

## 12.8 MENTAL HEALTH CRISIS PHONE NUMBERS

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Your local dhb mental health crisis line and to contact your local suicide prevention co-ordinator

DHB	AREA COVERED	PHONE
<b>Northland</b>	Topuni to North Cape	<b>Whangarei</b> (09) 430 4101 ext 3537 Monday to Friday 8am – 4.30pm Closed on weekends and public holidays <b>After hours</b> 0800 223 371
<b>Waitemata</b>	Wellsford to North Shore	<b>Mental Health Crisis</b> (09) 486 8900 (operating 24/7) <b>Henderson</b> (09) 822 8601 <b>North Shore</b> (09) 487 1414
<b>Auckland</b>	Auckland City	<b>Mental Health Crisis</b> 0800 800 717 (operating 24/7)
<b>Counties Manukau</b>	South Auckland to Te Kauwhata	<b>Counties Manukau Mental Health Intake and Assessment Team:</b> (09) 261 3700
<b>Waikato</b>	Coromandel, Hamilton to National Park	<b>Hamilton</b> 0800 505 050 (operating 24/7)
<b>Bay of Plenty</b>	Tauranga, Whakatane to Te Kaha	<b>Tauranga</b> 0800 800 508 <b>Whakatane</b> 0800 774 545
<b>Tairāwhiti</b>	Hicks Bay to Gisborne	<b>Gisborne</b> (06) 867 2435 / 0800 243500
<b>Lakes</b>	Rotorua, Taupo, Turangi	<b>Lakes</b> 0800 166 167 (operating 24/7)
<b>Hawke's Bay</b>	Wairoa, Napier, Hastings, Waipukurau	<b>Napier, Hastings</b> 0800 112 334 (operating 24/7)
<b>Taranaki</b>	New Plymouth to Waverly	<b>New Plymouth</b> (06) 753 6139ext 7680
<b>Whanganui</b>	Ohakune, Whanganui to Bulls	<b>Whanganui</b> 0800 653 358
<b>MidCentral</b>	Palmerston North to Waikanae	<b>MidCentral</b> 0800 653 357
<b>Wairarapa</b>	Masterton to Martinborough	<b>Wairarapa</b> 0508 432 432 (operating 24/7)
<b>Hutt Valley</b>	Lower and Upper Hutt	0800 745 477 (operating 24/7) <b>Hutt Valley</b> (04) 566 6999 <b>Lower Hutt</b> (04) 570 9801 <b>Upper Hutt</b> (04) 587 2860 (Monday to Friday 8.30am – 4.30pm)
<b>Capital &amp; Coast</b>	Kapiti to Wellington, Kapiti Coast, Porirua City, Wellington City	<b>Te Haika</b> 0800 745 477 (operating 24/7)
<b>Nelson Marlborough</b>	Top of South Island to region from Rai Valley to Korere to Riwaka	<b>Nelson</b> (03) 546 1421 (Monday to Friday 8am – 4.30pm) <b>Nelson Hospital</b> (03) 546 1800. After hours, phone Nelson Hospital and ask for the on-call crisis staff.
	Marlborough, as far as the Clarence River and up to the Lakes and down the Sounds, and as far as Rai Valley	<b>Marlborough</b> – Witherlea Community Team (03) 520 9907 (Monday to Friday 8am – 4:30pm excluding public holidays) <b>Wairau Hospital</b> (03) 520 9999. After hours, ask for crisis team.
	Golden Bay area, from the top of Takaka Hill to Turimawiwi on the west coast of Golden Bay	<b>Golden Bay</b> – Te Whare Mahana Trust (03) 525 7647 (crisis on-call service operating 24/7)
<b>Canterbury</b>	Kaikoura to Ashburton	<b>Christchurch</b> 0800 920 092 (operating 24/7)
<b>West Coast</b>	West Coast, South Island	<b>Greymouth</b> 0800 757 678 (operating 24/7)
<b>South Canterbury</b>	Timaru, Mt Cook, Tekapo, Temuka, Waimate, Glenavy in the south to Rakaia in the north, and inland as far as Mount Cook	<b>Timaru</b> 0800 277 997
<b>Southern</b>	Dunedin, Milford Sound south to Stewart Island	<b>Mental Health Services</b> 0800 467 846 press 1 for Southland, press 2 for Otago.