

Otago Youth Services
(not including Dunedin – separate handout)

Organisation	Service	Contact
Police	EMERGENCY	111
Emergency Psychiatry Services	EMERGENCY MENTAL HEALTH	0800 467 846 and press 2 for Otago
Oamaru		
Mirror Services	Counselling and treatment programmes for children, young people and their whānau in the Otago/Southland region. Services in Dunedin, Oamaru, Invercargill, and Waitati.	Address: Evan Parry House, 43 Princes St, Dunedin Website: https://www.mirror-services.org.nz/ Email: reception@mirror-services.org.nz Phone: 03 479 2970
Oamaru Youth Centre	The Youth Centre is a space for the Youth of North Otago to relax and enjoy activities in a safe friendly and supervised environment. Open Friday 3:30pm – 7pm	Address: 37 Ribble St, Oamaru Website: https://www.youthline.co.nz/dunedin-centre-page.html Facebook: www.facebook.com/theyouthcentreoamaru/?fref=hovercard Email: amanda.acheson43@gmail.com Phone: 021 216 4779
Waitaki Youth Council	A voice for young people in Waitaki. The council comprises a group of young Waitakians between the ages of 12-24. Our aim is to ensure the voice of Waitaki's young people is heard and well represented in local government. We are seeking to engage local youth to make Waitaki District the best place to live, work and play.	Facebook: www.facebook.com/WaitakiDistrictYouthCouncil Phone: 03 433 0300
Youthline Oamaru	We provide a variety of services and programmes including helpline counselling, training, community education programmes, and face to face counselling. We are committed to offering accessible, non-judgemental services focussed on the needs of young people.	Address: 316 Thames Highway, Oamaru North Facebook: www.facebook.com/youthlineotago Email: youthlineotago@youthline.co.nz Phone: 03 477 2461

Balclutha		
Clutha District Youth Council	<p>Youth involvement in planning and developing council services, youth representation on council, and a forum for young people.</p>	<p>Website: www.cluthadc.govt.nz/your-council/youth-council/Pages/default.aspx</p>
Clutha Youth Malcam Trust	<p>Range of youth development opportunities in Milton, Balclutha, Owaka, Clinton, Tapanui, and Lawrence. We run a range of experiences that include:</p> <ul style="list-style-type: none"> • Shout anger management group • Seasons for Growth • Clutha Youth Council facilitation • Drama group facilitation • Its Not Okay • Individual and group mentoring • Peer relationship and support 	<p>Website: https://malcam.org.nz/initiatives/clutha-youth/ Email: margaret@malcam.org.nz or sarah@malcam.org.nz</p>
Southern DHB Child and Youth Mental Health Services	<p>Southern DHB Child and Youth Mental Health Services are delivered by three teams: Child, Adolescent and Family Service (CAFS), Child, Adolescent and Family Mental Health Service (CAFMHS) and Youth Specialty Service (YSS).</p>	<p>Address: 24 Clyde St, Balclutha Website: www.southernhealth.nz Phone: 03 419 0440</p>

Southland		
Adventure Development	Help for young people & whānau who are dealing with alcohol & drug issues and/or mental health difficulties. Offices in Dunedin, Timaru and Invercargill Dunedin , Timaru and Invercargill but covers rural areas via mobile staff. We can see you at school, in the community or at home.	Address: 62 Yarrow St, Invercargill Website: https://www.adlnz.org.nz/ Email: southland@adlnz.org.nz Phone: 03 218 8833
Barnardos	As New Zealand's largest children's charity, we work hard every day to do more for Kiwi kids. We offer everything from education programmes to intensive support services, the majority of which accept self-referrals	Address: 120b Leet Street, Invercargill Website: https://www.barnardos.org.nz/ Email: southland.amu@barnardos.org.nz Phone: 0800 BARNARDOS (0800 227 627) or 03 214 7751
Gore Counselling Centre	Wide range of counselling, therapeutic and educational services including sexual abuse crisis support.	Address: Traford St, PO Box 157, Gore 9740 Website: www.gorecounsellingcentre.com/Introduction.html Email: inquiry@gorecounsellingcentre.com Phone: 03 208 5366
Mirror Services	Counselling and treatment programmes for children, young people and their whānau in the Otago/Southland region. Services in Dunedin, Oamaru, Invercargill, and Waitati.	Address: Evan Parry House, 43 Princes St, Dunedin Website: https://www.mirrorservices.org.nz/ Email: reception@mirrorservices.org.nz Phone: 03 479 2970
Stop Trust	Community-based assessment and intervention services for adolescents and adults who have engaged in harmful sexual behaviour and for children with concerning sexual behaviours.	Website: https://www.stop.org.nz/ Email: bryan.oneill@stop.org.nz Phone: 03 214 0401
Southland HELP	Promoting the safety and wellbeing of women, children and men through support, education, counselling and advocacy.	Address: 225 Tweed St, Invercargill Website: https://southlandhelp.nz/ Email: contact@southlandhelp.nz Phone: 03 218 4357
Roxburgh		
St John Youth	A group for youth aged 5 - 18 years. "Cadets" aged 8 - 18 years - meet Mondays 6.00 - 8.00pm	Address: 145 Scotland St, Roxburgh Phone: 03 446 9000

Alexandra		
Alexandra Youth Base	Young people have the time and talent to make a difference in the world. With a little guidance and freedom to make choices, youth can respond to need with volunteerism, advocacy, voice, and resources. Our role is to support our Rangatahi.	Address: 42 Tarbet St, Centrepoint Carpark, Alexandra Facebook: www.facebook.com/punarangatahi/ Email: punarangatahi.co@gmail.com Phone: <u>03-448 6464</u>
Youth Health Clinic	Public Health nurses employed by the Southern District Health board provide a free confidential sexual health service to those 25yrs and younger. Where: Central Otago Community Advice Network Community House, Centennial Avenue When: Tuesdays 3.00pm - 5.00pm Services Provided: Education and information/ advice on sexual health Pregnancy testing Contraception Emergency contraception (ECP) Condoms Screening and treatment of sexually transmitted infections Access to a doctor	Address: Central Otago Community Advice Network, 14-20 Community House, Centennial Avenue, Alexandra Website: www.centralotagonz.com/alexandra-clyde/alexandra/care-agency/x,1,5073/youth-health-clinic.html Phone: 03 440 4309 Sue Philip 027 229 0063 Karen McCabe 027 491 7574
Cromwell		
Cromwell Youth Trust	Offering a wide variety of services from a free drop-in youth centre called The Hangout, adventurous Holiday Programmes, experiential learning through Youth Development Programmes, supportive 1-on-1 mentoring, inclusive events, engagement through schools and much more Cromwell Youth Trust is the place to be for all youth.	Address: 5A Murray Terrace, Cromwell Website: https://cromwellyouthtrust.co.nz/ Phone: 0204 185 6514

Queenstown		
Central Lakes Family Services	Support services for anyone who has experienced sexual abuse, current or historic, including support through the medical examination process following sexual assault. Counselling support for survivors of sexual abuse; information and resources for family and friends.	Address: 63 Ballarrat St, Queenstown Website: https://www.clfs.co.nz/ Email: info@clfs.co.nz Phone: 0508 440 255
Southern DHB Child and Youth Mental Health Services	Southern DHB Child and Youth Mental Health Services are delivered by three teams: Child, Adolescent and Family Service (CAFS), Child, Adolescent and Family Mental Health Service (CAFMHS) and Youth Specialty Service (YSS).	Address: 19 Douglas St, Frankton, Queenstown Website: www.southernhealth.nz Phone: 03 441 0010
Wakatipu Youth Trust	Wakatipu Youth Trust works alongside young people aged 10-24 to achieve positive outcomes through both support and advocacy. We provide, opportunities, resources, skilled people and safe environments which help to foster confidence, strength and challenges youth to reach their potential.	Address: 4A/15 Red Oaks Drive, Frankton (above Chipmunks) Website: http://wakatipuyouthtrust.co.nz/contact-us/ Facebook: www.facebook.com/wakatipuyouth/ Email: info@wakatipuyouthtrust.co.nz Phone: 03 451 1413
Wanaka		
Kahu Youth	Kahu Youth engages with Upper Clutha Youth by involving them in productive, learning and fun activities and programs so they can connect to the wider community and continue to build life skills, increase self-esteem and build confidence.	Address: 11 Russell St, Wanaka Website: http://kahuyouth.org/ Facebook: www.facebook.com/pg/kahuyouthtrust/about/?ref=page_internal Email: kahu.youth@xtra.co.nz Phone: 027 570 9268 (Rich) 022 694 7334 (Sarah)

National		
Alcohol Drug Helpline	The Alcohol Drug Helpline provides friendly, non-judgmental, professional help and advice.	Website: https://alcoholdrughelp.org.nz/helpline/ Email: Phone 24/7: 0800 787 797 Text 24/7: 8681 Māori line: 0800 787 798 Pasifika line: 0800 787 799 Youth line: 0800 787 984
Barnardos	As New Zealand's largest children's charity, we work hard every day to do more for Kiwi kids. We offer everything from education programmes to intensive support services, the majority of which accept self-referrals	Address: 120b Leet Street, Invercargill Website: https://www.barnardos.org.nz/ Email: southland.amu@barnardos.org.nz Phone: 0800 BARNARDOS (0800 227 627) or 03 214 7751
BASE Youth Directory	This directory summarises the training courses, programmes and help and support services available to young people, including job seekers, in Dunedin. While all attempts are made to keep it up to date, it is best to contact specific providers or check their websites for the most recent information.	Website: https://www.basedunedin.co.nz/
Depression Helpline	Depression and anxiety affects us all differently, but you can find your own way to a better place.	Website: www.depression.org.nz Phone 24/7: 0800 111 757 Text: 4202
Family Violence Information Line	Part of the It's Not OK Campaign to reduce Family Harm in New Zealand. The Helpline provides information and support to anyone concerned for themselves or for someone else in relation to Family Harm. The Helpline connects people to further support services where appropriate.	Website: www.areyouok.org.nz Phone (9am-11pm/7 days): 0800 456 450
Healthline	Healthline is staffed by an experienced team that includes registered nurses, paramedics and health advisors, who can provide you with health information and advice on care.	Website: www.healthline.govt.nz Email: info@health.govt.nz Phone: 0800 611 116

Kidsline	Telephone counselling service for all kids up to 18 years old. Available 24/7 however when kids ring between 4pm-9pm Monday – Friday they will speak to a Kidsline Buddy – a specially trained year 12 and 13 volunteers.	Website: https://www.lifeline.org.nz/services/kidsline Phone (24/7): 0800 54 37 54 (0800 KIDSLINE)
Lifeline	Free 24/7 confidential support for emotional and mental wellbeing.	Website: https://www.lifeline.org.nz/services/lifeline-helpline Phone: 0800 LIFELINE (0800 543 354) Text: 4357 (HELP)
Lifeline Specialist Counselling	Online counselling available nationally to children or youth aged 17 and under.	Website: https://www.lifeline.org.nz/services/specialist-counselling Email: counselling@lifeline.org.nz Phone: 09 909 8750
The Lowdown	Online help for young people with depression or anxiety.	Website: https://thelowdown.co.nz/ Email: team@thelowdown.co.nz. Phone 24/7: 0800 111 757 Text: 5626 Webchat: https://thelowdown.co.nz/
Need to Talk?	New Zealand's new national mental health & addictions helpline number. 1737 is staffed by a team of paid counsellors who are available 24 hours a day 7 days a week.	Website: www.1737.org.nz Phone: 1737 Text: 1737
Oranga Tamariki – Ministry for Children	Supporting any child in New Zealand whose wellbeing is at significant risk of harm now, or in the future. We also work with young people who may have offended, or are likely to offend.	Website: https://www.orangatamariki.govt.nz/ Email: contact@ot.govt.nz Phone: 0508 326 459
OUTLine NZ	Confidential and affirming LGBTIQ+/Rainbow telephone peer support line, and face to face counselling by qualified counsellors specializing in sexuality and gender issues. Our support line is answered by LGBTIQ+/Rainbow identifying peers who are trained to provide information to others over the phone in topics around sexual identity, gender identity and diverse sex characteristics.	Website: www.outline.org.nz Email: info@outline.org.nz Phone (10am-9pm weekdays, 6pm-9pm weekends): 0800 688 463 (0800 OUTLINE)

Safe to Talk	Sexual harm helpline. 24/7, confidential, free.	Website: https://www.safetotalk.nz/ Email: support@safetotalk.nz Online chat: https://www.safetotalk.nz/ Phone: 0800 044 334 Text: 4334
Samaritans Aotearoa New Zealand	NZ Samaritans is a confidential listening and support telephone service operating 24 hrs a day for those who may be feeling depressed, lonely or suicidal.	Website: https://www.samaritans.org.nz/ Facebook: https://www.facebook.com/NZSamaritans/ Phone 24/7: 0800 72 66 66
Suicide Crisis Helpline	Free, nationwide service available 24 hours a day, 7 days a week and is operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training.	Website: https://www.lifeline.org.nz/services/suicide-crisis-helpline Phone: 0508 828 865 (0508 TAUTOKO)
Youthline	Free, nationwide counselling service for young people, or anyone who is supporting a young person.	Website: https://www.youthline.co.nz/ Email: talk@youthline.co.nz Webchat (7pm-10pm): https://www.youthline.co.nz/web-chat-counselling.html Phone: 0800 376 633 Text: 234
0800 Whats Up?	0800 What's Up is run by Barnardos New Zealand. We're a free, nationally-available counselling helpline and webchat service for children and teenagers.	Website: https://www.whatsup.co.nz/ Online chat (via website): Mon-Fri 1pm-10pm; Sat/Sun 3pm-10pm Phone: 0800 942 8787 (Mon-Fri 12pm-11pm; Sat/Sun 3pm-11pm)