

This resource was developed by Community Networks Wanaka (updated August 2016)

| Name/Organisation | Contact | Services |
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| Brief Intervention Service PHO | 0800 477 115 0272319646 [Based in Wanaka] | <ul style="list-style-type: none"> Free consultations to people 18 years and over in Central Otago. Referrals by GP or practice nurse Brief intervention may include; education about emotional wellness, medication and illness prevention, Stress management, talking therapy. 6 funded sessions available. |
| Youth Brief Intervention Service | 0800 477 115 0272319646 | <ul style="list-style-type: none"> Free consultations for youth aged 12-19 Referrals accepted from GP's practice nurses, school counsellors, public health nurses Assessment and treatment options for youth who are experiencing mild to moderate mental health issues, including anxiety & depression 8 funded sessions available |
| SDHB Mental Health Services | 03 440 4308 COCMHT CAFMHS [Based in Alexandra] 03 476 9760 CADS | <ul style="list-style-type: none"> Adult Mental Health Team (COCMHT) Child, Adolescent, Family Mental Health Service (CAFMHS) Community Alcohol and Drug Service (CADS) <p>Workers from all three teams visit Wanaka on a regular basis.</p> |
| Rachael Bentley <i>Occupational Therapist</i> Associate member of the Australasian Sleep Association 22 years' experience <i>Registered with the Occupational Therapy Board of New Zealand</i> | 0212508625 Thesleepsolutionsclinic@gmail.com [Based in Wanaka. Covering Central Otago] | <ul style="list-style-type: none"> Supportive counsellor, early intervention in mental health; anxiety, depression and life coaching. Reactivation into meaningful activity after illness/injury or grief. Tools and strategies to assist with sleep disorders Mindfulness facilitation groups and individuals. Injury rehab consultancy assessment, treatment, rehabilitation Pain management , equipment and work place assessments |
| Meg Bryant <i>Counsellor/Family Therapist</i> BA Psych, PGDip Rehab, PGCert Health Sci (child & adol mental health) <i>Member of the NZ Assn. of Counsellors</i> | 0278102671 megbryant40@gmail.com [Based in Wanaka] | <ul style="list-style-type: none"> Individual counselling Family therapy – family issues, relationships Parenting Domestic violence, sexual abuse, parental separation Child & adolescent mental health |
| Heather Clay <i>Clinical Social Worker</i> MANZASW 25 years' experience clinical practice in the mental health and disability sector in publically funded health. <i>Registered with the Social Workers Registration Board</i> | 021 887767 heather@heatherclay.co.nz Home visits can be made with prior arrangement and under certain circumstances. Wanaka/Central Otago/Queenstown. | <ul style="list-style-type: none"> Social Work Interventions, Counselling, Family Work, Advocacy, Supervision and Mentoring. Can work in conjunction with GP or Specialist care as needed. Child and adolescent mental health and disability. Families adjusting to health and disability issues. Available to act as an 'advocate' for individuals/families experiencing difficulties' with other systems (Health, Welfare, Educational or Vocational) accepting health or disability issues. |
| Robyn Cousins Fieldworker for ABLE Southern Family Support in Mental Illness/Addiction | 027 2489 307 03 448 9303 [Based in Alexandra but visits Wanaka] | <ul style="list-style-type: none"> Free mobile family/whanau support service for people affected by someone else's mental illness or addiction Advocacy Information and Education |
| Malcolm Creagh <i>Adventure Development</i> M.A. Counselling NZAC Provisional member | malcolm@adventuredevelopment.co.nz [Based in Central Otago] | <ul style="list-style-type: none"> Counselling and psychological services to young people 13-20 yrs (can include those up to 24 yrs) with alcohol or drug issues or mental health issues such as anxiety or depression. Services tailored to fit situation, can include brief interventions, longer term individual counselling, group work, family work and wilderness therapy These services are free, funded by SDHB |
| Frankie Dean <i>Child-centred play therapy</i> | 03-443-8656 playtherapyotago@gmail.com www.playtherapyotago.nz | <ul style="list-style-type: none"> Counselling for children aged 2.5 – 9 years For children experiencing: anxiety, anger management issues, grief and loss through |

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| <p>Bsc, Dipl of Prof Counselling, Dipl Teaching, Dipl special teaching needs</p> <p><i>Member of the NZ Assn. of Counsellors</i></p> | <p>[Based in Wanaka]</p> | <p>bereavement, separation or divorce, domestic violence, depression, chronic illness or trauma, parental chronic illness, bullying</p> <ul style="list-style-type: none"> • Early childhood and behaviour management specialist • Working with children under the clinical supervision of ChildPlayWorks • Couple counselling and individual counselling for adults |
| <p>Dr Chantal Degril Psychotherapist</p> <p><i>Registered with the Psychotherapists Board of Aotearoa NZ</i></p> | <p>022 1200 500 centralpsych1@gmail.com</p> <p>[Central Otago]</p> | |
| <p>Kathryn Denniston <i>Wakatipu Wellness</i> BSW (Hons), ANZASW, DAPAANZ</p> <p><i>Member of Aotearoa NZ Association of Social Workers</i></p> | <p>021 0289 7288 kathryn@re-create.co.nz</p> <p>[Based in Queenstown]</p> | <ul style="list-style-type: none"> • Mental health issues – stress, depression, anxiety, self-esteem, trauma • Problematic substance abuse • Drug & alcohol assessments for employers or to support court process • Professional supervision |
| <p>Trudy Dent Clinical Nurse Specialist; Southern Support Eating Disorders Service (SSED)</p> | <p>0800 328 744 southernsupport@ashburn.co.nz</p> | <ul style="list-style-type: none"> • Free consultation and assessment for eating disorders • Guided self-help strategies (up to 6 sessions) • Advice for family/whanau for access to access support networks • Education & training for health professionals and others • Referrals from GP's, Practice Nurses, Public Health Nurses • School Counsellors [with up-to-date physical health assessment from GP]. |
| <p>Greg Dobson <i>Rural Edge Counselling, RPN NZ</i> Private counsellor Problem Navigator Coach</p> <p><i>Registered with the Nursing Council of NZ</i></p> | <p>0223 407 622 recounselling@gmail.com [Based in Alexandra but visits Wanaka]</p> | <ul style="list-style-type: none"> • Free half hour initial consultation |
| <p>Mary Ferguson Child and Adolescent Psychotherapist</p> <p>Registered Psychotherapist PBANZ, MNZAP, MNZACAP Child, Youth and Family Specialist ACC - Sensitive Claims</p> <p><i>Registered with the Psychotherapists Board of Aotearoa NZ</i></p> | <p>0275 044730 Maryferguson3@gmail.com</p> <p>[Based in Queenstown but visits Wanaka regularly]</p> | <ul style="list-style-type: none"> • Adults & Couples: Trauma, grief, anxiety, relationship difficulties • Children, young people and family's with concerns, and/or behaviour problems • Unsettled babies and infants who are hard to understand or manage • Family dispute resolution practitioner. Family Court counsellor. Post-separation and mediating parenting plans • Crisis intervention |
| <p>Hal Kennedy <i>The Relationship Clinic</i> MNZAC AMINZ</p> <p><i>Member of the NZ Assn. of Counsellors</i></p> | <p>0800 488 499 halkennedy@relationshiphelp.co.nz www.therelationshipclinic.co.nz [Limited sessions in Wanaka]</p> | <ul style="list-style-type: none"> • Relationship Counselling • Approved Family Court Counsellor. • Counsellor, coach, facilitator, mediator, trainer and supervisor who has worked with group and couple dynamics for the past 20+ years. |
| <p>Liz Maluschnig <i>Counselling & Psychotherapy</i></p> <p>Registered Comprehensive Nurse Dip. Counselling MNZCCA 24 years' experience. Spiritual Director</p> <p><i>Member of NZ Christian Counsellors Assn.</i></p> | <p>443 1955 / 027 4334 520 lizmaluschnig@gmail.com</p> <p>[Based in Wanaka]</p> | <ul style="list-style-type: none"> • Adult counselling: depression, family and couple relationships, sexual abuse, eating disorders, self-esteem, crisis, pregnancy, anger management, cancer support, grief and loss, life coaching, workplace support • Counselling for Youth & Children: Self-esteem, bullying, abuse, reconciliation between children and parents, anger management, eating disorders, grief and loss. Can use interactive drawing therapy. • Tools and strategies to equip parents |
| <p>Karyn Munro <i>Guidance Counsellor</i> <i>Mount Aspiring College</i> BA, MEd (Counselling). PGDip. in Health Sciences (with credit endorsed in mental health), Dip Teaching <i>Member of the NZ Assn. of Counsellors</i></p> | <p>03 443 0496 0274640334 munrok@mtaspiring.school.nz</p> | <ul style="list-style-type: none"> • Counselling for Mount Aspiring College students and their families. Pro- Active solution /resiliency based counselling |
| <p>Gemma Nott</p> | <p>021 799 332</p> | <ul style="list-style-type: none"> • Working with adult individuals |

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| <p><i>Counselling & Psychotherapy</i> MNZAC, Registered Psychotherapist Dipl. in Psychosynthesis Psychotherapy / Dip. in Psychosynthesis Counselling</p> <p><i>Member of the NZ Assn. of Counsellors</i> <i>Registered with the Psychotherapists Board</i> <i>of Aotearoa NZ</i></p> | <p>gemmanott@xtra.co.nz</p> <p>[Based in Wanaka]</p> | <ul style="list-style-type: none"> • Problems with relationships & loneliness • Experience of loss, separation & grief • Feelings of being stuck and unable to change patterns of behaviour |
| <p>Gaye Thompson <i>Counselling & Social Work</i></p> <p>Dip. in Counselling & Bachelor of Social Work</p> <p><i>Registered with the Social Workers</i> <i>Registration Board</i></p> | <p>027 259 2864 thompsondhkg@xtra.co.nz</p> <p>[Based in Wanaka]</p> | <ul style="list-style-type: none"> • Grief counselling with teenagers, adults and families. Working through grief, loss and change • Family break-ups • Family member with chronic illness or disability • Workplace issues |
| <p>Sonia Voldseth <i>Revolutionary Life Coaching</i> <i>Wakatipu Wellness</i> Dip. Life Coaching, J.D, Hons, LLB Eq, B Sci.</p> | <p>021 881 635 sonia@revolutionarylifecoaching.com [Based in Queenstown but will visit Wanaka, or via Skype or phone.]</p> | <ul style="list-style-type: none"> • Specialises in anxiety, depression and body image, including eating disorders. Her approach includes principles of coaching and counselling, as well as meditation and mindfulness. She believes that no matter where you are now, what you believe about yourself or what's happened, that you deserve to be happy. |
| <p>Pamela Wilson Counselling & Psychotherapy Dip.Grad. Soc.Wrk. ANZASW ACC registered counsellor</p> | <p>021 942 892 Pamela.wilson@xtra.co.nz</p> <p>[Based in Queenstown]</p> | |