

## **SUPPORT AGENCIES THAT CAN HELP (*and other useful numbers*)**

S F Otago – Supporting Families	03 455 5973
Mirror Counselling Services	03 479 2970
Mirror Youth Drug and Alcohol Day Programme	03 482 1366
Adventure Development Ltd	03 470 1691
Dunedin Urgent Doctors	03 479 2900
University of Otago: Student Health	03 479 8212 0800 479 821
Otago Polytechnic: Student Health	03 479 6082 0800 762 786
Community Alcohol and Drug Service	03 476 9760 0800 44 33 66 (24/7)
Salvation Army: Dunedin Addiction Services Centre	03 477 9852
Dunedin Community Mental Health Service	03 471 8475 (South Team) 03 470 9429 (North Team)
Emergency Psych Services	0800 467 846 (ask for EPS)
Alcohol and Drug Helpline	0800 787 797
Youthline	0800 37 66 33
Lifeline	0800 54 33 54
PACT – Supporting people	03 477 4312
What's Up	0800 942 8787
Narcotics Anonymous	0800 628 632
National Poison Centre	0800 764 766
Public Health South	03 476 9800
In an emergency (bad reaction, becomes unwell)	<b>111</b>

### **Useful websites:**

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

[www.youthline.co.nz](http://www.youthline.co.nz)

[www.lifeline.org.nz](http://www.lifeline.org.nz)

[www.drughelp.org.nz](http://www.drughelp.org.nz)

[www.drugfoundation.org.nz](http://www.drugfoundation.org.nz)