

Supporting Wellbeing in the Workplace

*Places where you can go for support or assistance,
and resources for promoting mental health and wellbeing in your workplace*

Health contacts in the Nelson region:

Local mental health, crisis, and other support services are listed in the front section of the phone book. Others include:

- Nelson Bays Public Health Organisation Be Well Health Directory: a comprehensive directory of health services in the region www.bewell.org.nz

Free counselling:

- **Lifeline** Prevention Counselling 24 hr 0800 543 354
- **The Nelson Bays Primary Health Organisation Brief Intervention Service:** 4 free confidential sessions, referred through GP, practice nurse or Maori Health provider <http://www.bewell.org.nz/supportservicesstress> .
- **Compass** 0800 212 798 Nelson community mental health peer advocacy and support service, 8 – 4.30 Monday -Friday.

Depression:

- **Depression Helpline:** Information about depression, including The Journal, an online management programme which was launched in June 2010. By Jan 2011 had 10,500 regular users. Of those who had completed the programme, 77% had shown a significant reduction in the severity of their depression. 0800 111 757. www.depression.org.nz
- **Depression Support:** www.outoftheblue.org.nz.
- **The Lowdown:** www.thelowdown.co.nz Orientated toward helping NZ youth understand and deal with depression. It has online texting and webcam support services.

Suicide Prevention and Support:

- **Lifeline:** Free 24hour phone service offering advice on support options available. 0800 543 354. www.lifeline.co.nz
- Information to promote safe and effective suicide prevention activities. www.spinz.org.nz

Alcohol and other drugs:

- **Narcotics Anonymous :** Recovering addicts helping each other to stay clean and recover from the effects of addiction. www.nzna.org
- **Alcoholics Anonymous:** Helping others recover from alcoholism www.alcoholics-anonymous.org.nz
- **Alcohol Drug Helpline:** 0800 787 797 www.adanz.org.nz

Mood Disorders:

- Making a difference in the lives of those affected by mood disorders: www.balance.org.nz

Youthline:

- A wide range of youth development and support options: 0800 376 633. www.youthline.co.nz

Mensline:

- 0800 636 754

Beyond Bullying:

- Information and articles about bullying in the workplace, stories from individuals who have experiences bullying, resources for purchase, links. www.beyondbullying.co.nz

Relationship Services:

- 0800 735 283

Gambling:

- Information and resources about problem gambling, links, freephone support services (including lines specifically for Maori, Pasifika, debt and youth), online forum 0800 645 655. . www.gamblingproblem.co.nz
- Problem Gambling Foundation of New Zealand: Information and resources, links helpline: 0800 664 262 www.pgfnz.co.nz

Like Minds Like Mine:

- A nationwide campaign aimed at reducing the stigma and discrimination associated with mental illness. Resources and campaign information, links to other services. www.likeminds.org.nz.

Workplaces Against Violence in Employment (W.A.V.E):

- Information and assistance with troubleshooting, policy development, training and resources. www.wave.org.nz

Mental Health Foundation:

- Publications and resources relating to a range of mental health issues, workshops for workplaces, workplaces toolkit specific to mental health. Free support for people with experience of mental issues, their families/whanau and friends. www.mentalhealth.org.nz.

The Ministry of Health:

- Information, research, links. www.moh.govt.nz

Department of Labour: (Occupational Safety and Health):

- Information and resources relating to health and safety, legislation and standards as well as workplace stress, fatigue and conflict. www.dol.govt.nz
- A range of information, resources, and advice for workplace health and safety. www.osh.dol.govt.nz

Mental Health Commission:

- Information on media releases and publications relating to mental health issues, information about seminars, links to related organisations. www.mhc.govt.nz

Employee Assistance/Workplace Wellness:

- Working Well: NZ mental health training programme for the workplace www.workingwell.org.nz
- Vitae: www.vitae.co.nz
- JRA: www.jra.co.nz

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For further information please contact Sue Bateup: sue@healthaction.org.nz