

Pathways to Access Mental Health Support



Marlborough Primary Health
KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

Referral Pathways

General Mental Health Concerns



If you are concerned about your (or someone else's) mental health, we encourage you to discuss your concerns with your GP. You can also look through the attached list of useful websites and apps.

Acute Mental Health Concerns



For urgent support call 0800 948 497, your concerns will be triaged by trained mental health clinicians and advice, guidance will be provided, and intervention will be arranged if necessary.

Immediate Mental Health Concerns



If you have imminent concerns about your or someone else's safety, then you need to contact Emergency Services on 111.

In Marlborough, people can access free mental health input via their general practice teams.

- We have Health Improvement Practitioners (HIP) based in most of the general practice teams who can offer same day/same week appointments to help support people with any emotional, physical or social issue. Access to a HIP is via a GP or Practice Nurse.
- We also have a team based at the Health Hub who can offer brief clinical interventions to those people experiencing mild to moderate mental health and addiction issues. Referral is from General Practice teams or from the community.

If you are not currently enrolled with a general practice team you can visit the MarlboroughPrimary Health website for a list of practices who are open to new enrolments. Marlborough General Practices and Their Fees : Marlborough Primary Health New Zealand (marlboroughpho.org.nz)