

## NZ mental health resources:

### National Crisis contacts:

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/crisis-assessment-teams>

All the services listed here are available 24 hours a day, seven days a week unless otherwise specified.

### 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

[Samaritans](tel:0800726666) – 0800 726 666

### Depression-specific helplines

[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).

[www.depression.org.nz](http://www.depression.org.nz) – includes The Journal online help service.

[SPARX.org.nz](http://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](mailto:talk@youthline.co.nz) or online chat.

[thelowdown.co.nz](http://thelowdown.co.nz) – or email [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or free text 5626.

[What's Up](tel:08009428787) – 0800 942 8787 (for 5–18 year olds). Phone counselling is available Monday to Friday, 12noon–11pm and weekends, 3pm–11pm. Online chat is available from 3pm–10pm 7 days a week, including all public holidays.

[Kidsline](tel:0800543754) – 0800 54 37 54 (0800 kidsline) for young people up to 18 years of age. Open 24/7.

### Help for parents, family and friends

[EDANZ](http://EDANZ) – improving outcomes for people with eating disorders and their families. Freephone 0800 2 EDANZ or 0800 233 269, or in Auckland 09 522 2679. Or

email [info@ed.org.nz](mailto:info@ed.org.nz).

**Parent Help** – 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** – 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.

**Skylight** – 0800 299 100 for support through trauma, loss and grief; 9am–5pm weekdays.

**Yellow Brick Road** – Supporting families towards mental wellbeing.  
Northern Region 0800732825, Central North Island 0800555434, South Island 0800876682

Plunket - [0800 933 922](tel:0800933922)

**Websites for postnatal depression:**

[Pada.nz](http://Pada.nz)

[Postnataldistress.co.nz](http://Postnataldistress.co.nz)

**Warmlines for consumers of mental health services**

Free peer support services for people experiencing mental illness or those supporting them:

**Canterbury and West Coast** – 03 379 8415 / 0800 899 276 (1pm to midnight, seven nights).

**Wellington** 0800 200 207 (7pm–1am, Tuesday to Sunday).

**Auckland Central** 0508 927 654 or 0508 WARMLINE (8pm to midnight, seven nights).

**Other specialist helplines**

**Alcohol and Drug Helpline** – 0800 787 797 or [online chat](#).

**Are You OK** – 0800 456 450 family violence helpline.

**Anxiety NZ** – 0800 269 4389 (0800 ANXIETY).

**Seniorline** – 0800 725 463 A free information service for older people.

**Shine** – 0508 744 633 confidential domestic abuse helpline.

**Women's Refuge** Crisisline – 0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family).

**Tips to help support people with mental health issues.**

<https://www.likeminds.org.nz/justask>

**Mental health resource websites and apps:**

[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

[www.throughblue.org.nz](http://www.throughblue.org.nz) –Support for women with depression

[www.calm.com](http://www.calm.com)

mindshift - an app for anxiety

The virtual hope box – an app for managing distress

[www.headspace.com](http://www.headspace.com) –app for sleep