



If you need help, there is a wide range of support services available. You can also talk to your teacher or other trusted adults.

Am I having an emergency?

If you or someone you know is in direct danger of being hurt, harmed or death, please call 111.

If you or someone you know is having a mental health crisis call 111 and say "Mental Health Crisis".

Examples of a mental health crisis are having suicidal thoughts or making plans; self-harm or self-injury; or having an acute psychotic or manic episode.

Should I report abuse?

If you know someone is being mistreated (physically abused, sexually abused, emotionally or psychologically abused) or neglected (not being looked after in the way they should be) you might want to report it so they can get help before something really bad happens (injury like broken bones, feeling completely hopeless, or death).

If the person is 16 years old or younger, call Oranga Tamariki 0508 326 459, or email contact@ot.govt.nz

If the person is older than 16, call the police on 111

Who can I talk to right now?

No matter the time of day or week, you can call any of the following services!

Suicide Crisis Helpline

0508 828 865

Nationwide 24/7 service for you or if someone you know may be thinking about suicide.

<https://www.lifeline.org.nz/>

YouthLine

0800 376 633

Free help 24/7, every day you can talk to a counsellor about how you're going or things you need help with. Txt 234.

www.youthline.co.nz

Samaritans

0800 72 66 66

Free 24/7 support for stress, feelings of suicide, or feeling overwhelmed

www.samaritans.org.nz

Healthline

0800 611 116

Free 24/7 expert advice about your situation and help on what to do next

www.healthy.org.nz

Here to help u

1737

Free 24/7 help from a counsellor whenever you need it, call or txt 1737

www.1737.org.nz

Safe to talk

0800 044 334

Free 24/7 help for people who have experienced sexual harm (can help with something that just happened, or something that happened a while ago). You can also txt 4334.

www.safetotalk.nz

Women's Refuge

0800 733 843

24/7 help for anyone dealing with violence in their life

www.womensrefuge.org.nz

Shine

0508 744 633

Free 24/7 support and counselling for if you or your family are in danger.

[Help for Domestic Violence NZ | Shine - Shine](http://www.helpfordomesticviolence.org.nz)

Is there help for me specifically?

Lots of people are here to help you, and the things you specifically are going through, for FREE!

Wellbeing Support (Regionally Based Support)

Find mental health support based on where you live

www.wellbeingsupport.health.nz

Whats Up (Youth Support)

0800 942 8787

Call between 11am-11pm for confidential, free, over-the-phone counselling services for young people in NZ

www.whatsup.co.nz

Outline (Rainbow Support)

0800 688 5463

Call between 6pm-9pm for confidential, free, all-ages, support and rainbow specialist counselling, or for trans and non-binary peer support. Free chat support online.

www.support.outline.org.nz

Netsafe (Online Safety)

0508 638 723

Free call, or txt 'Netsafe' to 4282 for support about harm you or someone you know might be experiencing online. You can also submit a report online.

www.netsafe.org.nz

EDANZ (Someone I know might have disordered eating)

09 522 679

If someone you know might have disordered eating, and you want to know how to help care for them call EDANZ.

Healthline (I might have disordered eating)

0800 611 116

Totally confidential support if you want to talk to someone about your experience with disordered eating.

Anxiety NZ

0800 269 4389

24/7 free call anytime for help with your anxiety. Go online for free services, courses and free appointments and tools

www.anxiety.org.nz

Depression

1737

24/7 free call or txt anytime for help with depression right now

www.depression.org.nz

Drug and Alcohol

0800 787 797

24/7 free call, to get help or chat with someone about drug or alcohol use and how it makes you feel or affects your life.

www.alcoholdrughelp.org.nz

Are there things I can do in my own time?

There are heaps of things that you can do for FREE, to help your mental health and wellbeing in private, and at your own pace ❤️❤️

The Lowdown

A place to learn more about mental health, go to www.thelowdown.co.nz

Small Steps

A place to unwind and learn some tips and skills to relax, get calm and manage stress www.smallsteps.org.nz

Just a Thought

A place to work through and start healing from anxiety, depression, insomnia and other struggles using science-backed methods, go to www.justathought.co.nz

Headstrong

A place to learn scientifically backed tools and tricks to improve your wellbeing. Download the app and have it wherever you go, for FREE!

www.headstrong.org.nz

Body Safe

A place to learn about having good sex and relationships

www.bodysafe.nz

Mind.Set.Engage

A place for rugby players to check in, get game fit, and learn more about mental health in the rugby community

www.mindsetengage.co.nz

Dear Em

A space for girls and young women to share skills and stories

www.dearem.nz

ToughTalkNZ

An online space for guys and young men to share skills and stories for mental wellbeing

www.toughtalk.nz

Sparx

A place to learn skills and techniques for stressful times and negative emotions, designed by clinicians and backed by science, go to www.sparx.org.nz

Depression NZ

A place to learn about what its like to have depression or anxiety, see if you might have depression or anxiety, and find someone to talk to www.depression.org.nz

Aunty Dee

Do a short quiz to find answers to daily-life problems (trouble sleeping, relationships, friends, health, school stuff) www.auntydee.co.nz

Can I get help finding a therapist or psychologist?

You're ready to see a therapist, awesome, these sites might help!

Mindfit NZ

Find a therapist or professional who can help you based on your purpose (staying well, or getting well), your age, where you live and what you are looking for (a psychologist, gp etc)

www.mindfit.co.nz

Wellbeing Support

Find a wellbeing provider or professional near you and filter by what you want, Youth, Kaupapa Maori, GP, or Pacific-led services, go to www.wellbeingsupport.health.nz

Talking Works

Find a therapist who can help you based on cost, location, and the type of person you want to talk to (a male, female, etc) and what they can help you with (sexual assault, trauma, neurodiversity, struggles with your mood, difficult emotions and more), go to

www.talkingworks.co.nz/listing-category/counsellors

Better Help

Find a therapist who you like, who you can talk to when it suits you from the comfort of your own home, go to

www.betterhelp.com

Family Works

Find the support systems that your family needs, based on where you live, go to www.ps.org.nz/family-works-nz/