

Helplines and support

If you need to talk to someone right away, there are several free national helpline services available to you:

Need to talk?	Free call or text 1737 any time for support from a trained counsellor, 24/7
Depression Helpline	0800 111 757 or free text 4202 to talk with a trained counsellor 24/7
www.depression.org.nz	Website for managing depression, and includes 'The Journal' online help service
SPARX.org.nz	Online e-therapy tool provided by the University of Auckland that helps young people to build resilience through gameplay to power through stressful and negative emotions
I Am Hope www.iamhope.org.nz	'I am hope' offers a range of services with a particular focus on young people. Offer phone support via 'Need to talk' on phone/text 1737 and free counselling via 'Gumboot Friday'
The Low Down www.thelowdown.co.nz	Free text 5626, Email: team@thelowdown.co.nz - Particular focus on supporting young people. Webchat, email chat and texts responded to 12 noon to 12 midnight.
What's Up?	0800 942 8787 (for 5-18 year olds) Phone counselling available Mon-Fri from 1pm-11pm, and weekends 3pm-11pm. Online chat available 11am-10.30pm daily.
Youthline	0800 376 633 or free text 234. Email: talk@youthline.co.nz For young people, their parents, whānau and friends
Anxiety NZ www.yellowbrickroad.org.nz	0800 269 4389 (0800 ANXIETY) Provides mental health support for families who have a loved one experiencing mental health challenges
Lifeline	0800 543 354 (0800 LIFELINE) or free text 435 (HELP) 24/7
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO) 24/7
Samaritans	0800 726 666
Healthline	0800 611 116
Mental Health Foundation	09 6234812 - To support people in distress or with mental health concerns, and those who care for them
Rural Support Trust	0800 787254
Chinese Lifeline	0800 888 880, for people who speak Cantonese or Mandarin
Skylight	0800 299 100 - For support through trauma, loss and grief, 9-5 weekdays