

Helplines

Alcohol / Drug Helpline	http://alcoholdrughelp.org.nz	0800 787 797
Depression Helpline	http://www.depression.org.nz	0800 111 757
Family Violence Information Line	http://www.areyouok.org.nz	0800 456 450
Healthline	http://www.health.govt.nz/healthline	0800 611 116
Lifeline	http://www.lifeline.co.nz	0800 543 354
Mental Health Support		1737
Parent Help	http://www.parenthelp.org.nz	0800 568 856
Problem Gambling Foundation of NZ	http://www.pgfnz.org.nz	0800 664 262
Victims of Crime Information Line	http://www.victimsinfo.govt.nz	0800 650 654
Victim Support	http://www.victimsupport.org.nz	0800 842 846

June 2020