

alcohol  drug
HELPLINE
0800 787 797

24/7 FREE from a landline or mobile

**Confidential advice and support about your own
or someone else's drinking or drug use**

FREE CALL 0800787797

FREE TEXT 8681

WEBCHAT www.alcoholdrughelp.org.nz

FACEBOOK [alcoholdrughelplinenz](https://www.facebook.com/alcoholdrughelplinenz)

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