

## WHERE TO GET HELP IN NEW ZEALAND

If you need urgent help, please call one of the following numbers.

**Lifeline (open 24/7)** - 0800 543 354

**Depression Helpline (open 24/7)** - 0800 111 757

**Healthline (open 24/7)** - 0800 611 116

**Samaritans (open 24/7)** - 0800 726 666

**Suicide Crisis Helpline (open 24/7)** - 0508 828 865 (0508 TAUTOKO). This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.

**Youthline (open 24/7)** - 0800 376 633. You can also text 234 for free between 8am and midnight, or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

**0800 WHATSUP children's helpline** - phone 0800 9428 787 between 1pm and 10pm on weekdays and from 3pm to 10pm on weekends. Online chat is available from 7pm to 10pm every day at [www.whatsup.co.nz](http://www.whatsup.co.nz).

**Kidsline (open 24/7)** - 0800 543 754. This service is for children aged 5 to 18. Those who ring between 4pm and 9pm on weekdays will speak to a Kidsline buddy. These are specially trained teenage telephone counsellors.

**Your local Rural Support Trust** - 0800 787 254 (0800 RURAL HELP)

**Alcohol Drug Helpline (open 24/7)** - 0800 787 797. You can also text 8691 for free.

For further information, contact the Mental Health Foundation's free Resource and Information Service (09 623 4812).