

If you need support right now, services available 24/7 are:

Immediate risk or harm: 111

Mental Health Crisis Team:
(09) 822 8501

Lifeline: 0800 543 354
(0800 LIFELINE) or free text **4357 (HELP)**

Youthline: 0800 376 633,
free text 234 or email/webchat
to talk@youthline.co.nz
(Mon-Sun 10am-10pm)

Need to talk? Call or Text 1737

Samaritans Helpline:
0800 72 66 66

Suicide Crisis Helpline:
0508 828 865 (0508 TAUTOKO)

Healthline: 0800 611 116

Anxiety helpline:
0800 269 4389 (0800 ANXIETY)

HEYBRO – keeping Whānau Safe: **0800 439 276.** Here to listen and offer support for men who feel they are going to harm a loved one or whānau member.