



# Know where to go!

The following **FREE** national services are here to support you and your whaanau.

They're available 24 hours, 7 days a week and have translation services available in multiple languages. All of these services are **FREE** to call on your mobile or landline.

## Organisations

**Alcohol and Drug Helpline**

0800 787 797



**Police (Emergency)**

111



**Anxiety NZ**

0800 269 4389



**Police (Non-urgent)**

105



**Depression helpline**

0800 111 757



**Quitline**

0800 778 778



**Family Violence**

0800 456 450



**Rape Crisis**

0800 883 300



**Grandparents Raising Grandchildren**

Trust NZ 0800 472 637



**Safe to Talk**

text 4334



**Healthline**

0800 611 116



**Samaritans**

0800 726 666



**Immunisation Advisory Centre**

0800 466 863



**Seniorline**

0800 725 463



**Kidsline**

0800 543 754



**Shakti NZ (Women's Refuge)**

0800 742 584



**Mental Health Peer Talk**

0800 234 432



**SHINE (Family Violence)**

0508 744 633



**Mental Health after-hours**

0800 775 222

**Suicide Crisis Helpline**

0508 828 865



**Need to talk**

1737



**Supporting Families -**

in mental illness 0800 732 825



**Plunket**

0800 933 922



**0800 What's Up?**

0800 942 8787



**National Poisons Centre**

0800 764 766



**Women's Refugee NZ**

0800 733 843



**Outline**

0800 688 5463



**Youthline**

0800 376 633



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