

HELPLINES

Alcohol / Drug Helpline	https://alcoholdrughelp.org.nz	0800 787 797
Depression Helpline	https://depression.org.nz	0800 111 757
Family Violence Helpline	https://areyouok.org.nz	0800 456 450
Healthline		0800 611 116
	https://www.health.govt.nz/your-health-services-and-support/health-care-services/healthline	
Lifeline	https://www.lifeline.org.nz	0800 543 354
Mental Health Support	Freephone: 1737 24 hours a day / 7 days per week	
Parent Help	https://www.parenthelp.org.nz	0800 568 856
NZ Problem Gambling Foundation	https://www.pgf.nz	0800 664 262
Victims of Crime Information Line	https://victimsinfo.govt.nz	0800 650 654
Victim Support	https://www.victimsupport.org.nz	