

Free Funded Counselling Options – Nelson

Barnardos

140 Tahunanui Drive, Nelson

Ph: 539 0019

Provide six counselling sessions and can be used individually for children from the age of 5 and/or parents/caregivers. These sessions can be used for individuals or family/whānau groups. Criteria apply so please check first.

Brief Intervention Service

Nelson Bays Primary Health, 20 New Street, Nelson

Ph: 539 1647

Provide one-to-one counselling for mild to moderate mental health issues for persons 16 years and over. Referral to this service is made in consultation with your GP or a Maori Provider. Funding is for four sessions.

EAP Services Limited

www.eapservices.co.nz

0800 327 669

Provides practical assistance when personal or work issues arise that may impact on the ability to do their job, or affects the wellbeing of the family or individual. Available if employed and employer has an EAP provider, confidential and doesn't have to be work related.

Life Linc

Ph: 546 8899

Provide 10 face-to-face sessions with final year counselling students.

Male Room

28 St Vincent Street, Nelson

Ph: 548 0403

Wed pm/Thurs & Fri all day

Provide one-to-one counselling, coaching, support, and advocacy for men.

Nelson Nursing Service

Ph or text 027 440 7317

Georgina Pattullo - Trainee Counsellor. Sessions held at Nelson Nursing Service, 469 Main Road Stoke

Free short/medium term therapy. Available to anyone.

Nelson Women's Support

44 Trafalgar Street, Nelson

Ph: 546 8441

Provide a free counselling service for women (of up to 10 sessions), to help women address grief, stress, anxiety, life changes, etc

Post Natal Depression Support Network

319 Hardy Street, Nelson

Ph: 548 3555

Provide free and confidential one-to-one counselling for mild to moderate post natal depression/anxiety. 10 sessions available.

Primary Mental Health Initiative

Ph: 539 1647

Provide one-to-one counselling for mild to moderate mental health issues. Referral to counsellor is made in consultation with your GP. Funding is for three to four sessions.

Relationships Aotearoa (Formerly known as Relationship Services Whakawhānaungatanga)

142 Collingwood Street, Nelson

Ph: 0800 RELATE

Email referral option: Southern@relationships.org.nz

Provides counselling nationwide – Free (if meet Family Court criteria) Family Court preparatory counselling to help parents make decisions as part of a mediation process. Free “Parenting Through Separation” course for separated parents to help them navigate decisions regarding their children. Free student lead counselling clinic for individuals (this initiative is in partnership with Nelson Marlborough Institute of Technology). Some free counselling for families, children/youth, and parents is also available. All free counselling undertaken or supervised by experienced clinicians.

SASH Nelson

44 Trafalgar Street, Nelson

Ph: 548 2407

Provides crisis support, intensive support and focused counselling to women, young women and whānau affected by sexual violence, both recent and historic. All services are FREE of charge.

Snapshot (Gateway Housing Trust)

Ph: 03 545 7100

Supporting Youth

Counselling for youth or family/whānau (entitled to 4-6 sessions each)

Aimed at ages 14-17 years of age, and the clients are usually identified as at risk, have been offending, anti-social behaviour etc.

Staff are qualified Youth Counsellors and Youth Workers.

Stopping Violence Services

124 Vanguard Street, Nelson

Ph: 548 3850

Up to 10 free sessions for:

- Adults who are currently living in a violent relationship
- Adults who have experienced or witnessed family violence
- Adults who have caused family violence
- Young people between 13 – 17 years of age

Tahunanui Community Centre

61 Muritai Street, Tahunanui

Ph: 548 6036

Unspecified number of sessions with female student counsellor, available to anyone.

Te Kahui Hauora O Ngati Koata Trust

Ph: 03 546 8018. Fax 03 546 8994

Rangikapua Building, Whakatu Marae, 99 Aatawhai Drive, NELSON

Child & Family counselling and Parenting Sessions; Alcohol and Other Drugs counselling; Mental Health Community Support

Brief intervention – 6 to 10 sessions

Victory Community Centre

2 Totara Street, Victory

Ph: 546 8389

Provide face-to-face counselling for residents of Victory, Washington Valley, Bishopdale or those with a prior connection to our centre. Counsellors are experienced final year students- three women and one man.