



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

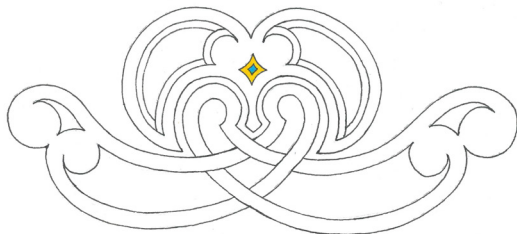
**Mental Health
Emergency Services
0800 467 846**

Talk to your GP



www.wellsouth.org.nz

**Tautoko mō
ngā matua
Supporting Adults**





DEPRESSION

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



MUSIC HELPS

0508 6874 24357
<https://musichelps.org.nz/>



FAMILY VIOLENCE: It's not OK

0800 456 450
<http://www.areyouok.org.nz/>



Otepoti Collective Against Sexual Abuse (OCASA)

03 474 1592 support@ocasa.org.nz
<https://www.ocasa.org.nz/>



LIFELINE

0800 543 354
Free Text HELP to 4357
<https://www.lifeline.org.nz/>



PACIFIC TRUST OTAGO

03 455 1722
Email: office@pto.nz
<https://www.pto.nz/>



MATES IN CONSTRUCTION

0800 111 315
<https://mates.net.nz/>



RURAL SUPPORT

0800 787 254
<https://www.rural-support.org.nz/>



MOTHERS HELPERS

<https://www.mothershelpers.co.nz/>



SHAKTI CRISIS LINE

0800 742 584
<https://shaktiinternational.org/>