WellSouth Brief Intervention Primary Mental Health Service provides support and assistance to people experiencing concerns related to their mental well-being.

This can include people experiencing

•stress,

•depression,

•anxiety or

•concerns about their alcohol and drug use.

This service is available to those people eligible for NZ healthcare and 20 years of age and over. Generally people are referred by their general practice health care team.

Details

- Email: info@wellsouth.org.nz
- Phone: 03 477 1163 OR 0800 477 115 (free)
- Address: WellSouth Primary Health Network, Level 1, 333 Princes St Dunedin 9016

Website

wellsouth.nz/community/clinical-service/brief-intervention-services/