

Mental Health Services Ashburton District

Ashburton Adult Community Psychiatric Service

This is a community-based outpatient psychiatric service for people living in the Mid-Canterbury area. Will see people aged 18-65 years of age who are, or may be, experiencing a major psychiatric disorder. We provide psychiatric emergency assessments.

Location

Ashburton Hospital

11 Elizabeth St

Ashburton, 7700

Phone 03 307 6923

Hours Monday to Friday 8.00am to 4.30pm

- 24 hour crisis line 0800 222 955

CAF South Community & Outreach Team

Child, Adolescent and Family (CAF) are a specialised Mental Health Service (SMHS) for children and young people up to 18 experiencing serious mental health difficulties.

Access: Referrals can be made by General Practitioners (GP), health providers, social service agencies, other government organisations or education providers.

- Freephone: 0800 555 591
- Telephone: 03 3378 740

CAF South has clinics at Princess Margaret Hospital, Rolleston and Ashburton

Postal Address: PO Box 800, Christchurch 8140

First floor, Heathcote building

The Princess Margaret Hospital

Cashmere Rd

Christchurch, 8022

- Phone: 03 337 8740
- Fax: 03 3378997

CAF Access (for young people not currently under care)

CAF Access is available 8:30 – 5:00pm Monday to Friday except on Public holidays.

CAF Emergency

The Child, Adolescent, and Family (CAF) Emergency Team manages In Hours Emergency presentations for children and adolescents up to the age of 18 years, between the hours of 8:30am and 5pm Monday to Friday.

- Freephone: 0800 218 219 press option 2
- Telephone: 03 3377 321

CAF Link (general referrals and enquiries)

- Freephone: 0800 218 219 press option 1 in office hours
- Telephone: 03 3377 321

Out of Hours Emergency contact

24 hours, seven days a week and open on Public Holidays

- Freephone: 0800 920 092

ACADS (Ashburton Community Alcohol & Drug Service)

ACADS Adult Service

ACADS can provide free and confidential information, support, advice, education and counselling.

Access: Self-referrals accepted as well as through GPs or other agencies.

Referrals: Can be made through the ACADS website, phone or email

- Website: www.acads.co.nz
- Phone: 03 3081270 or 021 0823 3648
- Email: acads@xtra.co.nz

ACADS Youth Mental Health & Addiction Service

ACADS Youth Service offers support for young people who are experiencing mild to moderate mental health and/or addiction issues, as well as those with early presentations of problems or stress.

Access: Self-referrals, Family, GP, School staff or other agencies.

Referrals: Can be made by phone, website or email

- Website: www.acads.co.nz
- Phone: 03 3081270 or 021 0823 3648
- Email: acads@xtra.co.nz

Comcare Trust Community Support Work

Comcare works from a recovery orientation that identifies and builds on peoples strengths to assist them to manage the challenges in life, grow personal confidence and build resilience. This service assists people with a primary diagnosis of a psychiatric illness over the ages of 18 and who live in the Canterbury region.

Access: Referrals need to be made from health professionals. Please contact your Doctor or specialist mental health Case Manager to discuss requesting a Community Support Worker.

- Phone: 03 377 7020
- Email: enquiries@comcare.org.nz
- Website: www.comcare.org.nz

Te Tumu Waiora Canterbury

The Health Improvement Practitioners (HIP) and Health coaches provide advice and support based on individualised goals, promoting self-management and work closely with local community NGO support workers to ensure people can access the full range of help they need.

- Website: www.tetumuwaiora.co.nz

Available at

- Three Rivers Health
- Tinwald Medical Centre
- Moore Street Medical
- Rakaia Medical
- Methven Medical Centre
- Eastfield Health

Stepping Stone Trust

Youth mobile and the Youth community team provide support to young people who live in the Ashburton District. Youth mobile will go a minimum of twice weekly to a client, whereas the youth community team goes once weekly. Community support workers visit people in their own homes the support is utilised to assist people in maintaining wellbeing, and achieving their goals.

Access: Access to this service occurs via referral from Canterbury DHB Specialist Mental Health Services or general practice.

- Phone: 03 338 6390
- Website: www.stepstone.org.nz

Presbyterian Support Family Works

This service provides community support to children, young people and their family / whanau, through assessment, solution focused goal planning, education and life skills.

- Phone: 0800 477 874 / 03 2616907
- Email: midcant@psusi.org.nz
- Website: www.psuffersouth.org.nz

Presbyterian Support Enliven / HomeShare

The Enliven service provides positive ageing support for people over the age of 65 living in their own home. The support enable's choice to live at home with dignity and purpose, with a focus on Hauora and the Mental Health of NZ's five ways to well-being. Professional support for individuals and family in areas of social isolation, advocacy, anxiety, grief and loss, carer support, coping skills and information to enable optimal wellbeing.

Our HomeShare day programme is a personalised service where older people can enjoy the companionship and activities in a HomeShare Host's private home within the community.

- <http://enlivenuppersouth.org.nz>

Presbyterian Support & the Hakatere Marae Kaumatua Club

Our Presbyterian Support Kaiawhina supports the Kaumatua club members to achieve: enhanced quality of life, well-being, improving social and community connections.

He Waka Tapu

He Waka Tapu is a Kaupapa Maori organisation with a range of services to help individuals and the community. Website: www.hewakatapu.org.nz or you can contact [Kaimahi](#) directly.

All referrals can be made at www.hewakatapu.org.nz/referrals or download the print option and email to reception@hewakatapu.org.nz

Whanau Navigators

Kaimahi will support you and your whanau towards reaching aspirations important to you.

Mana Ake

Mana Ake provides mental health and wellbeing support for children in primary schools for years 1-8. Mana Ake workers support schools, families and whanau when children are experiencing issues that impact their wellbeing such as managing emotions, friendships and bullying, parental separation and grief and loss.

Access: You can talk to your local school if you think your child would benefit from support from the Mana Ake team.

Rural Support Trust

Provide support during personal, and/or financial difficulties. The Trust Coordinators are trained to help find ways to manage these types of rural challenges. Often all that's needed is someone to talk to and listen to your problems. They may assist with referrals to appropriate professional help. Most Trusts have facilitators trained in mental wellness support and many run workshops for rural professionals.

- Wellness Coordinator: 027 878 7254
- Email: rst.midcanterbury@gmail.com

Telehealth Services

Puawaitanga

Digital telehealth services, which offer free health, mental health and addictions support across digital channels. Sessions can be held any time between 9.00am -9.00pm. You can speak to counsellors about any issues, some of which might be low mood, anxiety, grief, addictions, relationship issues and low self-esteem.

People can access it via their GP or directly or if they have a community services card or are at risk of losing their employment, (MSD funding) they can get up to 6 sessions free over the phone.

- <https://puawaitanga.nz/>

Bereaved by Suicide

Aoake te Ra offers a service for those needing focused support following bereavement by suicide. The service is free, available to all ages and any stage after bereavement, a brief service with approximately four hours support per person (eg four 60 minute sessions).

- <https://www.aoaketera.org.nz>

School Counsellors

Ashburton College

- Phone: 03 308 4193
- Head of Department Counselling: Michele Hosking Ext. 833
- Counsellor: Andrew Sheperd Ext. 857
- Counsellor: Penny Bailey Ext. 820
- Social worker: Bridget McConnochie Ext. 827

Mt Hutt College

- Phone 03 302 8437
- Guidance Team Leader: Kaylib Gorrie ex702 – gorriek@mhutt.school.nz
- Youth Mentor (Te Puawaitanga Charitable trust) Wendy Keepa, ex 711 – youthmentor@mhutt.school.nz

Suicide Prevention and Postvention

Lives Worth Living

Lives worth Living was developed in response to a growing need in the Mid-Canterbury community for a service dedicated to suicide prevention and postvention. The service works closely with Pegasus Health to provide support for people and whanau affected by suicide.

They offer several different workshops and can also speak at community organisations, business or event.

Postvention

Lives Worth Living offers a 24hour response, following the loss of someone in our community. Part of this support includes working alongside people who need help to navigate or connect with other services. Workshops are also provided to help people understand grief, while looking after their well-being.

Some helpful contacts, apps and websites

- 1737, Need to talk. Free text or call anytime to speak with a counsellor
- Youthline-0800 376 633, or free txt 234
- Lifeline 0800 543 354 or Text 4367
- Healthline 0800 61116
- Alcohol and Drug Helpline: 0800 787 797 or Text 8681
- Depression and Anxiety Helpline 0800 111 757 or Text 4202
- www.depression.org.nz website
- www.thelowdown.co.nz – Youth friendly website for depression and anxiety
- Mindshift – An app for helping manage feelings of anxiety and worry
- www.allright.org.nz – Canterbury focused resilience building
- Headspace – An app for guided meditation, mindfulness and helping with sleep