

Emergency Contact Numbers:

For emergencies dial 111

Southland Emergency Mental

Health Team

0800467846

Gore Community Mental Health

Team

03 208 0299

Gore Hospital

03 209 3030

Gore Police

03 203 9300

National and Online Support

Lifeline

0800 543 354

Suicide Crisis Helpline

0508 828 865

Healthline

0800 611 116

Samaritans

0800 726 666

Depression Helpline

0800 111 757 or text 4202

Youthline

0800 376 633 or text 234

What's Up (5-18 year olds)

0800 942 8787

Alcohol & Drug Helpline

0800 787 797

Mental Health Foundation

www.mentalhealth.org.nz

Skylight

www.skylight.org.nz

Rainbow Youth

www.ry.org.nz

Depression.org.nz

www.depression.org.nz

Ministry of Health

www.health.govt.nz



Gore & Districts Support Services

03 2088480
cccgore@cnt.org.nz
www.cnt.org.nz

SPECIALIST MENTAL HEALTH SERVICES

If you are in a crisis and need urgent assistance please phone the Southland Mental Health Emergency Team who provide 24 hour a day, 7 days a week service on:

0800 467 846

Gore Community Mental Health Team	2080299
Child & Adolescent Services	2080299
Te Korowai Hou Ora - Maori Mental Health	2080299
Maternal Mental Health	2080299
Primary Mental Health Brief Intervention Service - contact your GP for referral to the BIS	
Gore Counselling Centre	2085366
<u>GP Services:</u>	
Gore Health Centre	2089855
Gore Medical Centre	2089222
Mataura Medical Centre	2038152
Gore Hospital	2093030

COMMUNITY SERVICES

Ministry of Children: Oranga Tamariki	0508326459
Adrian Latta Counsellor	0273707047
St Peters College Counsellor	2089060
Gore High School Counsellor	2089130
Youth Service	0800887007
Rural Support Trust	0800787254
Public Health Nurses	2087015
PACT	2085436
Strengthening Families	2088480
ABLE Southern Support	0800494262
Family Works	2080877
Barnardos	0800227627
SWiS—Social Worker in Schools	0286878936
Youth Worker Service	2088480
IDEA Services	2039170
Welcome In Day Centre	2080940
Gore Women's Refuge Inc.	2088384
Hokonui Runanga	2087954

COMMUNITY SERVICES

Te Iho Awhi Rito Social Services	2080224
Community Connections Centre	2088480
Gore Migrant Services Coordinator	2088480
Calvin Community Church	2089973
Gore Baptist Church	2084675
Gore Catholic Church	2089601
Gore New Life Church	2084821
Salvation Army	2084443
Man Up NZ - Mataura	0278164775
Al-Anon	0273798442
Mind Matters	0273798442
Mataura Youth Centre Trust	0272107825

A full directory of Gore & Districts Social Services is available to view or download from our website

www.cnt.org.nz

Or contact The Community Connections Centre
03 2088480 1 Charlton Lane GORE 9710