

HELPLINES

ABLE (Supporting families in mental illness/addiction)	03 455 5973
Alcohol / Drug Helpline Offers information, advice and guidance if you are concerned about your own drinking or drug taking. They also assist families, friends and professionals in understanding and caring for someone impacted upon by alcohol or other drugs https://alcoholdrughelp.org.nz	0800 787 797 or text 8681
Alcoholics Anonymous www.aa.org.nz	0800 229 6757
Anxiety Helpline (Free 24-hour support line)	0800 269 4389
Aspiring Medical Centre	03 443 0725
Care NZ Supports anyone concerned about their own or someone else's use of alcohol and other drugs www.carenz.co.nz	0800 385 151
Central Otago Mental Health Services	03 440 4308
Depression Helpline https://depression.org.nz	0800 111 757 or text 4202
Emergency Mental Health Services	0800 467 846
Employment NZ Early Resolution Service https://www.employment.govt.nz/resolving-problems/steps-to-resolve/early-resolution/	0800 20 90 20
Family Violence Helpline https://areyouok.org.nz	0800 456 450
Gambling Helpline Offers ongoing motivational support, referrals and information services for gambling problems. www.gamblinghelpline.co.nz	0800 654 655 or text 8006
Healthline https://www.health.govt.nz/your-health-services-and-support/health-care-services/healthline	0800 611 116
Immigration NZ	0508 558 855
IRD general enquiries	0800 775 247
Jigsaw (family violence support)	0508 440 255
Lifeline Free 24/7 helpline for confidential support on many issues including psychological and emotional distress,	0800 543 354 or text 4357

financial/work issues, marriage/family problems and for callers who are lonely, ill, depressed or a victims of violence or abuse <https://www.lifeline.org.nz>

Living Sober www.livingsober.org.nz	0800 787 797
Mental Health Support	Freephone: 1737 24 hours a day / 7 days per week
Maori Gambling Helpline	0800 664 262 or text 8006
Mobility Parking (CCS Disability)	0800 227 2255
Narcotics Anonymous www.nzna.org	0800 628 632
Parent Help https://www.parenthelp.org.nz	0800 568 856
NZ Problem Gambling Foundation https://www.pgf.nz	0800 664 262 or text 8006
Public Trust, Alexandra	0800 371 471
Salvation Army	0800 530 000
Seniorline Information for older people to help them navigate the health system	0800 725 463
Specialist Addiction Services those over 18 years old and who are affected by their own or another's substance abuse	03 441 0010
St John Health Shuttle	0800 103 046
Tautoko Suicide crisis support line Free, nationwide service if you think you, or someone you know, may be thinking about suicide https://victimsinfo.govt.nz	0508 828 865
The Good Samaritans 24/7 confidential support to anyone who may be feeling depressed, lonely or contemplating suicide www.samaritans.org.nz	0800 726 666
Victims of Crime Information Line	0800 650 654
Victim Support https://www.victimsupport.org.nz	0800 842 846
Wanaka Medical Centre	03 443 0710
Wanaka Police	03 443 7272
Youthline talk@youthline.co.nz	0800 37 66 33 or text 234