

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



connected
EASTERN SOUTHLAND

Gore & Districts Support Services

For advice about community support agencies
and services contact us:

1 Charlton Lane, Gore 9710

03 208 8480

cccgore@cnt.org.nz www.cnt.org.nz

[@connectedeasternsouthland](https://www.facebook.com/connectedeasternsouthland)

For emergencies dial 111

Southland Emergency
Mental Health Team
0800467846

Southern Rivers
Community
Mental Health Team
03 208 0299

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 - Maori Mental Health 2080299

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

St Peters College Counsellor

2089060

Gore High School Counsellor

2089130

Youth Service

0800887007

Rural Support Trust

0800787254

Public Health Nurses

2087015

PACT

0274346557

Strengthening Families

2088480

ABLE Southern Support

0800494262

Family Works

2080877

Barnardos

0800227627

SWiS—Social Worker in Schools

0286878936

Youth Worker

2088480

IDEA Services

2039170

SERVICES

Family/Whanau Navigator

2088480

Te Iho Awhi Rito Social Services

2080224

Connected Eastern Southland

2088480

Community Connector Team

0276000575 / 0272679094

Gore & Clutha Women's 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