

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

🕒 24hrs, 7 days



Safe to talk
Kōrero mai ka ora



0800 044 334
free text **4334**
webchat

www.safetotalk.nz

Free from a mobile or landline

🕒 24hrs, 7 days



**National
Poisons Centre**
Te Pokapū Mātauranga Tāoke

0800 POISON
(0800 764 766)

www.poisons.co.nz

Free from a mobile or landline

🕒 24hrs, 7 days



**The Immunisation
Advisory Centre**

0800 IMMUNE
(0800 466 863)

www.immune.org.nz

Free from a mobile or landline

🕒 24hrs, 7 days

**Depression
Helpline**

0800 111 757
free text **4202**

www.depression.org.nz

Free from a mobile or landline

🕒 24hrs, 7 days



Whakarongorau Aotearoa// New Zealand
Telehealth Services//

**FREE TELEHEALTH
SERVICES FOR EVERYONE
IN AOTEAROA**



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



0800 654 655

free text **8006**

webchat

www.gamblinghelpline.co.nz



0800 778 778

free text **4006**

blogs

www.quit.org.nz



0800 787 797

free text **8681**

webchat

www.alcoholdrughelp.org.nz



0800 EA NOT OK

(0800 32 668 65)

free text **5032**

support@elderabuse.co.nz



free text **5626**

www.thelowdown.co.nz

Free from a mobile or landline

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Free text from a mobile

🕒 24hrs, 7 days

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