

Contacts for support

General helplines:

List of free telehealth services, ranging from general support to specific help, for example with drugs, gambling and depression.
<https://whakarongorau.nz/telehealth-services>

Free call or free text 24 hours a day to access a trained counsellor or peer support person.
<https://1737.org.nz/>

Lifeline - for counselling and support
0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

The government website has lots of information on the current alert levels, financial support, advice for businesses, and how to look after your physical and mental health.
<https://covid19.govt.nz/>

NZ Psychological Society data base to find a psychologist:
www.psychology.org.nz Find a Psychologist

Youth:

Youthline – for young people and their parents, whānau and friends
0800 376 633, free text 234, email: talk@youthline.co.nz or
webchat: www.youthline.co.nz

What's Up - for 5-18 year olds
0800 942 8787 (0800 WHATSUP) or webchat: www.whatsup.co.nz (5pm – 10pm)

Kidsline – for young people up to 18 years of age
0800 543 754 (0800 KIDSLINE)

The Lowdown – support for young people experiencing depression or anxiety
www.thelowdown.co.nz or free text 5626

Older adults:

Age Concern
<https://www.ageconcern.org.nz/> for information and advice. Phone for help: 0800 65 2 105

Carers NZ

<https://carers.net.nz/> for information and support. Phone: 0800 777 797