

WHERE TO GET HELP IN NEW ZEALAND

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

NEED TO TALK - Free call or txt **1737**.

SUICIDE

Lifeline (open 24/7) - 0800 543 354

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.

Suicide Prevention Info Service - 0800 376 633

Depression Helpline (open 24/7) - 0800 111 757 or txt 4202

Healthline (open 24/7) - 0800 611 116

Samaritans (open 24/7) - 0800 726 666

CHILDREN & YOUNG PEOPLE

Youthline (open 24/7) - 0800 376 633. You can also text 234 for free between 8am and midnight, or email 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.

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.

The Lowdown - Straight answers for when life sucks. 0800 111 757 or txt free 5626 or visit thelowdown.co.nz

DEPRESSION & ANXIETY

Depression & Anxiety Helpline (open 24/7) - 0800 111 757 or txt 4202



HELP FOR PARENTS, FAMILY & FRIENDS

Commonground - A website hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who is struggling. Visit www.commonground.org.nz

Parenting Place - Supporting whānau to thrive. Call 0800 53 56 59 or visit www.theparentingplace.com

Parenting through separation NZ - (Multiple locations in Auckland). Call 0800 RESOLVE (0800 737 6583) or email support@resolution.org.nz. Visit <https://resolution.org.nz/family-mediation/auckland-locations>

FAMILY VIOLENCE OR ABUSE

Are you ok - 0800 456 450 (Family Violence helpline)

Shine - 0508 744 633 (Confidential domestic abuse helpline)

Women's refuge crisis line - 0800 733 843 (for women living with violence or in fear in their relationship or family)

Rape Crisis - 0800 883 300 (for support after rape or sexual assault)

ADDICTION

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

Alcoholics Anonymous - 0800 229 6757 or visit www.aa.org.nz

CADS (Community & Drug Services) - Call 0800 787 797 or text 8681 to speak with a trained counsellor 24 hours a day, 7 days a week. All calls are free and confidential.

SEXUALITY & GENDER IDENTITY

OUTLINE NZ - 0800 688 5463 provides confidential phone support or visit www.outline.org.nz.

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