

Free Helplines

Youth Line | 0800 376 633

You can call Youth Line with any concerns you may have about yourself or anyone else in your life.



1737

24 hours a day. You'll get to talk to (or text with) a trained counsellor. Our service is completely free.



0800 What's up?

Call us 12:00pm - 11:00pm
Chat online 3:00pm - 10:00pm
www.whatsup.co.nz



Alcohol & Drug Helpline

Dedicated people who are able to talk to you about your own drinking or drug use or about another person's drinking or drug use.



OUTLine | 0800 688 5463

Confidential, Free, LGBTIQ+ affirming support line and face-to-face counselling
10am to 9pm Weekdays, 6pm - 9pm Weekends



The Low Down | 0800 111 757

If you're stuck feeling bad we'll help you figure it out. Whatever's going on you'll find ideas and people who can help you get unstuck.



0800 Anxiety

24/7 - If you're feeling anxious and would like to talk to someone about anxiety or would like to seek advice for a friend or family member



Free Apps

What's up?

Methods to help you cope with Depression, Anxiety, Anger, Stress & more.



Head Space

Your guide to health & happiness. Mindfulness techniques that bring calm, wellness and balance into your life.



All Right ?

Simply choose an area in your life that could use some TLC and we will send you a daily mini mission to help you create the best version of yourself.



Mind Shift

Anxiety getting in the way of your life? Mindshift uses scientifically proven strategies to help you relax & develop more effective ways of thinking.



FIVE WAYS TO WELLBEING

CONNECT TALK & LISTEN, BE THERE, FEEL CONNECTED

KEEP LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

BE ACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

Give Your time, your words, your presence

A Guide to Youth Services

Queenstown Lakes District

A local guide to the services available to support those 12 to 18 years of age.



This information was compiled in 2019 by the Wakatipu Youth Trust

Wakatipu Youth TRUST
Help Lines on Back Page

CAFS

Child, Adolescent &
Family Service



CAFS is a specialist child, adolescent and family mental health service providing assessment and treatment primarily to children and young people aged up to 18 years. Clinically we see children and teens with moderate-severe mental health issues e.g. depression, anxiety, ADHD, Eating Disorder

Phone | 03 441 0010

Public Health Nurse

S D Health Board



Karina Anderson Maria Frewen are Registered Nurses who visit WHS on a weekly basis to offer health advice, assessments & referrals. You can meet with them to discuss any personal concerns or issues you may have in a confidential manner.

Karina Anderson | 027 447 1462

Maria Frewen | 027 464 8990

Spectrum Club

Wakatipu Youth Trust



Spectrum is an LGBTQ+ support group aimed at supporting our young rainbow community. Spectrum is a non-judgmental and safe place where everyone may be themselves.

Email | info@wakatipuyouthtrust.co.nz

Guidance Counsellor

Wakatipu High School



Vicki Patton and Christopher Tweddell - confidentially support students with anything that is bothering them from very big to very small issues - they can be school related or personal.

Chris Tweddell | ctweddell@wakatipu.school.nz

Vicki Patton | vpattton@wakatipu.school.nz

Police

Queenstown



Youth Aid Officers are specialists that work with children and young people to keep them safe and promote healthy life choices. Youth Aid Officers work with those who are involved in crime, at risk of being involved in crime and those who may need care and protection. Youth Aid Officers also run and take part in educational programmes such as 'Loves Me Not' & 'Drive to Survive'.

Phone | 03 441 1600

Wayne | wayne.park@police.govt.nz

Address | 11 Camp St, Queenstown

Central Lakes Family Services



Central Lakes Family Services was brought to life in 2018 with a merger of Queenstown Lakes Family Centre and Jigsaw Central Lakes. Through our professionally trained clinicians we are committed to working with the community, primary health, local government and NGO service providers to optimise and ensure positive outcomes for children, adolescents and their families/whanau are achieved.

Phone | 0508 440 255

Email | info@clfs.co.nz

Website | clfs.co.nz

Wakatipu Youth Trust



The Wakatipu Youth Trust provide support, advocacy and opportunities to youth in order to help grow their strengths, skills and resilience's. Youth Support Workers are an alternative trusted adult that you may talk to if you have any concerns. If we do not have the tools to help we know plenty of people who do.

Email | info@wakatipuyouthtrust.co.nz

Address | 4a/15 Red Oaks Dr, Frankton

Phone | 03 451 1413

Oranga Tamariki

Ministry for Children



We aim to put children's needs at the heart of what we do. Our goal is to work with families, whānau and the wider community to create circles of protection and care around children whose wellbeing is at risk. We support children, family and whānau to restore their mana, their sense of self, their important connections and ationships, their right to heal and recover, and reach their potential.

Phone | 0508 326 459

Sexual Health Clinic



Queenstown Medical Centre offers comprehensive sexual health and family planning services. Services are primarily provided through 4 clinics a week at our Isle Street and Remarkables Park surgeries with staff who specialise in youth, family planning and sexual health.

Reception | 03 441 0500

Thrive! Te Pae Ora Adventure Development



Our team of registered health professionals manage the ups and downs of life, particularly challenges with mental health and/or alcohol and other drug use. Our focus is on wellbeing and developing strengths.

Phone | 0800 292 988

Website | www.thriveservices.org.nz

Email | admin@thriveservices.org.nz

PACT



Community based support for youth recovering from or dealing with mental health issues and support for youth with intellectual disability. Offering family/whanau support.

Website | pactgroup.co.nz

Phone | 03 477 4312