

NEW ZEALAND SUPPORT CONTACT DETAILS



FOR COUNSELLING AND SUPPORT

- Lifeline – 0800 543 354
- Samaritans – 0800 726 666

FOR CHILDREN AND YOUNG PEOPLE

- Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz (for young people, and their parents, whānau and friends)
- What's Up – 0800 942 8787 (for 5–18 year olds; 1 pm to 11 pm)
- The Lowdown – visit the website, email team@thelowdown.co.nz or free text 5626 (emails and text messages will be responded to between 12 noon and 12 midnight)

FOR HELP WITH SPECIFIC ISSUES

- Depression.org.nz – includes The Journal free online self-help tool
- OUTLine NZ – 0800 688 5463 (0800 OUTLINE) (for sexuality or gender identity issues; 9 am to 9 pm weekdays, and 6 pm to 8 pm weekends).
- Alcohol Drug Helpline – 0800 787 797 (for people dealing with an alcohol or other drug problem; 10 am to 10 pm)
- Women's Refuge Crisisline – 0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family)
- Shakti Crisis Line – 0800 742 584 (for migrant or refugee women living with family violence)
- Rape Crisis – 0800 883 300 (for support after rape or sexual assault)
- PlunketLine – 0800 933 922 (support for new parents, including mothers experiencing postnatal depression)

FOR FAMILIES, WHĀNAU, FRIENDS AND SUPPORTERS

- Skylight – 0800 299 100 (for support through trauma, loss and grief; 9 am to 5 pm weekdays)
- Supporting Families In Mental Illness – 0800 732 825 (for families and whānau supporting a loved one who has a mental illness)
- Common Ground – a central hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who's struggling
- Mental Health Foundation – for more information about supporting someone in distress, looking after your mental health and working towards recovery