

alcohol  drug
HELP **LINE**
0800 787 797

24 hours a day, 7 days a week
FREE from a mobile or landline

it's your call



**Friendly, professional, confidential,
non-judgmental advice and support – about your own
or someone else's drinking or drug use**

 Call free **0800 787 797**  Text free **8681**

 Live chat free at **www.alcoholdrughelp.org.nz**

 Find us on Facebook: **Alcohol Drug Helpline NZ**

**Ask about our Māori services, services for Pacific peoples,
or services for young people**

www.alcoholdrughelp.org.nz