

Free text or call any time for support from a trained counsellor

National sexual harm helpline. Help for you or help for someone else.

Poisons advice

Immunisation advice

Support, tools and information about depression and anxiety

NEED TO TALK?

1737

free call or text any time

www.1737.org.nz



0800 044 334
free text **4334**
webchat

www.safetotalk.nz

Free from a mobile or landline



0800 POISON
(0800 764 766)

www.poisons.co.nz

Free from a mobile or landline



0800 IMMUNE
(0800 466 863)

www.immune.org.nz

Free from a mobile or landline

Depression Helpline

0800 111 757
free text **4202**

www.depression.org.nz

Free from a mobile or landline



Whakarongorau
Aotearoa//
New Zealand
Telehealth
Services//

Free
Telehealth
Services
for everyone
in Aotearoa

Te Whatu Ora Health New Zealand
Te Aka Whai Ora Māori Health Authority



🕒 24hrs, 7 days

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Health advice and information
for you and your whānau

Support for those worried
about gambling or the
gambling of others

Support for people wanting to
quit smoking and stay quit

Advice, information and support
about drinking or other drug use

Advice, information and
support about elder abuse

Helping young people
who are stuck or anxious



0800 611 116

www.healthline.govt.nz

Free from a mobile or landline

🕒 24hrs, 7 days



0800 654 655

free text **8006**
webchat

www.gamblinghelpline.co.nz

Free from a mobile or landline

🕒 24hrs, 7 days



0800 778 778

free text **4006**
blogs

www.quit.org.nz

Free from a mobile or landline

🕒 24hrs, 7 days



0800 787 797

free text **8681**
webchat

www.alcoholdrughelp.org.nz

Free from a mobile or landline

🕒 24hrs, 7 days



0800 EA NOT OK

(0800 32 668 65)
free text **5032**

support@elderabuse.co.nz

Free from a mobile or landline

🕒 24hrs, 7 days



free text **5626**

www.thelowdown.co.nz

Free text from a mobile

🕒 24hrs, 7 days