

Where to go for help in Nelson/Marlborough

If it's an emergency situation: call 111 and ask for Police
For Police non-emergencies Phone 105

For acute mental health issues:

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

If presenting at Emergency Department (ED), Mental Health crisis team members are available there after 6pm weekdays and 8.00am until 5.00pm 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 (03) 546 1230 or Blenheim (03) 520 9905
- Brief Intervention Service (mild to moderate mental health issues free counselling) - referral by your GP: Nelson (03) 539 1170 or Marlborough PHO (03) 520 6200.
- Primary Mental Health Initiative (PMHI) counselling and therapy via Nelson Bays PHO or Marlborough PHO
- Supporting Families in Mental Illness: Nelson (03) 546 6090 or email support@sfnelson.org.nz, Motueka (03) 528 7790 or email motueka@sfnelson.org.nz, Blenheim (03) 577 5491 or email sfmarlb@xtra.co.nz
- The Male Room (Nelson only): (03) 548 0403
- Te Piki Oranga (Nelson Marlborough): 0800 ORANGA (672 642)
- Marlborough Youth Trust: (03) 579 3143
- Compass (Nelson) Peer Support & Advocacy Service: 0800 212 798 or email compass@healthaction.org.nz

Helplines

- **Call/text 1737-** nationwide mental health support: 'Need to Talk?' and 'Early Mental Health Response (EMHR)'
- The Depression Helpline: 0800 111 757
- Healthline: 0800 611 116
- Lifeline: 0800 543 354 or LifeLync (Nelson/Tasman only) (03) 548 2400
- Youthline: 0800 37 66 33 or text **234** or email 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

Online Resources

www.depression.org.nz	www.beatingtheblues.co.nz	http://tiny.cc/aroaha (app for youth)
www.mentalhealth.org.nz	www.nmdhb.govt.nz/suicide-prevention	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
https://www.mentemia.com	www.skylight.org.nz	www.anxiety.org.nz/

Bereavement Support

Victim Support 0800 842 846 or <https://victimsupport.org.nz>