

WHERE TO GO FOR HELP IN NELSON/MARLBOROUGH

If it's an emergency situation: call 111 and ask for Police

For acute mental health issues:

- **Nelson/Tasman:** Ph. 0800 776 364 and press 2 for urgent concerns, or
- **Marlborough/Blenheim:** Ph. 0800 948 497 and press 2 for urgent concerns
- **Golden Bay:** Te Whare Mahana Ph. (03) 525 7647

If presenting at Emergency Department (Ed) Mental Health crisis team members are available there after 6pm weekdays & 8am till 5:00 pm weekends.

If the person is at high risk but not actively making or planning an attempt, contact **Call/text 1737 free phone /text** 24 hours 7 days a week

For general concerns about a person at risk, contact the most relevant agencies below:

- Talk to your GP
- After Hours GPs: Nelson 03 546 8881, Marlborough 03 520 6377, Motueka 03 528 8866 or 03 528 8358, Golden Bay 03 525 0060, Murchison 03 523 1120
- CAMHS (child/youth up to 18 years) mental health non acute services)-self or GP referral: Nelson Ph: (03) 546 1230 or Blenheim Ph. (03) 520 9905
- Brief Intervention Service –mild to moderate mental health issues free counselling Nelson Ph. 03 539 1170 or Marlborough PHO Ph. 03-520 6200. Referral by your GP
- Primary Mental Health Initiative (PMHI) counselling and therapy via Nelson Bays PHO or Marlborough PHO
- Supporting Families in Mental Illness, **Nelson** Ph. 03 546 6090 support@sfnelson.org.nz for **Motueka** Ph. 03 528 7790 or motueka@sfnelson.org.nz. Or **Blenheim** Ph. 03 577 5491 or sfmarlb@xtra.co.nz
- The Male Room (Nelson only) 03 548 0403
- Te Piki Oranga (Nelson Marlborough) 0800 ORANGA (672 642)
- Marlborough Youth Trust Ph. 03 579 3143

Helplines

- **Call/text 1737- nationwide mental health support: 'Need to Talk?' & 'Early Mental Health Response (EMHR)'**
- The Depression Helpline (0800 111 757)
- Healthline (0800 611 116)
- Lifeline (0800 543 354) or LifeLync (Nelson/Tasman only) Ph. 03 548 2400
- Youthline (0800 37 66 33) txt **234** or talk@youthline.co.nz or webchat <https://www.youthline.co.nz/>
- Alcohol and Drug Addiction Helpline (0800 787 797)
- Methhelp 0800 6384 4357
- Anxiety NZ 0800 269 4389

For advice on community support agencies, contact Citizens Advice Bureau 0800 367 222 or Family Services Directory at 0800 211 211 or www.familyservices.govt.nz/directory or www.healthpoint.co.nz

On line Resources

www.depression.org.nz	www.beatingtheblues.co.nz	www.Booksonprescription.co.nz
www.mentalhealth.org.nz	https://ecouch.anu.edu.au/welcome	https://aftersuicide.nz
www.thelowdown.co.nz	www.moodgym.anu.edu.au	www.whileyouwait.org.nz
www.moh.govt.nz/healthline	http://www.ehub.anu.edu.au/welcome.php	www.healthpoint.co.nz
www.sparx.org.nz	www.anxietyonline.org.au	www.alcoholdrughelp.org.nz
www.gamblinghelpline.co.nz	www.auntydee.co.nz	www.Justathought.co.nz
	www.skylight.org.nz	www.anxiety.org.nz/

Bereavement Support: Victim Support 0800 842 846