



**Free Call or Text 1737
for a
Trained Counsellor**

**Mental Health
Emergency Services
0800 467 846**



www.wellsouth.org.nz

**He pai ki te kōrero
It's good to talk**



LOVEY ROSE 2016



AUNTY DEE

www.auntydee.co.nz/



LIFELINE

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



BAIL ON BULLYING

www.facebook.com/BOBBailOnBullying/



THE LOWDOWN

0800 111 757
Free Text 5626
www.thelowdown.co.nz



DEPRESSION

0800 111 757
Free Text 4202
<https://depression.org.nz/>



SPARX

www.sparx.org.nz



GENDER DIVERSE

0800 688 5463
www.outline.org.nz



YOUTHLINE

0800 376 633
Free Text 234
www.youthline.co.nz



KIDSLINE

(for children up to 18 years)
0800 543 754
www.kidsline.org.nz



0800 WHAT'S UP

www.whatsup.co.nz