

It's ok to ask for help

Mental Health Support Services in Marlborough

Contact your own GP or Practise Nurse

After Hours GP 03 520 6377

CARE Marlborough Mental Health Advocacy Service 03 579 5304

Te Piki Oranga 03 5437016 or 0800 672 642

Victim Support Ph 0800 842 846

Supporting Families Marlborough 03 577 5491

Age Concern 03 579 3457/ 0800 652 105

Need to Talk? Free Helplines Available 24/7

Phone or text 1737

Depression and Anxiety 0800 111 757 / text 4202

Life Line Aotearoa 0800 543 354

Suicide Crisis 0508 828 865

If it is urgent

Adult Mental Crisis Team – 03 520 9907 After hours 0800 948 497

Infant, Child and Adolescent Mental Health Team (ICAMHS)

03 520 9905 After hours 0800 948 497