

## SUICIDE PREVENTION PATHWAYS IN WAITAKI

- Ring 111 in an immediate emergency and ask for Police
- Waitaki Mental Health Emergency Services 2 Trent Street, Oamaru , 8:30 to 5 :00 pm Monday to Friday, (03) 433 0002 email [WaitakiCMHT@healthotago.co.nz](mailto:WaitakiCMHT@healthotago.co.nz)
- Outside of Waitaki Mental Health Emergency Services office hours, contact Emergency Psych Services in Dunedin. You can expect to be seen at Dunedin Public Hospital Emergency Department on Great King Street in an emergency and it is useful to have a support person/advocate with the person to identify any risk issues to Emergency Psych Services (EPS). Ring 0800 467 846 and then 2 for Otago
- Child and Family Mental Health Services (CAFMHS) Dunedin < 14) 03 471 7105 and Youth Speciality Services (YSS) Dunedin (14-19) 03 474 5601 : 24 hour Freephone 0800 44 33 66
- With the approval of the client, notify their GP who can assess or prescribe as necessary and/or make a referral to Brief Intervention Service
- Brief Intervention Service (at times may have a waiting list and are not a crisis service, but wait times can be escalated at times) Referred by GP. Free 5 sessions (plus assessment) but about a 6 week wait. Check out [www.whileyouwait.org.nz](http://www.whileyouwait.org.nz)
- Adventure Development (young people aged 24 and younger) - drug and alcohol services etc. 226 High St, Dunedin 03 470 1691 or email [office@adventuredevelopment.co.nz](mailto:office@adventuredevelopment.co.nz)
- Mirror HQ, Abacus House, 102 Thames St Oamaru, 9400 Oamaru Ph: 0275299219 – for young people 12 – 22 years old who have alcohol and/or other drug use and/or have substance use & a suspected mental health issue/s or mental health diagnosis.

### Helplines

- **Call/text 1737- nationwide mental health support: 'Need to Talk?'** & **'Early Mental Health Response (EMHR)'**
- The Depression Helpline (0800 111 757)
- Healthline (0800 611 116)
- Lifeline (0800 543 354)
- Samaritans (0800 726 666)
- Youthline (0800 376 633) txt **234** or [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- Alcohol Drug Helpline (0800 787 797)

For General Mental Health Enquiries call 0800 44 33 66

For advice on community support agencies, contact Citizens Advice Bureau 0800 367 222 or

Family Services Directory at 0800 211 211 or online at <http://www.familyservices.govt.nz/directory> or [Healthpoint.co.nz](http://Healthpoint.co.nz)

### On line Resources

<a href="http://www.depression.org.nz">www.depression.org.nz</a>	<a href="http://www.beatingtheblues.co.nz">www.beatingtheblues.co.nz</a>
<a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>	<a href="https://ecouch.anu.edu.au/welcome">https://ecouch.anu.edu.au/welcome</a>
<a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>	<a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a>
<a href="http://www.moh.govt.nz/healthline">www.moh.govt.nz/healthline</a>	<a href="http://www.ehub.anu.edu.au/welcome.php">http://www.ehub.anu.edu.au/welcome.php</a>
<a href="http://www.sparx.org.nz">www.sparx.org.nz</a>	<a href="http://www.anxietyonline.org.au">www.anxietyonline.org.au</a>
<a href="http://www.gamblinghelpline.co.nz">www.gamblinghelpline.co.nz</a>	<a href="http://www.skylight.org.nz">www.skylight.org.nz</a>
<a href="http://www.whileyouwait.org.nz">www.whileyouwait.org.nz</a>	<a href="http://www.booksonprescription.co.nz">www.booksonprescription.co.nz</a>

