



PSYCHOSOCIAL NEWSLETTER

DECEMBER
2021

ISSUE NO.
2

Happy Holidays from all of us here at the South Canterbury DHB Psychosocial Committee.

This newsletter has been created by South Canterbury District Health Board on behalf of the Psychosocial Committee. It is a resource for distribution around South Canterbury, to support mental and emotional wellbeing (taha hinengaro).

“Maybe Christmas, he thought,
doesn't come from a store.
Maybe Christmas, perhaps,
means a little bit more.”
- Dr. Seuss

Balance your sense of social obligations against your need for self-care.



Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.

- Rene Templeton
(Author unknown)



For any questions or further information about the committee or this newsletter, please contact sgreen@scdhb.health.nz



Life's problems don't take time off at Christmas, and with all the added stresses that can come with the festive season (especially this year!) it's very important to care for your wellbeing.

We have put together some tips and tricks to help you cope during the silly season. Please see below the 12 tips for coping with Christmas.



DISCLAIMER:

The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst we endeavor to ensure the reliability and accuracy of all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

01

PLAN AHEAD

Avoid unnecessary stress over the festive season by planning as much as possible in the run up to Christmas and being careful not to take on too much. You're not being selfish by saying "no" to some things or asking for some help.

02

MAKE TIME FOR YOU

At Christmas it can be all too easy to get swept up into other peoples' ideas of fun. It's important to make sure that you do something you want as well – this is your holiday too! If you know this will be hard, try booking something in advance or setting a free day or two aside just for you.

03

AVOID COMPARISONS

If you do decide to use social media over the festive season, avoid comparing your experience to those of your friends. Remember that most people only share the best bits of their lives online and you don't know what's going on behind the smiling selfies and prezzie pics!

04

PACE YOURSELF

Give yourself time to relax over the Christmas period – don't be afraid to take time out to go for a walk, listen to music or have a nap if you need it. If you're hosting, try to plan this in advance.

05

GET ENOUGH SLEEP

Feeling sleepy can also leave you feeling low, so try to keep to regular sleep patterns as much as possible over the Christmas period. We have lots of tips on how to improve your sleep.



06

GET OUTSIDE

Going for a walk – even if it's just around the block – can be the perfect way to get some fresh air and exercise along with a change of place. Being in the same house for too long can get a bit intense, so a change of scenery will do everyone good!

07

TRY TO EAT HEALTHY

While it's normal to over indulge a bit over Christmas, try to keep your diet as balanced as possible with lots of fruit and vegetables. This helps avoid energy lows that can have an effect on your mood.

08

KEEP ACTIVE

Exercise is great for mental health. Keep exercising over Christmas! Dance to some Christmas classics or head outside for a walk in the fresh air. Take the dog for a walk. Go to the beach.

09

TALK TO SOMEONE

If you're worried about Christmas or feel overwhelmed or under pressure, don't be afraid to talk to someone about it. Have a chat to someone you trust. And remember – You can always call or text 1737 to talk to a trained counsellor – it's free and available 24/7. Young people can call Youthline on 0800 37 6633 or text 234.

10

ALCOHOL IN MODERATION

While a bit of alcohol can make you feel relaxed, don't forget that drinking too much can leave you feeling irritable and low. Alcohol can also play a big part in arguments and disagreements, so it's sensible to drink in moderation.

11

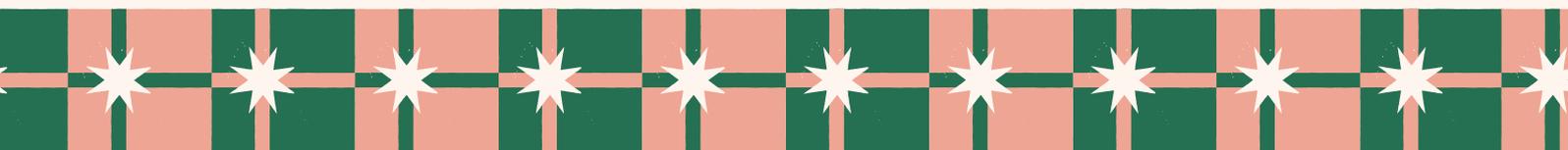
CHRISTMAS ALONE

If you're spending Christmas alone, have a think about what you want to do beforehand. You may decide to curl up with a favourite movie, book yourself a getaway or arrange to go to a lunch.

12

VOLUNTEER

It's no secret – giving something back can help you feel good about yourself and there's no more perfect time to volunteer than around Christmas.





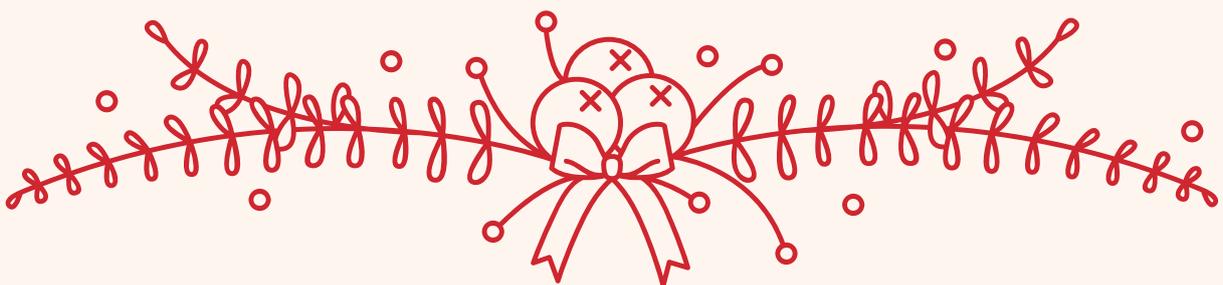
77 Grey Road
Timaru 7910
Phone: 03 6844523
Freephone: 0800 732000
Email: office@famhs.nz

The Family Mental Health Support Service is a community NGO funded by the SCDHB situated at 77 Grey Road, Timaru. The service employs four registered nurses who work with family and whānau to enhance their ability to support a person who has a mental illness or addiction, whilst maintaining their own wellbeing. The service is free, confidential and mobile and referrals can come from all sources, including self referrals.

The nurses (Mandy, Vicki, Erin and Kylie) offer a range of support options which might include information and education about mental illness and addiction, problem-solving, crisis planning and liaison/advocacy with other services.

Kylie is the latest addition to the team in the role of primary addictions family support nurse. Kylie will receive referrals from community organisations and services, including self referrals. It is great to see the expansion of addiction support available to families in the South Canterbury community.

Please contact us if you would like to discuss support from our team.





Diversity Counselling New Zealand

Check out Just a Thought now!

www.justathought.co.nz

Just a Thought is an online learning tool that improves mental wellbeing. It's free for everyone in New Zealand. You should never have to wait for help, so we've made sure it's free and available 24/7. And it works!

When life is tough Just a Thought can teach people how to manage their thoughts and feelings to help them feel better.

It is an evidence-based therapy (Cognitive Behavioural Therapy) which has been proven to be significantly helpful for people experiencing mental distress.

People who have used Just A Thought report that they value the fact that it is free, convenient (they don't have to take time off work or make an appointment), private, helpful and effective. People also like the fact that they can go back and repeat modules they found especially helpful as often as they like, or whenever they feel they need some help when they are going through a tough time.

STAYING ON TRACK

This free online course introduces easy-to-use, practical strategies to cope with the stress and disruption of day-to-day life as an impact of COVID-19.

GENERALISED ANXIETY COURSE

Generalised anxiety is the most common way anxiety can present itself. This course helps people who identify as 'chronic worriers', or who find that their levels of worrying is interfering with their daily life, work, relationships, or leisure.

DEPRESSION COURSE

One in five New Zealanders will experience depression in any given year. People living with depression experience recurring periods of sadness, loss of interest, poor concentration and feelings of worthlessness. This course helps individuals reduce their symptoms of depression both in the short and the long term.

FREE COUNSELLING AND PSYCHOLOGICAL SERVICES IN MULTIPLE LANGUAGES

Call/Text 021 0262 5587 between 9am - 5pm

Email contact@dcnz.net

<https://dcnz.net>

Diversity Counselling New Zealand (DCNZ) offers free face-to-face or remote online, culturally responsive counselling and psychological services by ethnic registered professional counsellors and clinical psychologists for migrant and former refugee clients from Asian, Middle Eastern, Latin American and African and Continental European backgrounds (all age groups, all genders).

This service will be available for a limited time, and will be available in the languages such as Sinhalese, Tamil, German, Hindi, Bemba, French, Japanese, Bengali, Punjabi, Korean, Hungarian, Nyanja. For other languages, the service will use professional interpreters.



Good and Ready

NEW ZEALAND RED CROSS

New Zealand Red Cross Good and Ready is a project aimed at building a network of community-based volunteers who can help promote emergency preparedness and planning, and champion community resilience within their communities.

The first stage is learning how we can all help ourselves and Whanau. This presentation is tailored to fit your workplace, groups, or where you live. Where possible we are presenting with other community based groups such as Betty-Ann Smart from neighbourhood support.

Please contact kathy.oneill@redcross.org.nz / 0272721983 for more information or to book a time.

Health & Wellness Resources

Websites

These websites have useful information, tools, and resources that you can download or order for free to support your physical and mental health.

GENERAL HEALTH

www.healthnavigator.org.nz/healthy-living

Information about health issues and healthy living

www.menshealthnz.org.nz/health-topics

Information about men's health issues

www.hpa.org.nz

Health Promotion Agency – information about living a healthier life, mentally and physically

www.healthyfood.com

ALCOHOL AND DRUGS

www.alcohol.org.nz

information, advice and resources to help reduce alcohol-related issues and harm

www.alcoholdrughelp.org.nz

Information about how and where to get help for alcohol and drug problems including problems with methamphetamine use

SMOKING AND VAPING

www.smokefree.org.nz

Advice about stopping smoking, also about vaping

[Text 4006](http://Text4006)

Stop smoking text number

GAMBLING

www.choicenotchance.org.nz

Support for problems with gambling

MENTAL HEALTH, RELAXATION, WELL-BEING

www.mentalhealth.org.nz

Mental Health Foundation of New Zealand - information, resources, tools

www.depression.org.nz

Depression support, includes The Journal free on-line self-help tool (fronted by John Kirwan)

www.thelowdown.co.nz/

Depression support line for young people, includes 24/7 helpline or help via text

www.leva.org.nz

Tools and resources for Pasifika families and communities to encourage health and wellbeing

FINANCES

www.sorted.org.nz

Free website with information, tools, resources and links to other helpful resources

Apps

All these apps have information and tools for managing and strengthening physical and mental health. Most are free or offer a free trial.



Breathe2Relax

Stress management tool



Calm

Tools to meditate, sleep and relax



CBT-I Coach

Coaching to improve sleep habits and deal with insomnia



Headspace

Guided meditation



High Res

Tools to manage daily stress & build resilience



Living Well

Practical guide to living a healthier lifestyle, for men



Melon

Health & wellness app



Mentemia

Mental wellbeing & problem solving coach



Mood Tracker

Tracks emotional experiences over time



Nike Run Club

Running and motivation tips and tools



Nike Training Club

Workouts and fitness plans



Performance triad

Information and tips for healthy habits including sleep, nutrition and activity



Virtual Hope Box

Resilience tools and personal safety plan

FOR MORE USEFUL APPS, VISIT THE NZ DIRECTORY OF HEALTH APPS

<https://www.healthnavigator.org.nz/apps/>

CHRISTMAS AND NEW YEAR OPENING HOURS

- Mackenzie District Council | Closes midday 24 December, reopen 5 January
- Ministry of Education Learning Support | Skeleton staff 5 - 16 January
- Aoraki Health Shuttle service | Closes 23 December, reopen 10 January
- Advocacy Anglican Care | Closes 24 December, reopen 10 January
- AMPSS101 | Closes 24 December, reopen 29 January. Closes 1 January, reopens 5 January
- Family Mental Health Support Service | Closes 24 December, reopen 10 January
- Caroline House | Closed Statutory days only
- Timaru District Council | Closes 24 December, reopen 5 January
For emergency response the Duty Officer is available via the usual 24/7 number of 6877200
- Arowhenua Whanau Services | Closes midday 23 December, reopen 10 January
- Social Work Department | Closed Statutory days only
- PSSC – Family Works Services | Closes 24 December, reopen 10 January
Frozen meals will be available until 23 December ph 03 687 7945 or order via our website (pssc.org.nz). Limited sales between Xmas and NY (please phone)
- Adventure Development | Closes 23 December, reopen 12 January
Scott Blair Emergency contact 027 254 9324
- Plunket Postnatal Adjustment Programme | Closes 23 December, reopen 10 January.





DIGITAL INTERVENTIONS TO SUPPORT WELLBEING AND SUICIDE PREVENTION

★ An increasing number of self-guided digital interventions are being developed, for mental health and wellbeing in general and for suicide prevention specifically. These tools can help individuals who do not want to seek professional face-to-face help, or who cannot meet person-to-person for various reasons. We know, for example, that up to 70% of individuals who are thinking of, or planning, suicide do not seek help or access care.

★ Digital interventions can provide support remotely, confidentially and anonymously for many people who might be hesitant about accessing face-to-face help. They allow access to care for those for whom availability, acceptability and affordability might be barriers to help-seeking. They allow earlier, even instantaneous, access to help. They can help people who are marginalised to access care earlier and more easily.

★ This ready accessibility may be particularly helpful in areas where mental health resources are scarce or when services are over-burdened. In the current environment of Covid lockdowns, digital interventions can provide support when people are restricted from attending face-to-face appointments.

★ Digital interventions can encourage people to be more willing to seek face-to-face help, or to seek help via phone or text messaging. Clinicians can use digital resources to provide supplementary support to the care they are providing.

★ A range of interventions are available and it seems that those that are targeted at specific problems (for example, cognitive behavioural therapy for insomnia) are likely to be more effective than more general programmes (such as general cognitive behavioural therapy).

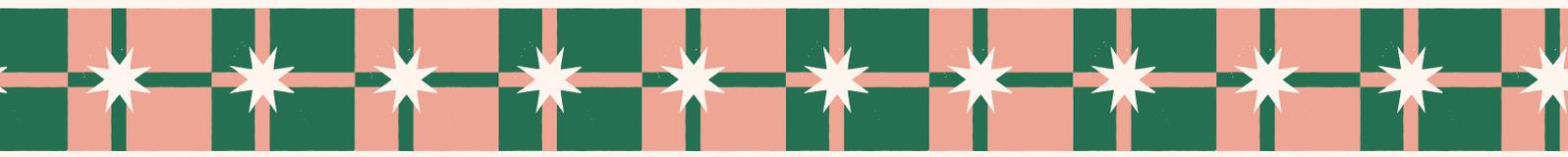
★ These digital interventions can reduce anxiety and depression, and the frequency and intensity of suicidal ideation. Overall, they may have a small effect, but they could have a substantial impact if they are taken up widely, by reducing the fraction of the population who are at risk.

★ As mental health and wellbeing are talked about more widely, more people will seek help to manage symptoms of psychological distress, depression and anxiety. Digital apps increase the options available to control these symptoms, as well as allowing people to proactively manage wellbeing and maintain healthy lifestyles.

★ Digital tools and interventions should be widely promoted as part of population and workplace mental health support and suicide prevention. Health and social service providers can promote these interventions, and encourage and demonstrate their use to their patients and clients. Doing this will help encourage self-responsibility for wellbeing and mental health self-care, and promote the adoption of digital apps and interventions as accessible, helpful supplements, or even substitutes, for face-to-face mental health support.

★ In New Zealand, there are several examples of digital mental health care. These include:

★ Just a Thought <https://www.justathought.co.nz/>



DIGITAL INTERVENTIONS TO SUPPORT WELLBEING AND SUICIDE PREVENTION (CONTINUED)

★ Just a Thought is a New Zealand programme which provides several interventions, resources and downloadable posters, including:

★ **Staying on Track** - A free online course to help people tackle worry and stress, so they can take care of their mental and emotional wellbeing. This course may be helpful, for example, for people who are stressed and worried about Covid.
<https://www.justathought.co.nz/covid19>

★ **Generalised anxiety course** - A free online course for "chronic worriers", i.e. those who worry about a variety of issues, rather than anything specific. The course teaches skills to reduce worry and anxiety using Online Cognitive Behavioural Therapy (CBT). <https://www.justathought.co.nz/anxiety>

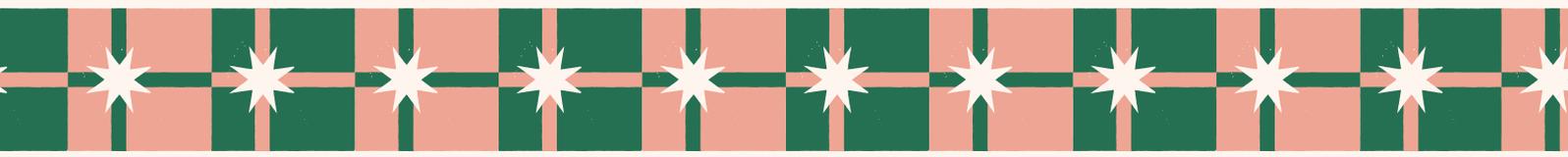
★ **Depression course** - A free online course for people who are depressed or struggling with periods of sadness, loss of interest, poor concentration or feelings of worthlessness. The course teaches skills to reduce symptoms of depression and find a positive path forward, using Online Cognitive Behavioural Therapy (CBT). <https://www.justathought.co.nz/depression>

★ **Mixed Depression & Anxiety Course** - A free online course for people who experience a mixture of both anxiety and depression. The course teaches skills to reduce symptoms of depression, anxiety, worry, hopelessness and low self-worth, using Online Cognitive Behavioural Therapy (CBT). <https://www.justathought.co.nz/mixed>

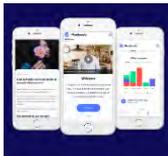
★ **Small Steps** <https://www.smallsteps.org.nz/>
Small Steps is a New Zealand programme which helps people manage their wellbeing online with a small, brief actions. It provides a toolbox of tools which have been developed to help with feelings of anxiety, stress, or low mood. Each tool only takes a few minutes. There are tools for reframing thoughts, balancing your mood, deep breathing, active listening, improving sleep, for example, with new tools added from time to time. <https://www.smallsteps.org.nz/>

★ Small Steps tools are free for all users - they are housed on a zero-rated website, which means users don't use any data when they access the site, and users can continue to access the website if they run out of mobile data.

★ Other digital resources are listed on the Small Steps website, and on the attached two flyers which can be distributed, digitally or by printing hard copies. One flyer has apps for adults, and one has digital resources developed specifically for young people.



Digital mental health tools for ADULTS

Just a Thought 	Free online private therapy courses designed by clinicians; uses cognitive behavioural therapy programmes for anxiety, depression, Covid worries, and for mixed anxiety and depression. Can be monitored by GPs and health providers. https://www.justathought.co.nz/
Small Steps 	Free toolbox of small, brief actions to help with feelings of anxiety, stress, or low mood. Each tool only takes a few minutes. Includes tools for reframing thoughts, balancing your mood, deep breathing, active listening, etc. https://www.smallsteps.org.nz/
The Kite Program 	For Mums. Creates individual wellbeing programs for mums that address challenges that mothers - e.g. sleep, stress management, relationships, mum guilt and coping with the juggle- to name just a few. There is even a “mum friendly” technology detox. https://www.thekiteprogram.com/
HeadFirst 	Headfirst focuses on the rugby community and provides a range of strategies, techniques, resources, and videos of rugby players sharing their own experiences and tips that have helped them cope with tough times. https://www.headfirst.co.nz/
Tough Talk 	Focused on men’s mental wellbeing, provides mental wellbeing toolkits and short documentaries about real life and experiences. https://www.toughtalk.nz/
Clearhead 	Provides a digital wellbeing assistant to guide people to build self-awareness and resilience through interactive digital tools; helps people track progress over time. Provides options for booking a suitable therapist online. https://www.clearhead.org.nz
Mentemia 	Co-founded by Sir John Kirwan, Mentemia provides practical tips and techniques to help manage stress, build resilience and feel happier. https://www.mentemia.com/nz/
Depression.org.nz 	An online self-help tool which provides information, resources and guidance to help people navigate through mental distress, depression and anxiety. https://www.depression.org.nz/
Headspace 	Has a number of meditation and mindfulness tools to reduce anxiety and stress and improve relaxation, happiness, gratitude, and a tool to help form habits. Not free but you can trial the app for free. https://www.headspace.com/
Calm 	Has tools for self-improvement, to improve sleep quality and focus, and tools to reduce stress and anxiety. Not free but you can trial it for free. https://www.calm.com/

Digital mental health tools for YOUNG PEOPLE

The free digital tools below have been developed specifically for young people.

Aunty Dee 	<p>An evidence-based problem-solving app supporting Pacific young people. Aunty Dee helps people sort out problems, providing solutions and techniques to navigate through life's obstacles.</p> <p>https://www.auntydee.co.nz/</p>
HeadFirst 	<p>Mental fitness is just as important as physical fitness</p> <p>Headfirst focuses on the rugby community and provides a range of strategies, techniques, resources, and videos of rugby players sharing their own experiences and tips that have helped them cope with tough times.</p> <p>https://www.headfirst.co.nz/</p>
Youthline 	<p>A helpline service that provides youth mental health support for Kiwis aged 12-24 years. Youthline offers information and resources to support wellbeing, and sort common problems and challenges. Access Youthline via their website, or phone - 0800 37 66 33 - or chat by text 234.</p> <p>https://www.youthline.co.nz/</p>
The LowDown 	<p>For when life sucks</p> <p>The Lowdown is a website to help young New Zealanders recognise and understand depression or anxiety. It has ideas and people who can help you get unstuck and get to a better place.</p> <p>https://thelowdown.co.nz/</p>
Melon 	<p>Melon Health Manual provides tools and resources for teenagers' emotional wellbeing. The website has videos, downloadable worksheets and shareable social media illustrations.</p> <p>https://www.melonhealth.com/</p>
Dear Em 	<p>Em is for girls. It shares real talk from real girls. Em is a safe place for young women to have a voice; find ways to be stronger and more confident in managing stressful situations of all kinds; to recognise sexual harm; and to learn to support one another through story-telling and support tools.</p> <p>https://www.dearem.nz/</p>
SPARX 	<p>SPARX is an evidence-based cognitive behavior therapy for teenagers with depression, presented in a game-like format. The resources can help young people learn to have Smart, Positive, Active, Realistic, X-factor thoughts. All support activities are designed to help young people cope with negative thoughts or feelings.</p> <p>https://www.sparx.org.nz/home</p>

Providing a wide range of integrated services to all Maori and non-Maori, living within the Arowhenua rohe.

9 ways to stay ***Happy & Healthy***

Website:
www.aws.health.nz
Phone: 03 615 5180



Spend time in nature



Bananas = serotonin



Leafy greens = energy



Walnuts - Omega 3
Brain nutrients



Smiling releases happy hormones



Water hydration
More energy less stress



Green smoothie,
energy boost!



Walking - clears mind
boosts serotonin



Almonds Brain - Food
Magnesium

NEED TO TALK?

1737

**For support
right here,
right now**

**We're here. Free call or text 1737 any time
to talk to a trained counsellor.**

**Are you feeling overwhelmed? Anxious?
Whatever it is, you can call or text anytime.**

It's free. It's confidential.

WHEN STUFF HAPPENS

WHO ARE YOU GOING TO CALL?



ALCOHOL &
DRUG SERVICE
03 687 2175
03 687 2150
0800 53 00 00



03 688 5029



0800 377 990



free call or text
any time



03 688 8899



After Hours
03 684 8181



CRISIS TEAM
0800 277 997



03 684 3872



03 615 5180



03 687 7585



SHAKTI
0800 742 584



03 687 2100



03 688 6961



0800 376 633
Free text 234



111
*555
03 684 9239



03 688 9736
Open 7 days
9 am – 6pm



PlunketLine
0800 933 922



0800 00 7750



03 687 7945
Ext 1



03 687 7332



03 688 9383

AROWHENUA WHĀNU SERVICES is here to help, if you need a listening ear, if you need a Whānau Ora Navigator, Mokopuna Ora Navigator, Nurse for your physical health or mental health just give us a call 03 615 5180 or check out our website and fill out a referral.

For your **COVID Vaccination**, just ring and **we can** talk you through the process and **book you in**.

Me aro tonu
Take notice

Find ways to rest, switch off, and recharge

Mauri tau
Relax

Notice the things that make you feel good and do them more often!

Kia kori
Get moving

Regular movement helps to relieve stress and gives you an energy boost

Tūhono
Connect

Keep in touch with your friends and whānau

Whai mahere
Stick to a routine

A routine will help you to get through, and it will help you adjust to normal life when it resumes

Whai whakaaro
Stay curious

Learning new things helps to focus and gives you a sense of purpose

Awhina
Give

Do something for your whānau, pick up the shopping or just mihi a loved one!

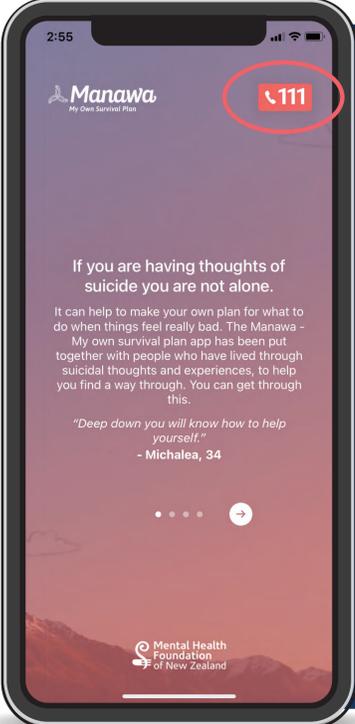
Suicide Safety Plan Phone App



INTRODUCTION

- **Manawa means having hope in your heart**
- **Content based on MHF, 'Having suicidal thoughts and finding a way back' booklet.**
- **Safety planning uses principles of CBT and mindfulness and evidenced based interventions such as means restrictions**
Safety Planning Intervention: A brief intervention to mitigate suicide risk. Stanley, B., Brown, G. Cognitive and Behavioural Practise 19 (2012) 256-264
- **Safety plan App reduces suicidal ideation and severity; increases coping strategies**
The effectiveness of the Safety Planning Intervention (SPI) for adults experiencing suicide-related distress: A systematic review. Ferguson, M et al (2021). Archives of Suicide Research
- **Encourages collaborative safety planning, empowerment and ownership of plan by suicidal person**
- **Shared responsibility and reassurance of best practice for health professional**
- **Safety plan as a phone app significantly increases the availability of the plan when person is in crisis**

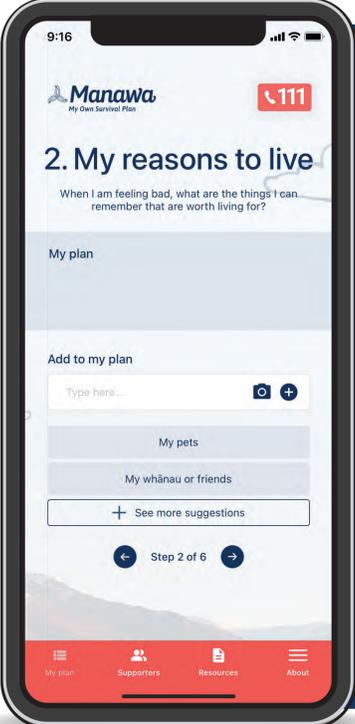
NAVIGATION EXPERIENCE



LANDING PAGE

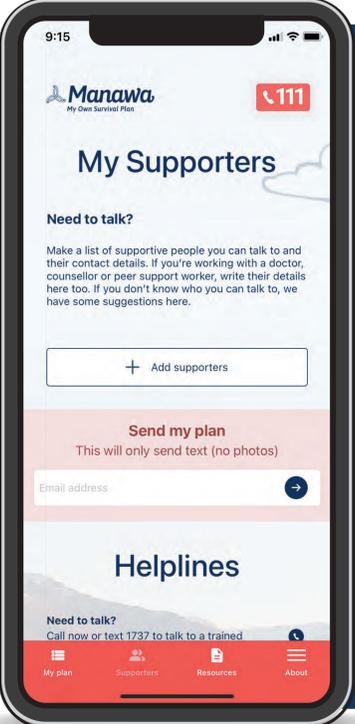
Imagery of scenery, choice of colours and quotes from people with lived experience to create a calm, compassionate feel.

Emergency contact number always available.



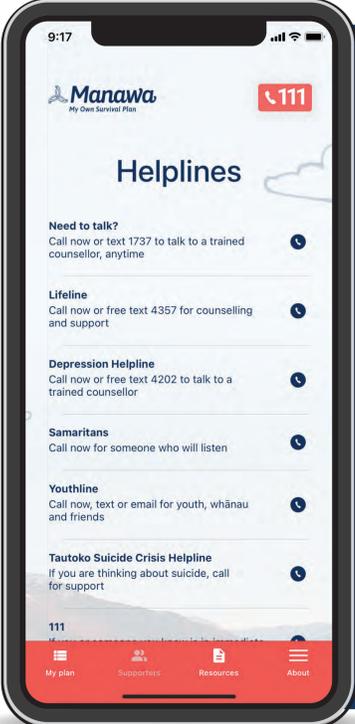
SURVIVAL PLAN

Top two answers for each section shown in overall plan and option to display photo.



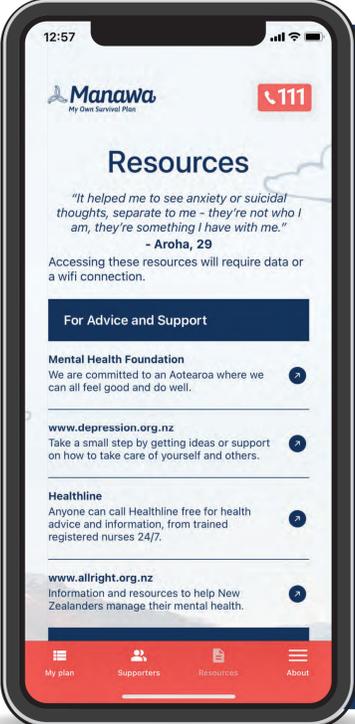
SUPPORTERS

Ability to email plan to health professional, support person or self.



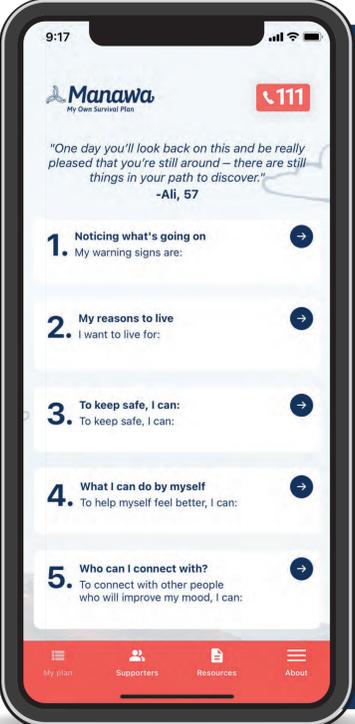
HELPLINES

NZ helpline numbers such as 1737.



RESOURCES

Link to useful websites including a link to 'Guide for health professionals'.



HOMEPAGE

Only one tap to easily access required information when in crisis.

DOWNLOAD

For more information scan QR code or go to www.manawaplan.co.nz
Please provide feedback to feedback@manawaplan.co.nz



ACKNOWLEDGEMENTS



Maintaining a relationship of trust with those around you is a good idea. At any moment they could be your best support option

If your road is blocked and your thinking about looking for an alternative direction...that's ok, we will walk beside you.

If you want to share your journey of wellbeing, a starting point may be our friendly team at Arowhenua Whānau Services.

Ph 036155180

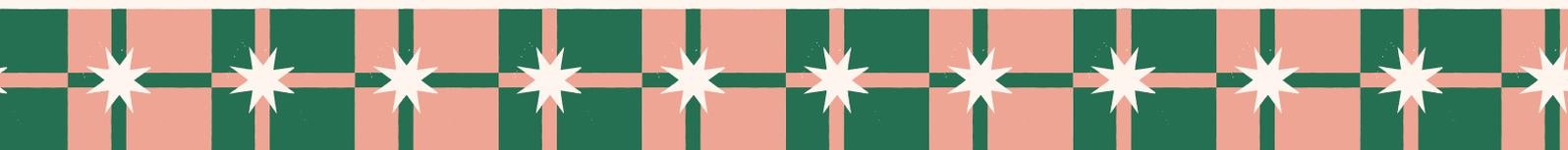


COMMUNITY CONTACT LIST

Name of group / organisation	Contact
AA / Alcoholics Anonymous	0800 229 675
Acromegaly Society	info@acromegaly.org.nz
Advocacy Service - Anglican Care SC	021 134 0307
Aged Concern	0800 803 344
AIDS Hotline / 24 hr	0800 802 437
Al Anon Family Groups	0508 425 266
Alcohol Drug Help Line (10 am – 10 pm)	0800 787 797
Allergy NZ	0800 34 0800
Altogether Autism	0800 273 463
Alzheimer's SC	03 687 75 83
Amputees Federation	info@amputee.co.nz
Anglican Care SC – Advocacy Service	021 134 0307
Anglican Care SC – Oceans Grief & Loss Programme	027 462 3267
Multicultural Aoraki	03 687 73 32
Arowhenua Whānau Services – Free health clinics, Well Child services, advocacy and support	03 615 5180
Arthritis NZ	0800 663 463
Artificial Limb Service	0508 630 630
Asian Network Inc. (TANI) – assisting Asian NZers to enjoy optimal quality of life and wellbeing	09 815 23 38
Asthma and Repertory Foundation	04 499 45 92
Asthma NZ – also COPD	09 623 02 36
Autism NZ	0800 288 476
Bamados – “What’s Up” – safe place to talk about children 5-18 years	0800 942 878
Blind Low Vision NZ – formally Blind Foundation	0800 24 33 33
Breast Cancer Support	0800 273 222
BreastScreen Aotearoa – Free mammograms for women 45-69	0800 270 200
Cancer Society	03 688 01 24



CanTeen Aotearoa – for those 13 -24 living with cancer	0800 101 996
Carers NZ	0800 777 797
Cerebral Palsy Society	0800 503 603
Charge Syndrome Ass	04 80 121 345
Citizens Advice	03 687 73 62
Cleft NZ – cleft lip / palate support	0800 425 338
Coeliac NZ	09 414 74 67
Community House Services	03 687 73 60
Community Mental health and addiction services, including TACT Team - Kensington Centre	03 687 2150 or 0800 277 997
Community Postvention Response Service – to support those affected by suicide	0800 448 908
Crohn's and Colitis NZ	0800 275 489
Cystic Fibrosis	0800 651222
DEBRA NZ – Supporting people with Epidermolysis Bullosa	04 389 73 16
Depression Help Line	0800 111 757
DiabetesLive – for diabetic teens transitioning to adults with diabetes	www.diabeteslive.co.nz
Disability Information Service	03 471 61 52 / 0800 693 342
Disabled Persons Assembly	04 801 91 00
Domestic Violence Help Line - Shine	0508 744 633
Down Syndrome Association	0800 693 724 and press 3
Dyspraxia Support Group	03 358 32 49
Dystonia Patient Network Inc.	0508 397 866
ENABLE – national disability info and referral service	0800 171 981
English Language Partners Aoraki Inc.	03 688 90 30
Epilepsy Association	0800 37 45 37
Fale Pasifika O Aoraki	03 687 75 85
Family Planning	03 684 38 72
Family Support South Canterbury	03 688 11 52
Family Works SC - Helping people work through challenges and become stronger	03-688 5029



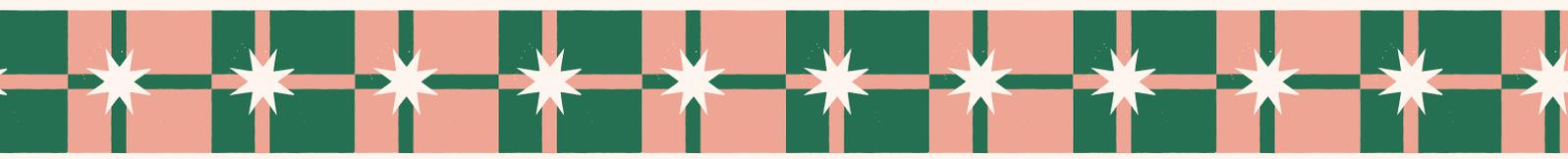
Fertility NZ	0800 333 306
Firstport - information, advice, support or equipment relating to disability in NZ	0800 171 981
Fragile X Support Group	021 044 62 99
Gambling Crisis Helpline	0800 654 655
Gender Bridge Inc. – transgender support	0800 844 357
Geraldine Community Resource Centre	03 683 7001
Guillaine-Barre Syndrome Support Group	027 687 19 53
Health and Disability Advocates	0800 55 50 50
Health and Disability Commissioner	0800 11 22 33
Healthline – 24 hrs	0800 611 116
Heart Foundation	0800 863 375
Heart Foundation NZ South Canterbury	03 688 8089
Heart Kids NZ	0800 54 39 43
Hepatitis Foundation	0800 33 20 10
Hospice South Canterbury	03 687 7670
Hospital Social Worker – Paediatric / Maternity	03 687 2234
Hospital Social Worker – Palliative care	03 687 2314
Hospital Social Worker- Admin	03 687 2233
Housing NZ / Kainga Ora Homes & Communities	03 688 3189
IHC	0800 442 442
Immunisation Outreach Co-ordinator	03 687 2435
Jean Todd – Maternity & New-born – Timaru Hospital	03 687 2140
Kensington Centre – Community Mental Health and Addiction Services, including TACT Team	03 687 2150 or 0800 277 997
Kidney Health NZ	0800 543 639
Kidsline – for children up to 14 years	0800 543 754
Kidz Need Dadz – separation advice and support	0508 225 532
Koru Care (NZ) - several overseas trips for groups of ill and disabled children and caregivers.	09 523 2456 09 523 0054
Kupe – A decision tool to help men tackle the decision of whether to get a prostate check or not	kupe.net.nz
La Leche League SC – education and support for breast-feeding - Sarah or Amy	03 684 9851 03 684 6475
LAM Charitable Trust (Lymphangiomyomatosis)	(09) 376 4936

Sjogren's Society	03 308 8902 021 293 8862
Sleep Apnoea Association	021 344 253
Speech Language Therapy	03 687 21 00 (Ext. 8707)
Spina Bifida Association	www.spinabifida.org.nz
Stopping Violence Services	03 687 7376 0800 478 778
Strengthening Families	03 688 5029
Stroke Foundation	0800 787 653
Stuttering Treatment and Research Trust	09 579 67 75
Sweet Louise - supporting people living with advanced breast cancer	0800 11 22 77
Talking Trouble Aotearoa NZ – language and communication needs of children, youth and adults	09 889 87 38
TalkLink Trust- works with people of all ages who, due to a disability, have difficulties with speaking, writing, and learning and/or with controlling their environment.	(03) 374 9222
Telefriend Sight Loss Peer Support	0800 100 051
The Hearing House	(09) 579 2333
Too Easy Meals (Frozen Meals)	03 687 7945 (select option 1)
Tourette's Association	03 940 94 20
Victim Support	0800 842 846 03 664 23 70
Volunteering Mid and South Canterbury	03 687 73 64
Waimate Service Centre - Heartlands	03 689 62 26
Wegener's Granulomatosis Support Group	wg.info@nzord.org.nz
Women's Health Action Trust	09 520 5295
Women's Wellness South Canterbury	03 688 9363
Workbridge - linking the right people to the right jobs.	0508 858 858
Youthline	0800 376 633

Police Fairlie – general / non-urgent matters only	03 685 8400
Police Pleasant Point – general/non-urgent matters only	03 614 7614
Police Tekapo – general / non-urgent matters only	03 680 6855
Police Temuka– general / non-urgent matters only	03 615 0060
Police Timaru – general / non-urgent matters only	03 687 9808
Police Twizel – general / non-urgent matters only	03 435 0719
Police Waimate – general / non-urgent matters only	03 689 7272
Polio NZ Inc. – post-polio support	0800 476 546
Pregnancy Counselling Services	0800 773 462
Presbyterian Support - Too Easy Meals (Frozen Meals)	03 687 7945 (select option 1)
Presbyterian Support South Canterbury - Enliven	03 687 7945
Prostate Problem Support Line	0800 477 678
Public Health Nursing – B4 School Co-ordinator	03 687 2319
Public Health Nursing – Gateway Co-ordinator / Youth Health & Sexual Health Clinics	03 687 2322
Public Health Nursing – General	03 687 2320
Public Health Nursing – Vision Hearing Technician	03 687 2317
Quitline- advice and support to stop smoking	0800 778 778
Rare Disorders NZ	04 385 1119
Riding for the Disabled Association	04 234 6090
Rural Support South Canterbury	0800 787 254
Salvation Army	03 684 7139
SANDS (Christchurch) – Jackie or Karlana	03 347 4881 027 4491 019
SC Free Kindergarten Assn	03 688 3098
Second Chance Enterprise – provides employment opportunities for people with a psychiatric disability	0800 289 966
SeniorLine – to help older people navigate the health system	0800 725 463
Sexual Abuse Assessment and Treatment Services (SAATS)	03 687 2100
Shine – Domestic Violence Help Line	0508 744 633
SIDS and Kids – 24 hr support for sudden infant death	0800 164 455



Lifeline NZ – 24 hrs	0800 543 354
Macular Degeneration NZ	0800 622 852
Maternity Services Consumer Council	022 421 6008
ME Society	03 471 62 03
Meals on Wheels	Contact your GP
Money Talks – financial mentor and budgeting assistance	0800 345 123
Motor Neuron Disease Association	09 624 21 48
Muscular Dystrophy Association	0800 800 337
Narcotics Anonymous	0800 628 632
National Bowel Screening Programme	0800 924 432
National Cervical Screening Programme	0800 933 933
National Foundation of the Deaf and Hard of Hearing	0800 867 446
National Immunisation Register information	03 687 23 17
National Poisons Centre	0800 764 766
Nationwide Health and Disability Advocacy Service	0800 555 050
Natural Fertility New Zealand	0800 101 637
Neighbourhood Support SC	03 687 98 02
Net Safe	0508 638 723
Oceans Grief & Loss Programme - Anglican Care SC	027 462 3267
Oranga Tamariki – SC Office	03 956 44 51
Ostomy NZ	03 454 53 30
Paediatric Ward – Timaru Hospital	03 687 21 47
Paralympics NZ	09 526 07 60
Parent Help – 24 hrs	0800 568 856
Parent to Parent – supports families with children with disabilities and health issues.	022 088 03 27
Parents Centre	03 684 53 48
Personal Advocacy Trust - safeguarding service and supports for people with care and support needs.	0800 728 7878
Plunket - support services for the development, health and wellbeing of children and families.	southern.region@plunket.org.nz
PlunketLine – for parents with babies and children up to 5 years – 24 hr service	0800 933 922
Police - EMERGENCY	111





We wish to thank all members of the Psychosocial Support Committee for your continued work and commitment to making the people of South Canterbury feel more supported and connected.

