



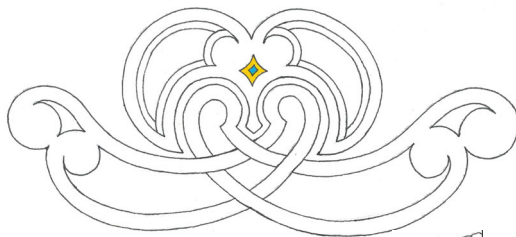
Free call or text **1737**
for a trained counsellor
or talk to your GP

Mental Health
Emergency Services
0800 467 846

In an emergency call 111

www.wellsouth.org.nz

**Tautoko mō
ngā mātua
Supporting Adults**



DEPRESSION

depression.org.nz 0800 111 757
Free Text 4202
www.depression.org.nz



RAINBOW SUPPORT

0800 688 5463
www.outline.org.nz

family violence

it's not ok

FAMILY VIOLENCE: It's not OK

0800 456 450
www.areyouok.org.nz



ALCOHOL AND DRUG

0800 787 797



LIFELINE

0800 543 354
Free Text HELP to 4357
www.lifeline.org.nz



SAMARITANS

0800 726 666



SAFE TO TALK

0800 044 334
Free Text 4334



PARENT HELP

0800 568 856



MATES IN CONSTRUCTION

0800 111 315
www.mates.net.nz



RURAL SUPPORT

0800 787 254
www.rural-support.org.nz



He pai ki te kōrero
It's good to talk



www.wellsouth.org.nz

