



Whakapā atu – Reach out

There are people who care about you

If life's getting too much or you're thinking about hurting yourself, help is available.

You don't need to face this alone. Reach out to someone you trust and let them know how you're feeling - it can make a real difference.



If you feel like you're in immediate danger, call 111, go to the emergency department at your local hospital, or call the mental health crisis team.

The following services offer **free support** and can connect you to other help:

- **NEED TO TALK? free call or text 1737**
To talk to a trained counsellor, any time
- **LIFELINE 0800 543 354**
For counselling and support, 7am – midnight
- **YOUTHLINE** Call **0800 376 633** or text **234**
24/7, webchat at **youthline.co.nz**
DM on Instagram @youthlinenz
Message on WhatsApp 09 886 5696

For more information, visit www.mentalhealth.org.nz/help

Ko te hā o te tangata, he manawa ora. The breath of a person is the breath of life.