href="http://www.phoenixcounselling.co.nz">www.phoenixcounselling.co.nz</a></p> <p>Based in Wanaka</p>	<ul style="list-style-type: none"> <li>• Relationship counselling</li> <li>• Drug and Alcohol Assessments</li> <li>• Individual counselling specializing in anxiety, depression, grief, substance abuse</li> </ul>

Member of the Social Worker Registration Board, and Drug and Alcohol Practitioner Association NZ		
<p><b>Nicola Nolet</b></p> <p><b>Light on Life Child-Centred Play Therapist</b>  <b>Registered Psychiatric Nurse</b>  <b>Post Graduate Social Worker</b></p> <p>Member of the NZ Nurses Association NZNO and the Australian Health Practitioner Regulation Agency</p>	<p>Ph: 027 358 4465</p> <p><a href="mailto:nolet@snap.net.nz">nolet@snap.net.nz</a></p> <p>Based in Queensbury and all does home visit</p>	<ul style="list-style-type: none"> <li>• Specialises in mental health assessments as well as adult and child therapy utilising a variety of techniques</li> <li>• Grief, loss, relationship issues, low mood and anxiety, attachment issues</li> <li>• Goal setting</li> </ul>
<b>Registered Health Professionals supporting Mental Health</b>	<b>Contact</b>	<b>Services</b>
<p><b>Heather Clay</b></p> <p><b>Clinical Social Worker</b>  MANZASW</p> <p>30 years' experience clinical practice in the mental health and disability sector in publicly funded health.</p> <p>Registered with the Social Workers Registration Board</p>	<p>Ph: 021 887767</p> <p><a href="mailto:socialworker@communitynetworks.co.nz">socialworker@communitynetworks.co.nz</a></p> <p>Home visits can be made with prior arrangement and under certain circumstances.</p> <p>Based in 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>Rachael Bentley</b></p> <p><b>Occupational Therapist/ Sleep Therapist</b>  Registered OTBNZ / 50-02766</p> <p>26 years' experience. Assoc mem of the Australasian Sleep Association #3908</p> <p>ACC provider #17CNLD</p>	<p>Ph: 021 250 8628</p> <p><a href="mailto:thesleepsolutionsclinic@gmail.com">thesleepsolutionsclinic@gmail.com</a></p> <p><a href="https://sleepsolutions.clinic/">https://sleepsolutions.clinic/</a></p>	<ul style="list-style-type: none"> <li>• Uses CBT for insomnia CBTi and evidence-based approach for treating insomnia along with ACT (Acceptance + Commitment therapy) for short term brief interventions whilst waiting for long term therapy.</li> <li>• Areas of expertise: regulate sleep-wake patterns, manage worry + panic in perceived sleep loss, reduce prescription sleep medications, shift work services.</li> <li>• Help with sleep associated problems such as anxiety, depression, pain, fatigue, head injury, autoimmune disorders, and life transactions.</li> <li>• Appointment available by zoom or face to face</li> </ul>
<p><b>Bruce Telford</b></p> <p><b>Mental Health Professional</b> with `18 years' experience.</p> <p>Dip Psychology &amp; Social Services</p> <p>Certificate in counselling and Adult Education  Registered with the NZ Social Workers</p>	<p>Ph: 027 630 7512</p> <p><a href="mailto:brucetelford@xtra.co.nz">brucetelford@xtra.co.nz</a></p> <p><a href="http://www.brucetelford.com">www.brucetelford.com</a></p> <p>Based in Queenstown – clients would need to travel to Queenstown for consultations</p>	<ul style="list-style-type: none"> <li>• Experienced in working with gambling problems, complex family problems, domestic violence, sexually harmful behaviours, and specific mental health problems</li> <li>• Individual Counselling: General mental health concerns, life difficulties, stress, anxiety, depression, anger management, gambling addiction</li> <li>• Free Online Mental Health Programme – Survival Strategies for Depression – see website: <a href="http://www.brucetelford.com">www.brucetelford.com</a></li> </ul>
<p><b>Thrive Te Pae Ora</b></p>	<p>Ph: 0800 292 988</p> <p><a href="mailto:admin@thriveservices.org.nz">admin@thriveservices.org.nz</a></p> <p><a href="http://www.thriveservices.org.nz">www.thriveservices.org.nz</a></p>	<ul style="list-style-type: none"> <li>• Service for young people aged 12 to 24 years old for those experiencing mental health challenges and/or substance abuse</li> <li>• Face to face professional counselling with registered health professionals</li> <li>• Safe, non-judgemental and confidential</li> </ul>

Web-based services	Contact	Services
<b>Melon</b>	Ph: 021 510669 <a href="http://www.melonhealth.com">www.melonhealth.com</a>	<ul style="list-style-type: none"> <li>• App and online program that empowers you to take control of your health through sleep, mood, exercise and food</li> <li>• Digital therapeutics for physical, emotional and social health</li> </ul>
<b>Beating the Blues</b> <a href="http://www.info.beatingtheblues.co.nz">www.info.beatingtheblues.co.nz</a>	Email: <a href="mailto:btb.support@managemyhealth.co.nz">btb.support@managemyhealth.co.nz</a>	<ul style="list-style-type: none"> <li>• Treats depression and anxiety using CBT (Cognitive Behavioural Therapy)</li> <li>• Requires a doctor's referral</li> </ul>
<b>Calmkeeper</b>	<a href="http://www.calmkeeperapp.com">www.calmkeeperapp.com</a>	<ul style="list-style-type: none"> <li>• App for I. Phones designed by clinical psychologists to help manage anxiety and panic attacks</li> <li>• A charge applies</li> </ul>
<b>Calm (Computer Assisted Learning for the Mind)</b>	<a href="http://www.calm.auckland.ac.nz">www.calm.auckland.ac.nz</a>	<ul style="list-style-type: none"> <li>• Online resource with tools for coping with stress and managing life</li> </ul>
<b>Clearhead</b>	<a href="http://www.clearhead.org.nz">www.clearhead.org.nz</a>	<ul style="list-style-type: none"> <li>• Free, online mental health support and resources</li> <li>• Designed by NZ doctors to help you with understanding challenges + finding the help you need</li> <li>• Book + find available therapists and appointments</li> <li>• Personalised to your particular issue.</li> </ul>
<b>Depression Helpline</b>	24/7 helpline 0800 111 757	
<b>Get Appy!</b>	<a href="http://www.allright.org.nz">www.allright.org.nz</a>	<ul style="list-style-type: none"> <li>• Daily mini missions around the area of your choice to help you feel good</li> <li>• The AllRight? App helps you improve health + wellbeing by reminding you to do simple things that make a difference</li> <li>• Collaboration between the Canterbury DHB + the NZ Mental Health Foundation</li> </ul>
<b>Just A Thought</b>	<a href="http://www.justathought.co.nz">www.justathought.co.nz</a>	<ul style="list-style-type: none"> <li>• Free, online CBT course that helps you to learn how to cope with worry and stress, so you can take care of your well-being</li> </ul>
<b>Online Therapy NZ</b>	Ph: 09 888 0779 <a href="http://www.onlinetherapy.co.nz/contact-us/">www.onlinetherapy.co.nz/contact-us/</a>	<ul style="list-style-type: none"> <li>• Online therapists offering short or long-term counselling for individuals or couples for stress, anxiety, depression, self-esteem, grief and loss etc</li> <li>• Sign up required</li> </ul>
<b>Positive Mind Works</b>	Freephone: 0800 327 477 <a href="mailto:info@positivemindworks.co.nz">info@positivemindworks.co.nz</a>	<ul style="list-style-type: none"> <li>• Provide confidential and affordable online psychology and counselling services.</li> <li>• Work with couples, adults and young people</li> </ul>
<b>Teina Wilmhurst</b> <b>Stop Smoking Coach</b>	Ph: 027 241 4512 Freephone: 0800 925 242 Email: <a href="mailto:teina.wilmhurst@stopsmoking.nz">teina.wilmhurst@stopsmoking.nz</a>	

<b>Puāwaitanga</b>	Freephone: 0800 782 999 <a href="http://www.puawaitangi.nz">www.puawaitangi.nz</a>	<ul style="list-style-type: none"> <li>• Phone + web-based service to support Kiwis and their emotional well-being</li> <li>• Staff are trained professionals and counselling sessions are private, confidential and free</li> <li>• Can talk about any issues from anxiety, grief, addiction, low self-esteem and relationship issues</li> </ul>
<b>Sparx</b>	<a href="http://www.sparx.org.nz">www.sparx.org.nz</a>	<ul style="list-style-type: none"> <li>• Online tool that teaches young people the key skills needed to help combat depression and anxiety</li> </ul>
<b>The Lowdown</b>	<a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a> or free text 5626	<ul style="list-style-type: none"> <li>• Support for young people experiencing depression or anxiety</li> </ul>
<b>The National Depression Initiative</b>	27/7 Freephone Helpline: 0800 111 757 <a href="http://www.depression.org.nz">www.depression.org.nz</a>	<ul style="list-style-type: none"> <li>• Interactive site with a focus on self-management</li> <li>• Self-test + options re: management + treatment</li> </ul>

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.

### 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,
- whom struggle with school-based costs for their children such as stationary, sports gear and uniforms (referred to as No Child Misses Out)
- whom struggle with household and living costs such as power and medical costs

### CRITERIA

- Referrals need to come from any professional that can 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 through Work and Income, Upper Clutha Children's Medical Trust, Brief Intervention Service as well as 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 and please email Kate Murray for information at [kate@communitynetworks.co.nz](mailto: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](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 your GP, may be able to manage your illness themselves.
- **How do I choose a counsellor who is 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 would 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 several 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 help with?**  
Counselling helps you explore and manage your emotions, thoughts and behaviour. It can help you plan, 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 so do not be afraid to ask about this. You may qualify for funding help so ask what is 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.

**Community Networks Wanaka**  
34 McDougall Street, Wanaka 9305  
Ph: 03 443 7799  
[www.communitynetworks.co.nz](http://www.communitynetworks.co.nz)