



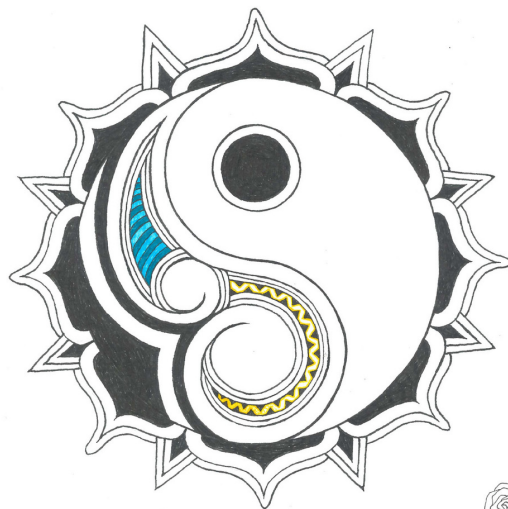
Free call or text **1737**
for a trained counsellor
or talk to your GP

Mental Health
Emergency Services
0800 467 846

In an emergency call
111

www.wellsouth.org.nz

**Tautoko mō ngā
rangatahi
Supporting Youth**



LOVEY ROSE  2010



0800 WHAT'S UP

www.whatsup.co.nz



RAINBOW SUPPORT

0800 688 5463

www.outline.org.nz



YOUTHLINE

0800 376 633

Free Text 234

www.youthline.co.nz



THE LOWDOWN

0800 111 757

Free Text 5626

www.thelowdown.co.nz

depression.org.nz

DEPRESSION

0800 111 757

Free Text 4202

www.depression.org.nz



AUNTY DEE

www.auntydee.co.nz/



LIFELINE

0800 543 354

Free Text HELP (4357)

www.lifeline.org.nz



SMALL STEPS

www.smallsteps.org.nz



SAFE TO TALK

0800 044 334

FREE text 4334



SPARX

www.sparx.org.nz