

National Helplines

Need to talk? Free call or text [1737](tel:1737) any time for support from a trained counsellor.

[Lifeline](tel:0800543354) – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).

[Suicide Crisis Helpline](tel:0508828865) – 0508 828 865 (0508 TAUTOKO).

[Healthline](tel:0800611116) – 0800 611 116

Depression -Specific Healthline

[Depression Helpline](tel:0800111757) – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions).

SPARX.org.nz – online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.

Helplines for Children and Young people

[Youthline](tel:0800376633) – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat.

[What's Up](tel:08009428787) – 0800 942 8787 (for 5–18 year olds). Phone counselling is available every day of the week, 365 days of the year, 11am–11pm. Online chat is available from 11am–10:30pm 7 days a week, including all public holidays.

Help for Parents, Whanau and Friends

[Parent Help](tel:0800568856) – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.

[Family Services 211 Helpline](tel:0800211211) – 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.

[Yellow Brick Road](http://YellowBrickRoad.org.nz) – Supporting families towards mental wellbeing.

Other Specialist Helplines

[Alcohol and Drug Helpline](tel:0800787797) – 0800 787 797 or [online chat](http://onlinechat.org.nz).

[Are You OK](tel:0800456450) – 0800 456 450 family violence helpline.

[Gambling Helpline](tel:0800654655) – 0800 654 655

[Anxiety NZ](tel:08002694389) – 0800 269 4389 (0800 ANXIETY).

[Shine](tel:0508744633) – 0508 744 633 confidential domestic abuse helpline.

[Women's Refuge Crisis line](tel:0800733843) – 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).

[Safe to Talk](#) – 0800 044 334 or free text 4334 for help to do with sexual harm. Available 24/7 and staffed by trained counsellors.