



HIGH PERFORMANCE  
SPORT NEW ZEALAND

# ***MENTAL HEALTH AND PERFORMANCE RESOURCES***

TO SUPPORT REFERRALS

2026

# MENTAL HEALTH CONTINUUM

## HEALTHY

- Normal fluctuations in mood
- Takes things in stride
- Good sense of humour
- Consistent performance
- Physically and socially active
- Confident in self and others
- Drinking in moderation

## REACTING

- Nervousness, irritability
- Sadness, overwhelmed
- Displaced sarcasm
- Procrastination
- Forgetfulness
- Trouble sleeping
- Low energy
- Muscle tension, headaches
- Missing an occasional class or deadline
- Decreased social activity
- Drinking regularly or in binges to manage stress

## INJURED

- Anxiety, anger
- Pervasive sadness, tearfulness, hopelessness, worthlessness
- Negative attitude
- Difficulty in concentrating
- Trouble making decisions
- Decreased performance, regularly missing classes/deadlines, or over work
- Restless, disturbed sleep
- Avoidance, social withdrawal
- Increased use of alcohol - hard to control

## ILL

- Excessive anxiety
- Panic attacks
- Easily enraged, aggressive
- Depressed mood, numb
- Cannot concentrate
- Inability to make decisions
- Cannot fall asleep/ stay asleep
- Constant fatigue, illness
- Absent from social events/classes
- Suicidal thoughts/intent
- Unusual sensory experiences (hearing or seeing things)
- Alcohol or other addiction

**ACTION:**  
Nurture support systems

**ACTION:**  
Recognise limits, take breaks, identify problems early, seek support

**ACTION:**  
Tune into own signs of distress, talk to someone, ask for help, make self-care a priority, don't withdraw

**ACTION:**  
Seek professional care  
Follow recommendations

# WHO DO I CONTACT IF THERE IS A CONCERN?

## HPSNZ SERVICES

NSO  
Medical  
Lead



NSO  
Psychologist



Responsible for  
**leading** MH crisis  
interventions\*

Referral  
to external  
psychologist /  
psychiatrist



## EXTERNAL SERVICES



Instep Health  
& Wellbeing  
0800 248 678



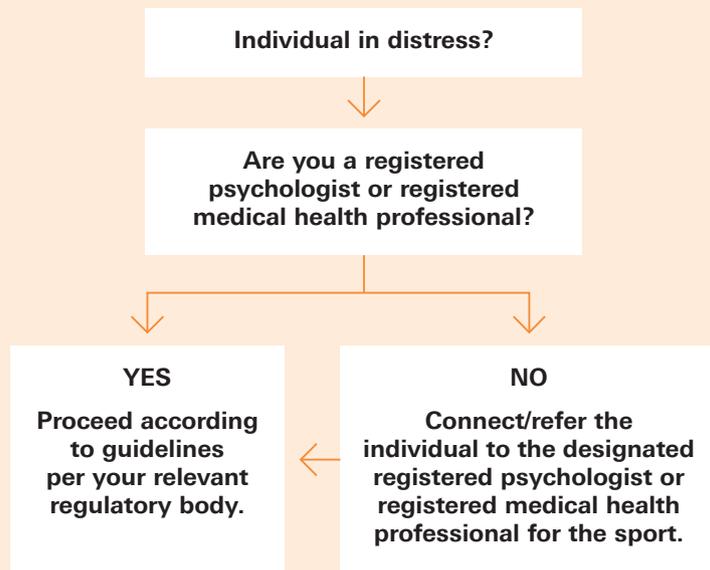
Public Hospital  
Acute or Outpatients Crisis Team  
Crisis Assessment Teams  
Ministry of Health NZ

\*In cases where there is no assigned NSO psychologist, the contact may be HOD Psychology or HOD Medicine.

# MENTAL HEALTH REFERRAL DECISION TREE

## GUIDANCE FOR HPSNZ AND NSO STAFF

This decision tree is designed to clarify the referral process to be used when responding to an individual in distress. Both HPSNZ and NSO staff may use the decision pathway to determine the appropriate course of action.





## **HPSNZ PSYCHOLOGISTS AND RESOURCES**

You can access information for HPSNZ psychologists along with other health, performance and wellbeing resources to support referrals via the provided QR Code.

# MH CRISIS PHONE NUMBERS (INTERVENTION)

## NGĀ RŌPŪ AROMATAWAI TAIRARU

### MENTAL HEALTH CRISIS ASSESSMENT TEAMS

#### NORTHLAND

##### **Whangarei:**

(09) 430 4101  
extn 3537

Monday to Friday  
8am to 4:30pm

##### **Kaipara District:**

(09) 439 3330  
extn 65401

Monday to Friday  
8am to 4:30pm

##### **Mid North District:**

0800 643 647

Monday to Friday  
8am to 4:30pm

##### **Far North District:**

(09) 408 9187

Monday to Friday  
8am to 4:30pm

Weekends and  
after hours:  
0800 223 371

#### WAITEMATA

##### **North Shore:**

(09) 486 8900

##### **Henderson:**

(09) 822 8501

##### **Rodney:**

(09) 427 0360

#### AUCKLAND

0800 800 717 operates 24/7

#### COUNTIES MANUKAU

(09) 261 3700

After hours: 0800 775 222

#### WAIKATO

0800 505 050

#### BAY OF PLENTY

##### **Tauranga:**

0800 800 508

##### **Whakatane:**

0800 774 545

#### Other MH support services

VITAE: 0508 664 981

InStep: 0800 284 678

#### TAIRAWHITI

0800 243 500

After 10pm call:  
(06) 869 0512

#### LAKES

0800 166 167

#### HAWKE'S BAY

0800 112 334

#### TARANAKI

0508 292 467

#### WHANGANUI

0800 653 358

#### MIDCENTRAL

0800 653 357

#### WAIRARAPA

0508 432 432

#### HUTT VALLEY

0800 745 477

#### CAPITAL & COAST

0800 745 477

#### NELSON-MARLBOROUGH

##### **Nelson Region:**

From Rai Valley to Korere to  
Riwaka: 0800 776 364

##### **Marlborough:**

As far as the Clarence River  
and up to the Lakes and  
down the Sounds, and as far  
as Rai Valley: 0800 948 497

##### **Golden Bay Area:**

From the top of Takaka Hill to  
Turimawivi on the west coast  
of Golden Bay: 0800 776 364

#### CANTERBURY

0800 920 092

#### WEST COAST

0800 757 678

#### SOUTH CANTERBURY

0800 277 997

#### SOUTHERN

0800 467 846 press 1 for South