

Other treatment providers

Organisations name	Areas for which they can offer help	Contact details
Raukura Hauora O Tainui	<ul style="list-style-type: none"> • Addictions. • Community health services. • Dental, medical services. • Mental health Services. 	<p>S102A, The Base, Maahanga Drive, Te Rapa, Hamilton</p> <p>07 846 1389</p>
Te Runanga O Kirikiriroa	Improve holistic wellbeing of Māori and Pacifica peoples living in Hamilton.	<p>59 Higgins Road, Frankton, Hamilton</p> <p>07 846 1042</p> <p>www.terunanga.org.nz/</p>
Te Kohao Health Ltd	<p>MDT team of GP and nurses.</p> <p>Provides a range of services and programs to the families of the Waikato region. Services relate to health, social education and justice environments.</p> <p>Primary mental health.</p> <p>Home-based support.</p> <p>Māori disability services.</p>	<p>951 Wairere Drive, Hamilton</p> <p>0800 4 835 5426</p> <p>07 856 5479</p> <p>www.tekohaohealth.co.nz</p>
Need to Talk	Brief counselling support, identifying key issues, helping plan some steps to take and, in many cases, connecting with more comprehensive support services available.	<p>Free call or text 1737 anytime</p> <p>https://1737.org.nz/about</p>

Organisations name	Areas for which they can offer help	Contact details
Depression.org	Depression and anxiety	https://depression.org/
Just a thought	Depression and anxiety	www.justathought.co.nz/
Beating the Blues	Depression and anxiety	www.beatingtheblues.co.nz
CBT online / cognitive behaviour therapy	Depression, PTSD, eating disorders	www.online-therapy.com/cbt
Yellow Brick Road	Supporting family whānau in mental illness.	www.yellowbrickroad.org.nz Ground floor, Habitat House 422 Te Rapa Road, Te Rapa, Hamilton St Mark's Community House 83 Bridge Street, Tokoroa 3420
Evolve Peer Support Trust	Anxiety and depression.	www.evolvepeertrust.com 211 Peachgrove Road, Hamilton East, Hamilton 3204 07 444 5053
Centre for clinical interventions	Bipolar, anxiety, depression, sleep, disordered eating, body dysmorphia, tolerating distress, etc.	www.cci.health.wa.govt.au
Family Services Directory	Directory of service providers that can help you and family.	www.familyservices.govt.nz/directory
PHO Brief Interventions	Mild-moderate anxiety, depression, distress.	Refer via BPAC / internal referral to PHO Brief Interventions.
PHO Primary Care Liaison Psychiatrist	Support for GPs managing mentally unwell people.	Refer via BPAC or call your PHO Primary Care Liaison Psychiatrist.

Organisations name	Areas for which they can offer help	Contact details
Care NZ	For anyone concerned about their own or a loved one's use of alcohol and drugs.	298 Tristram Street, PO Box 9173, Hamilton, 3204 0800 499 469 www.carenz.co.nz/
Salvation Army Bridge Centre	For people with substance use disorders.	105 Rostrevor Street, Hamilton 07 839 6871 www.salvationarmy.org.nz/get-help/salvation-army-bridge
Alcohol and Drug Helpline	To assist anyone with a question or concern about their own or someone else's drinking or other drug use.	 https://alcoholdrughelp.org.nz/ 0800 787 797

Your patient will receive a letter from our triage team explaining the triage process and outcome, and a wellness pack containing community resources to support their recovery.

Please feel free to re-refer to Adult Mental Health Services should the severity of their illness significantly increase. If there are significant concerns/risks that need to be immediately addressed, please phone the Crisis Team on 0800 50 50 50.

Once again we would like to apologise for the inability to offer the requested care for your patient at this time. We hope in the near future to be in a better position to offer assistance.

Yours sincerely

Mental Health Triage Team