

DO YOU NEED HELP? OR DO YOU KNOW SOMEONE WHO NEEDS HELP?

Mental Health Support Free call/text 1737

Suicide Crisis Line 0508 TAUTOKO
0508 828 865

Youthline 0800 376 633
Free text 234
talk@youthline.co.nz

Family Violence (Jigsaw QT) 0508 440 255
Emergency 111

Emergency Mental Health Services
0800 467 846

Press 1 for Southland Services
or 2 for Otago Services

Online Resources:

www.depression.org.nz
www.gamblinghelpline.co.nz
www.afterasuicide.nz
www.alcoholdrughelp.org.nz

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