

## Free support for Wairau mental health consumers

Agency	Description	Contact details
<b>The Cancer Society</b>	<p>To speak to a Cancer Information Nurse call 0800 Cancer (0800 22 62 37)</p> <ul style="list-style-type: none"> <li>• Cancer Information Library with books and other resources available for loan</li> <li>• Get in touch with Cancer Connect which is a peer support group</li> <li>• Discuss issues dealing with cancer with <b>Cancer Chat NZ</b></li> <li>• Support Groups, Education Courses, Lifestyle Courses and Workshops</li> <li>• Transportation to treatment outside Marlborough</li> <li>• Financial Assistance Grant Scheme</li> <li>• Counselling services Grant Scheme</li> </ul>	<p>Marlborough Cancer Society Forum Building, The Market Place PO Box 233, Blenheim 7240 P: (03) 579 4379 F: (03) 579 4381 E: <a href="mailto:marlborough@cancersoc.org.nz">marlborough@cancersoc.org.nz</a></p>
<b>Salvation Army</b>	<ul style="list-style-type: none"> <li>• Positive Lifestyle Programme (PLP). This consists of 10 sessions beginning with Self Awareness, angry grief loss problem solving. We are able to work alongside our clients at their pace, and often the ten topics can take a number of months to complete.</li> <li>• Social work intervention</li> <li>• Supporting people through an assessment of need and then referring them on to the right services within our community.</li> </ul>	<p>Cnr George &amp;, Henry Streets, Blenheim P: (03) 578 0862</p>
<b>Child and adolescent mental health services</b>	<ul style="list-style-type: none"> <li>• For children and youth with serious mental health disorders and suspected psychiatric disorders up to aged 18 years. Priority is given to youth at risk of suicide or attempted suicide.</li> <li>• CAMHS in this region provides a 24 hour crisis service. This is for instances where there is serious concern that a young person is at risk of suicide.</li> <li>• Routine referral issues could include depression, anxiety, ADHD, psychosis and eating disorders.</li> </ul>	<p>The Marlborough Health Hub 22 Queen Street, Private Bag 46 Blenheim P: (03) 520 9905 F: (03) 520 9968 AH: (03) 520 999 (ask for on call CAMHS)</p>
<b>Family Start</b>	<ul style="list-style-type: none"> <li>• Family Start is an intensive home visiting programme that focuses on improving children's growth and health, learning and relationships, family circumstances, environment and safety.</li> <li>• It helps families who are struggling.</li> </ul>	<p>Megan Familton 73 Quarantine Road, PO Box 254 Nelson 7041 P: (03) 547 0940 M: 021 022 33377</p>
<b>Te Ara Mahi</b>	<ul style="list-style-type: none"> <li>• Employment support.</li> <li>• Goal setting, CV preparation, Career development, Training and education support, job sampling and brokerage, voluntary work, employer and employee support, workplace support, job retention.</li> </ul>	<p>Sandy Stowell 25 Alfred Street, Blenheim P: (03) 577 9618 E: <a href="mailto:sandy@tearamahi.co.nz">sandy@tearamahi.co.nz</a></p>
<b>Women's Refuge</b>	<ul style="list-style-type: none"> <li>• 10 weeks Steps to freedom program</li> <li>• 10 week children program</li> <li>• Support to get restraining orders</li> <li>• Responds to police alerts re domestic violence</li> <li>• Support to get ACC counselling</li> <li>• Takes all referral and walk in's</li> </ul>	<p>Women's Refuge Sexual Assault Resource Centre Marlborough Inc PO Box 699, Blenheim 7240 Community Office 3/19 Henry Street, Blenheim Crisis (03) 520 9999 P: (03) 577 9939</p>

		F: (03) 577 5149 E: <a href="mailto:marlb_refuge@xtra.co.nz">marlb_refuge@xtra.co.nz</a>
<b>STAND</b>	Stand is a charity that provides the Stand for Children Service – a nationwide intensive wraparound social service including therapeutic care and education, for vulnerable children aged 5 to 12 and their families	Jacki Lenton The Health Hub 22 Queen Street, Blenheim M: 022 077 4892 E: <a href="mailto:Jacki.Lenton@standforchildren.org.nz">Jacki.Lenton@standforchildren.org.nz</a>
<b>TOP Counselling</b>	Provides TOP support pre and post termination.	Andrea Hewitson Social Worker at Wairau Hospital P: (03) 5206558 M: 027 707 8502 E: <a href="mailto:Andrea.hewitson@nmdhb.govt.nz">Andrea.hewitson@nmdhb.govt.nz</a>
<b>Bread of life Community Support</b>	<ul style="list-style-type: none"> <li>Community Support is a service that assists clients in a variety of ways. A client may be feeling that the issues they have are insurmountable. Common issues for clients could be: Inadequate or no accommodation/ low income/ Work &amp; Income debt/lack of resources/family disputes/domestic violence/sexual abuse/counselling/addictions/loneliness depression/suicide</li> </ul>	14B Stephenson Street, Blenheim P: (03) 578 1355 <a href="http://www.breadoflife.org.nz/index.php/community-support.html">http://www.breadoflife.org.nz/index.php/community-support.html</a>
<b>Maataa Waka</b>	<ul style="list-style-type: none"> <li>Social workers</li> <li>Parenting programme</li> <li>Whanau Ora navigator</li> <li>Financial mentoring, 4-week group program</li> <li>Nonviolence service; family centred intervention, mana tane group program, wahine program.</li> <li>Youth mentoring</li> <li>Counselling services for rangatahi</li> <li>Anger management for youth</li> <li>Like minds, like mine campaign</li> </ul>	56 Main Street, Blenheim P: (03) 577 9256 <a href="http://www.maataawaka.co.nz/social-services">http://www.maataawaka.co.nz/social-services</a>
<b>Adult Mental Health Services</b>	<ul style="list-style-type: none"> <li>Provides psychiatric assessment and treatment, psychological assessment and treatment, case management within a multi-disciplinary framework for people experiencing severe and enduring mental health problems, Forensic and court liaison and primary care and general practitioner liaison.</li> <li>The Community Mental Health Service will accept referrals from general practitioners, self, hospital, community agencies, and family or friends with client's permission who meet the criteria.</li> </ul>	Witherlea House Wairau Hospital Blenheim (located at the Emergency entrance off Hospital Road) PO Box 46 Blenheim P: (03) 520 9907 F: (03) 578 2048 AH: Emergency (03) 520 9999
<b>Supporting Families Marlborough</b>	<ul style="list-style-type: none"> <li>SF Marlborough provides holistic, family-centred, strength-based services for families on the journey to mental wellbeing</li> <li>We support, we educate, we provide information and we advocate</li> <li>We provide support groups for parents experiencing difficulties with children, and another for parents of teenagers</li> <li>We hold regular education sessions about mental health and addiction issues free of charge</li> <li>We provide Licence Programmes for youth and those who have barriers</li> <li>Access to self-development programmes and some counselling services</li> <li>Supporting Parents Healthy Children Programme</li> </ul>	Located at Kia Maarama, 68 Seymour St, Blenheim P: (03) 5775491 E: <a href="mailto:sfmarlb@xtra.co.nz">sfmarlb@xtra.co.nz</a> <a href="http://www.supportingfamilies.org.nz/">http://www.supportingfamilies.org.nz/</a>

<b>Suicide prevention</b>	A support group for those that have been affected by suicide. All welcome.	Vienna and Veronica via Supporting Families Located at Kia Maarama, 68 Seymour St, Blenheim P: (0)3 5775491 E: <a href="mailto:sfmarlb@xtra.co.nz">sfmarlb@xtra.co.nz</a> <a href="http://www.supportingfamilies.org.nz">www.supportingfamilies.org.nz</a>
<b>AOD Wairau</b>	<ul style="list-style-type: none"> <li>• Screening and brief intervention for drug use problems in wards of Nelson Hospital (including the Adult Mental Health Unit) and Wairau Hospital</li> <li>• A community detox service</li> <li>• Opioid substitution treatment (Methadone and Suboxone)</li> <li>• Seminars and workshops on drug use issues in work places, schools and to interested groups</li> <li>• Training for other professionals and community workers on drug use issues</li> <li>• General information about local support groups</li> <li>• Referral to inpatient treatment</li> </ul>	Wairau Hospital PO Box 46 Blenheim P: (03) 520 9908 F: (03) 520 9929 E: <a href="mailto:eileen.varley@nmhs.govt.nz">eileen.varley@nmhs.govt.nz</a> or <a href="mailto:addictionswairau@nmhs.govt.nz">addictionswairau@nmhs.govt.nz</a> AH Emergency: (03) 520 9999
<b>Mental Health Consumer Advocacy Service</b>	<ul style="list-style-type: none"> <li>• Support at meetings/Drs? WINZ etc.</li> <li>• Assist to write letters, advance directives, link with services.</li> <li>• Offer advice and support.</li> </ul>	Paula Taylor/Caroline Harding 68 Seymour Street PO Box 783 Blenheim P: (03) 5795304 E: <a href="mailto:mhconsumeradvocacy@xtra.co.nz">mhconsumeradvocacy@xtra.co.nz</a> <a href="http://www.mentalhealthadvocacy.org.nz/">http://www.mentalhealthadvocacy.org.nz/</a>
<b>Barnardo's</b>	<ul style="list-style-type: none"> <li>• Parenting through separation</li> <li>• Active Dad's</li> </ul>	31 George St, Blenheim 7201 P: (03) 5206200 <a href="http://www.barnardos.org.nz">www.barnardos.org.nz</a>
<b>PND Marlborough</b>	<ul style="list-style-type: none"> <li>• Ante and postnatal support groups</li> <li>• Post abortion trauma support</li> </ul>	Marlborough Community Centre, Room 20, 25 Alfred Street, Blenheim P: (03) 579 5443 M: 027 901 9807 E: <a href="mailto:pndmarlborough@gmail.com">pndmarlborough@gmail.com</a> <a href="http://www.pndmarlborough.com/">http://www.pndmarlborough.com/</a>
<b>Age Concern Marlborough</b>	<ul style="list-style-type: none"> <li>• We work to support the rights, dignity and wellbeing of our older people, so they are respected, supported, empowered and valued in our community,</li> <li>• Confidential and friendly support for Seniors</li> <li>• Friendship group</li> <li>• Carer Relief Matching Service</li> <li>• Self Neglect Prevention and Response Service</li> <li>• Regular seminars and workshops on relevant issues for older people</li> <li>• Special events and activities for older people in our community</li> </ul>	Room 5, 25 Alfred Street Blenheim P: (03) 579 3457  Community Welfare Co-ordinator Catherine Donnelly E: <a href="mailto:fieldageconble@xtra.co.nz">fieldageconble@xtra.co.nz</a>  Office Administrator Melissa Haylock E: <a href="mailto:ageconble@xtra.co.nz">ageconble@xtra.co.nz</a>
<b>Crossroads</b>	<ul style="list-style-type: none"> <li>• Drop-In centre.</li> <li>• Provide dinner every Wednesday 5.30pm for gold coin donation.</li> <li>• Give away free bread from 8.00am daily at Crossroads Hall.</li> <li>• Breakfast before 9am</li> <li>• Budget Cookery classes Tues &amp; Thurs; 6 week course, ring to book.</li> <li>• Koha Cafe low cost lunches.</li> </ul>	Crossroads Hall 2 Redwood Street, Blenheim P: (03) 578 5395 M: 027 859 0281 Hours of Operation: Mon - Fri 8am - 1.30pm, Wed afternoon

	<ul style="list-style-type: none"> <li>• Social morning with board games every Tues and Thurs 10.00am.</li> <li>• Fri 10.10am Sit-and-Be-Fit class.</li> <li>• Children's play area. Shower and laundry facilities available. Urban Harvest - dependent on availability excess produce can be donated and is available for taking 8.30am-1.30pm.</li> <li>• Facility open for RSE workers Sundays 10am-4pm.</li> </ul>	
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<b>Literacy Marlborough</b>	<p>Delivering learning services to adults, assisting them to improve their literacy, numeracy and communication skills.</p> <ul style="list-style-type: none"> <li>• Qualified adult literacy tutors</li> <li>• Group sessions</li> <li>• One to one sessions</li> <li>• Workplace and Community courses</li> <li>• Work Readiness</li> <li>• Healthy Lifestyles</li> <li>• Financial Literacy</li> <li>• Driver Education</li> </ul>	<p>Literacy Marlborough Jane Vial, Manager P: (03) 577 9080 M: 022 033 7132 0800 6789 10 E: <a href="mailto:admin@literacymarlborough.org.nz">admin@literacymarlborough.org.nz</a></p> <p>Criterion Lane (opposite ASB Theatre off the Alfred Street roundabout) PO Box 1184 Blenheim <a href="http://literacy.org.nz/literacy-marlborough-blenheim">http://literacy.org.nz/literacy-marlborough-blenheim</a></p>
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<b>Care Marlborough</b>	<ul style="list-style-type: none"> <li>• Consumer run community based mental health service</li> <li>• Access to trained staff, advocacy, information on services, education, access to community resources, access to life skills and work skills.</li> <li>• Open 7 days a week, 9am-3pm</li> </ul>	<p>26 Percy Street, Blenheim P/F: (03) 578 0302 M: 021 106 4324 E: <a href="mailto:caremarlb@xtra.co.nz">caremarlb@xtra.co.nz</a></p>
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