

APPS AND ONLINE RESOURCES

All Right? App

Daily mini-missions to help you feel good! The All Right? App helps you improve your health and wellbeing by reminding you to do the simple things that make a difference. It will give you an easy "mini mission" each day around the area of your choice. As you complete missions, the app will reward you with positive feedback and beads that show how many missions you've completed.



Moodscope App

Web-based app. Moodscope enables you to measure your daily ups and downs with a simple scoring system and track these scores over time.

CALM Website, Computer Assisted Learning for the Mind An online resource created and managed by Dr Antonio Fernando, a senior lecturer at the University of Auckland. The website has tools for coping with stress and managing life



Depression.org

An interactive website with a focus on self-management. It provides a self-test

and detailed information about depression and NZ options for management and treatment

The lowdown

An interactive website for young people featuring a self-test, fact sheets, a moderated message board and video clips from popular musicians and high profile young sports people talking about their experiences of depression. The site gives access to a team of counsellors who provide email, phone, webcam and text-based support services for young people.



SPARX

A self-help computer programme for young people with symptoms of depression. The programme teaches skills to manage symptoms of depression, in a self-directed learning format.



Smiling Mind app

This app has a selection of mindfulness and meditation programs for use in different circumstances (sport, workplace etc) and for different age groups. Each programme has a number of modules or sessions designed to be worked through over a period of time. Each session has a podcast that gives the user details of the lesson, activity or meditation to undertake.



SUICIDE PREVENTION PATHWAYS IN EASTERN SOUTHLAND

Dial 111 and request Police in crisis or emergency where immediate danger is present



COMMUNITY NETWORKING TRUST

1 Charlton Lane
Gore 9710
P. 03 208 8480
cccgore@cnt.org.nz

"Leading and enabling effective social service provision in Eastern Southland"

Suicide Prevention Pathways in Eastern Southland

Ring 111 and ask for Police in crisis or emergency where immediate danger is present

Southland Mental Health Emergency Services (SMHET).

You could expect to be seen at Southland Public Hospital Emergency Department on Kew Road (Invercargill) in an emergency, and it is useful to have a support person/advocate with the person to identify any risk issues to SMHET

RING 0800 467 846 EXTN 1

Southern Rivers Community Mental Team

referral via GP – (03) 208 0299

Child and Adolescent Family Services (CAFS)

for clients 0-18 years of age – referral can be made by anyone, including self-referral. Phone (03) 208 0299 for Gore.

Adult Brief Intervention Service (BIS)

will provide access to up to 6 sessions of support for mild to moderate mental health needs, and support to transition out of BIS. Referral is via GP.

Thrive! Te Pae Ora for 1-6 sessions

Of support for mild to moderate mental health needs, substance use and coexisting problems for young people aged 12-19 years. Referrals can be made to the Single Point of Entry from any source via the web portal, email, phone, fax or in person at either offices.

Gore Counselling Centre - counselling, therapy and educational programmes.
03 2085366

GP Services –

Gore Health Ltd 03 2089855

Gore Medical Centre 03 2089222

Mataura Medical Centre 03 2038152

Gore Hospital 03 2093030

HELPLINES

Call/Text 1737 to be connected to a nationwide mental health support network of trained counsellors

Suicide Crisis Helpline – 0508 828 865
(0508 TAUTOKO)

The Depression Helpline 0800 111 757

Healthline 0800 611 116

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Youthline- 0800 376 633

What's Up – 0800 942 8787 (for 5–18 year olds).

Phone counselling is available Monday to Friday, midday–11pm and weekends, 3pm–11pm. Online chat is available 7pm–10pm daily.

Kidsline – 0800 54 37 54 (0800 kidsline) for young people up to 18 years of age. Open 24/7

Rape Crisis – 0800 883 300 (for support after rape or sexual assault)

Alcohol Drug Helpline – 0800 787797

For advice about community support agencies and services contact

Community Connections Centre

03 2088480 or pop in Mon-Fri 9am-

4pm to the Centre 1 Charlton Lane

GORE.