

# Mental Wellness

## CONTACTS:

### **National Telehealth Service**

Visit: <https://www.health.govt.nz/our-work/national-telehealth-service>

A range of Ministry-funded health advice phone lines.

### **Healthline**

Call: 0800 358 5453

Health advice and information for you or your whānau.

### **Lifeline**

Call 0800 543 354

Confidential support and urgent care available 24/7.

### **The Depression Helpline**

Call: 0800 111 757

Talk to a trained counsellor about how you are feeling or to ask any questions. Available free, 24/7.

### **Samaritans**

Call: 0800 726 666

Support to anyone who may be feeling depressed, lonely, or even be contemplating suicide.

### **Youthline**

Call: 0800 376 633

Helpline for young people and anyone supporting young people.

### **Alcohol Drug Helpline**

Call: 0800 787 797

Friendly, non-judgmental, professional help and advice for anyone concerned with their own drinking or drug taking.