

NMIT Marlborough Community Health Care Directory 2020

- **Emergency -111**
- **On campus medical incident – Dial 0 for First Aider**

MEDICAL

- 24hr telephone health advice: 0800 336 626 (free service)
- Urgent Medical care for non res and international students: 03 520 6377 www.marlboroughpho.org.nz (costs apply)
- Wairau Hospital Emergency Department: Hospital Road, Blenheim.
- Family Planning Marlborough: 03 578 3047 68 Seymour St Blenheim www.familyplanning.org.nz Confidential sexual health advice (Under 22's free)
- Māori Health Ngati Rarua Te Hauora Health Services: 03 577 8404 – 2C North St, Blenheim
- HealthLine NZ wide: 0800 611 116 – www.health.govt.nz (free service)

Always take your current NMIT ID and Community Services Card if you have one to all appointments to ensure you receive the cheapest options.

MENTAL HEALTH

- Marlborough Health Crisis Services: 0800 948 497 – Free 24/7 service
- OCP National Support – Urgent Assistance 0800 377990 (24/7) Free & Confidential Counselling studentsupporthelp@nmit.ac.nz
- Samaritans: 0800 726 666 – www.samaritans.org.nz
- Women and Children's Refuge: Crisis line 0800 733 843 (24hrs) - Crisis (03) 520 9999 - Office (03) 577 9939 – Email: marlb_refuge@xtra.co.nz
- Low Down: 0800 111 757 TXT 5626- Webchat: www.thelowdown.co.nz for young New Zealanders (free service)
- Lifeline 0800 543 354
- Youthline 0800 376 633
- Supporting Families (SF) 03 577 5491 - 0800 732 825 - 68 Seymour Street Blenheim sfmarlb@xtra.co.nz www.supportingfamilies.org.nz

OTHER SERVICES

- Blenheim Police: (03) 578 5279 – 8 Main St.
- Victim Support: Urgent matters 0800 842 846 or 03 546 3847/027 452 6212
- Suicide Crisis Helpline: 0508 828 865
- Alcohol Drug Helpline: 0800 787 797 – 24/7 Free service
- Kidsline: 0800 54 37 54 – 24/7 Free service