



SUPPORT AFTER HOURS (FREE AND AVAILABLE 24/7 DAILY)

WHO	WHAT FOR	CONTACT
POLICE	Someone is in danger/unsafe	111
YOUTHLINE	Counselling and advice	0800 376 633 Free text 234
DEPRESSION HELPLINE	Feeling really low and depressed	0800 111 757 Free text 4202
0800 WHAT'S UP	Counselling and Advice	0800 942 8787 Chat @ whatsapp.co.nz
ALCOHOL DRUG HELPLINE	Support for alcohol & drug problems	0800 787 797 Free text 8681
FREE TO TALK	Counselling and advice	Call or free text 1737
SAMARITANS	Talk to someone if you're lonely/sad	0800 726 666
TAUTOKO	You/someone you know feels suicidal	0508 828 865
HEALTHLINE	Medical advice from nurses	0800 611 116
VICTIM SUPPORT	Recently affected by crime	0800 842 846
CRISIS LINE	Mental health emergency	0800 800 717
LIFELINE	Confidential support from qualified counsellors	0800 543 354 Free text 4357
ANXIETY HELPLINE	Online self-help for depression/anxiety	0800 269 4389
SAFE TO TALK	Online self-help for sexual harm	0800 044 334
OUTLINE	LGBTQIA+ peer support 6-9pm	0800 688 5463 Chat @ outline.org.nz/chat
WOMEN'S REFUGE CRISIS LINE	Support about domestic violence	0800 733 843
AUNTY DEE	Working through problems online	www.auntydee.co.nz
THE LOWDOWN	Online support for depression/anxiety	www.thelowdown.co.nz
SPARX	Online self-help for depression/anxiety	www.sparx.org.nz