

Weekend Emergency Services

Saturday 30th January & Sunday 31st January 2021

Ashburton:

Saturday 30th January 2021

Tinwald Medical Centre, 33 Archibald St. is Ashburton's duty doctor.

Consultations will be by appointment only.

To make an appointment call your regular GP 24/7.

In cases of emergency dial 111.

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Sunday 31st January 2021

Moore Street Medical Centre, 254 Moore St. is Ashburton's duty doctor.

Consultations will be by appointment only.

To make an appointment call your regular GP 24/7.

In
cases of emergency dial 111.

Wises Pharmacy, Countdown North Complex is open

Saturday 30th January 2021 - 9.00am - 1.00pm

Sunday 31st January 2021 - 10.00am - 1.00pm

Outside of these times Countdown South Pharmacy is open store hours.

Methven and Rakaia:

Methven
Medical Centre weekend hours. For medical attention on the weekend
please telephone 302 8105. Clinic times and emergency contacts will be

on the answer phone.

HELPLINE SERVICES

Alcoholics Anonymous

Call 0800 AA WORKS (0800 229 6757) or visit www.aa.org.nz for more information.

Mental Health - Call free on 0800 222 955. Ask for the Crisis Team.
Safe Care - 24hr

Rape and Sexual Assault Crisis Support. Phone 03 364 8791
Victims Support Group
24hr - Freephone 0800 VICTIM (0800 842 846). Direct dials to a volunteer.
Ashburton Office - 307 8409 week-days, 9am - 2pm,
outside of these hours leave a message.

Alcohol Drug Help Line
Call us free on (0800 787 797). Lines open 10am - 10pm seven days.

Lifeline - Toll-free: 0800 353 353.

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