

Support Lines

You're not alone, and it is brave to ask for help.

If you are experiencing life challenges, these are some numbers you can call.

Mental Health

Lifeline **0800 543 354 - TEXT 4357**
Suicide Crisis **0508 828 865 - TEXT 4357**
What's Up **0800 942 8787**
Need to Talk Free **1737**
Rainbow (Outline) **0800 688 5463**
Depression **0800 111 757 - TEXT 4202**
Anxiety **0800 269 4389**
General Listening (Samaritans) **0800 726 666**
Rural Support Peer **0800 787 254**
Rainbow (Outline) **0800 688 5463**
Mental Health Crisis **0800 800 717**

Youth

Youthline **0800 376 633 - TEXT 234**
Youth (The Lowdown) **0800 111 757**
Rainbow Youth **09 376 4155**

Family

Family, Parenting, Relationship and Stress (Vagus) **0800 567 6666**
Parenting Help **0800 568 856**

Violence/Sexual Assault

Domestic Violence (SHINE) **0508 744 633**
Family Violence Information **0800 456 450**
Te Puna Oranga (Kaupapa Māori) Sexual and/or Violence Support **0800 222 042**
Sexual Harm (Safe to Talk) **0800 044 334 - TEXT 4334**
Oranga Tamariki **0508 326 459**
Elder Abuse Response **0800 32 668 65 - TEXT 5032**
Asian Family **0800 862 342**
Pasifika (Ola Lelei) **0800 652 535**
Victim Support (Manaaki Tāngata) **0800 842 846**

Support Lines

Alcohol/Drug/Gambling

Alcohol and Drug **0800 787 797 - TEXT 8681**
Smoking (Quitline) **0800 778 778 - TEXT 4006**
Gambling **0800 654 655 - TEXT 8006**
Problem Gambling **0800 664 262 - TEXT 5819**
Māori Gambling **0800 654 656**
Pasifika (Vai Lelei) Gambling **0800 654 657**

Womens

Women's Refuge **0800 733 843 (24/7)**
Women's Support/Refuge (Shakti) Asian, African, Middle Eastern Women **0800 742 584**
Abortion (DECIDE) **0800 332 433**

Other

Financial/Housing Support (WINZ) **0800 559 009**

For more harm reduction tools and resources, visit nznep.org.nz