

GET HELP

PICK UP THE PHONE

DEPRESSION	www.depression.org.nz 0800 111 757 (24 hours)	THE LOWDOWN	www.thelowdown.co.nz team@thelowdown.co.nz Free text 5626
SUICIDE CRISIS LINE	0508 TAUTOKO 0508 828 865	ALCOHOL & DRUG HELPLINE	0800 787 797
YOUTHLINE	0800 376 633 Free text 234 talk@youthline.co.nz	FAMILY VIOLENCE	www.areyouok.org.nz 0800 456 450 Emergency 111
SEXUALITY ISSUES	0800 OUTLINE 0800 688 5463	WOMEN'S REFUGE	0800 733 843
HEALTHLINE	0800 611 116		

For a list of counsellors and support agencies ring

0800 FOR CAB 0800 367 222

or search at www.cab.org.nz

or familyservices.govt.nz/directory

Contact Emergency Mental Health Services

0800 467 846

Press 1 for Southland Services and 2 for Otago Services

Talk to your GP

