

Hurunui Mental health pathways – April 2021

Hurunui Medical Centres

First port of call for mental health issues

admin@amberleymc.co.nz 03 314 8504

cchc@xtra.co.nz 03 3198 630

reception@amurihc.co.nz 03 315 6328

manager@hanmermc.co.nz, 03 315 7503

admin@waikarihealth.co.nz 03 314 4506

Waitaha Health - Rural Mental Health Specialists

Take referrals from GP or from specialist mental health services triage coordinator. RMHS offer brief intervention therapy and work with a person's GP and primary care team to review and make the right referrals, which may include community agencies. RMHS can offer five Brief Intervention Therapy sessions, also known as BIC (Brief intervention Coordination). This is not counselling. There is a RMHS at all Hurunui medical centres one day a week.

RHMS also provides Youth Brief Intervention services.

Simon.Pickering@waitaha.health.nz Upper Hurunui (Cheviot, Waikari, Rotherham, Hanmer Springs)

Anna.wilson@waitaha.health.nz Amberley

Waitaha Health – Triage coordinator – Rural Mental Health Specialists

Take referrals from Hurunui GP and assess clients via phone to filter cases through to RMHS. Based in Christchurch. bernie.thomas@waitaha.health.nz 021566 329

Specialist Mental Health Services – Rural

CAF – Child, Adolescent & Family

Specialist Mental Health Services, Multiple services for Adults, Child Adolescents & Family (CAF) – General services, Specialist services – [access points via GPs and Single Point of Entry for Adults & CAF Link for Children & Young people](#). The CAF North team and Adult Rural team service NC specifically. For other needs, referrals to specialist services are facilitated. Christchurch based although clinicians will travel to Hurunui. Based in Christchurch.

SPOE – single point of entry for adult referrals 0800 920 092

CAF – EM – (CAF Emergency) 0800 218 219 ex 2

CAF LINC – Referrals for CAF services. Single point of entry 0800 218 219

CAF North Community and Outreach team: 03 339 1126

Rural Adult Community Service: 03 339 1109

CAF-Emergency a crisis resolution branch, separate to rural mental health. This is for anyone to access and is there for someone who is at risk of hurting themselves or someone else.

Waitaha Health - HIPS

Health Individual practitioner – to be attached to each medical centre and accessed through GP appointment. HIPs practitioner will help people with finding the right resources, link with other services. This service is not available in Hurunui as practise nurses fill this role. (Funding for HIPs in Hurunui due July 2021)

Community Mental Health Support

Wellbeing North Canterbury Trust – range of wellbeing services including counselling. All referrals to

refer@wellbeingnc.org.nz 03-310 6375 Pegasus Health clients contact: 0800 246 099

Mana Ake - Mental health support in schools working with primary aged school children. Early intervention around tamariki and whanau wellbeing.

Family Social Worker – new FTE role starting mid-May 2021, plus .5 FTE active in Hurunui. Working with vulnerable children and families.

Youth alcohol and drug service - preventative service for the risk of using in a peer group or in a whanau, and users.

Manu Ka Rere - youth mental health.5 FTE working with 12 – 24 year olds.

Counselling Services

ComCare Trust North Canterbury

Comcare Trust is a recovery focused organisation that provides free mental health and addiction services for people with diagnosed mental illness and/or addiction issues.

Community Mental Health Support (CMHSW), guiding people towards independence using a holistic goal-based approach. Accessible via referral from Mental Health Provider or GP.

ActiveLinks encourages exploration of mental and physical wellbeing through exercise one to one and in groups.

Peer support uses shared experiences to support people one to one with understanding of what is happening and discovering how they can move forward.

Visit our website for details or to make a referral. www.comcare.org.nz P: 03 377 7020

Step Ahead Trust North Canterbury

Social, physical, creative, and educational activities in Rangiora on Mondays and Wednesdays for people who experience mental illness. Non-residential. Transport is available from Amberley on Wednesdays. 18-65 years. Rangiora. <https://stepahead.org.nz/>, info@stepahead.org.nz 03 389 4001 | 0800 688 732 022 173 1673.

Rural Support Trust

Accessed through an 0800 number. If the client then requires a professional eg. counsellor, farm consultant etc, RST help to facilitate that process and get them in touch with the right people.

RST can help fund some counselling sessions if it is mental health related. This is done on a case by case basis and must be run past the Chair to approve. RST have a list of counsellors – including Hurunui based counsellors. ncrst.coordinator@gmail.com

Waitaha Health Canterbury

Heath promotion in medical centres, smoking cessation, youth health, elderly health, healthy eating and physical activity promotion educational courses. Palliative care, baby feeding service, dietician, diabetes, mental health, immunisation, stop smoking. 0800 800 743 enquiries@waitaha.health.nz

Waitaha Health Canterbury - Whanau ora support & advocacy: deb.hough@waitaha.health.nz

Maori Health Advisor – pari.hunt@waitaha.health.nz

Waitaha Health Canterbury - Pasifika Support Navigator support & advocacy:
Malu.Tulia@waitaha.health.nz

Waitaha Health Canterbury - Practice Support Navigator / Registered Nurse, Health support, advocacy, Health Promotion: rosie.carr@waitaha.health.nz

Mindfulness North Canterbury

Training and community courses in mindfulness – based in Hurunui. kate@mindfulnessnc.nz
www.mindfulnessnc.nz

Hope Community Trust – based in Rangiora.

Hope Community Trust offers counselling based in Rangiora. Also provide a 30 min consultation for counselling support with sliding scale for fees. Services available in Hurunui via zoom. 03 928 3066, support@hopecommunity.co.nz

Yellow Brick Road (new name for Supporting Families in Mental Illness)

Whanau support and education: CUMI - children understanding mental illness.

WAVES - 8 week programme support post suicide. 03 366 9284 , (0800) 87 66 82

Rebecca Jacka Suicide Postvention Coordinator, 022 639 3582. yellowbrickroad.org.nz

Te Tai o Marokura - Kaikoura based (Hawarden, Waikari, Rotherham, Cheviot and Hanmer Springs) - access to nurses, counsellors and mentors and can help with licences and financials. Plans are made with the families. Leah Hopwood - leah.hopwood@tetaiomarokura.co.nz

Te Pūtahitanga o Te Waipounamu is a commissioning agency that works on behalf of the iwi in the South Island to enable whānau to create sustained social impact. Te Pūtahitanga o Te Waipounamu also invests in Navigator roles to support whānau capability. <https://www.teputahitanga.org>

Private practitioners

Therapy Services NZ

Interpersonal Psychotherapy for adults, couples and youth - private practise in North Canterbury. Referrals through GP or website. Dawn Nolan admin@therapyservices.nz 0226420772

Headway Services

Providing psychology services in North Canterbury. 022 453 1863. admin@headwaypsych.co.nz

Mary Hamilton

Counsellor - private practice in Amberley. mfos@xtra.co.nz

Emma Powell – Counsellor working Tuesdays at Amberley Medical Centre 03 314 8504.

Also Youth Mental Health & Addiction Counsellor with Wellbeing North Canterbury.

refer@wellbeingnc.org.nz 03-310 6375

North Canterbury Psychology

Leigh Anderson - Acceptance and commitment therapy (ACT), Cognitive behavioural therapy (CBT), Critical incident stress debriefing, Life coaching, Mindfulness-based therapies, Online/telepsychology via Zoom or Skype or similar, Solution-focussed therapy drleighanderson@gmail.com 021 844 855

Addiction services

Youth DoA services - Wellbeing North Canterbury

Referrals to this service is refer@wellbeingnc.org.nz Information and the referral form can be found here: <https://wellbeingnc.org.nz/what-we-do/youth-drug-and-alcohol-service/>

YDA counsellor – active in Hurunui schools, Julie Best - j.best@wellbeingnc.org.nz.

Adult DoA - Christchurch City Mission

First contact with Odyssey House who refer to DoA counsellor in Rangiora. This role was being advertised – may be a joint venture between the City Mission and The Salvation Army.

Hope Community Trust - Rangiora

Hope Community Trust in partnership with Drug-ARM. Restore - community support Friday 2,30 – 4 pm. Qualified staff available if needing more help. Open access.

Problem Gambling Foundation Canterbury

Qualified counsellors provide free, professional and confidential gambling counselling services for both gamblers and others. Available in Hurunui. help@pgfnz.org.nz 0800 664 262 03 379 2824

Oasis centre for problem gambling– Salvation Army

Public health promotion, awareness and information around gambling harm. nicky.taylor@salvationarmy.org.nz 021 718 629

24/7 Help lines

CHILDREN:

Youthline: 0800 376 633 or text 234

Kidline: 0800 54 37 54

ADULTS:

Mental Health helpline: Free call or text 1737 any time, 24 hours a day. Talk (or text with) a trained counsellor or talk to a peer support worker.

Lifeline: 0800 543 354

Suicide Crises Helpline: 0508 828 865

Depression Helpline: 0800 111 757

Warmline: 0800 89 warm (0800 89 9276). peer support with volunteers who have lived experience with mental illness. 1pm to midnight 7 days a week.

Parent line: 0800 568 856 9am to 9pm, Monday to Sunday