

Nationwide Counselling Service Contacts

A range of advisory and counselling services are available in New Zealand. Many of these can be accessed by phone, text, or email. Don't feel alone if you're struggling – reach out for help.

1737	Free call or text 1737 to speak with a trained professional counsellor at any time 24/7. Free counselling service: depression, anxiety, suicidal thoughts, feeling down or overwhelmed. Highly recommended as first point of contact for callers seeking help.
Alcohol Drug Helpline	0800 787 797 or text 8681 (24/7); online chat at www.alcoholdrughelp.org.nz If you are concerned about your own or someone else's drinking or drug taking, the Alcohol and Drug Helpline can assist with information, insight and support.
Anxiety New Zealand	Helpline 0800 269 4389. Online therapy and COVID-19 help resources available.
Depression Helpline	0800 111 757 or free text 4202 to talk to a trained counsellor for support or to ask any questions www.depression.org.nz/contact-us
EAP Services	Employee Assistance Programme – providing practical assistance to employees when personal or work issues arise that may impact on their ability to do their job or affect their wellbeing (confidential counselling services across NZ and internationally). Freephone: 0800 327 669 www.eapservices.co.nz
Gambling Helpline	24-hour Freephone: 0800 654 655 www.gamblinghelpline.co.nz
Kidline	0800 543 754 (0800 KIDSLINE). For young people up to 18 years of age 24/7. www.kidline.org.nz
Lifeline	0800 543 354 (0800 LIFELINE). Lifeline trained counsellors deal with many kinds of issues including psychological and emotional distress, financial and work issues, marriage and family/whānau problems and with callers who are lonely, ill, depressed or the victims of violence or abuse. Text 'Help' to 4357 www.lifeline.org.nz
Rural Support Trust	Helpline 800 787 254. Chat to someone who understands, because they've been there.
Salvation Army	0800 53 00 00. Supporting families and individuals in need with budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. www.salvationarmy.org.nz
Samaritans	0800 726 666. Confidential, non-religious and non-judgemental support to anyone who may be feeling depressed, lonely, or may be contemplating suicide. www.samaritans.org.nz
SPARX	An interactive self-help online tool for young people with mild to moderate depression and anxiety: www.sparx.org.nz 0508 477 279 or free text to 3110
Suicide Crisis Helpline	0508 828 865 (0508TAUTOKO)
Supporting Families in Mental Illness	Northern Region, 0800 732 825; Central North Island, 0800 555 434; South Island, 0800 876 682. Information and support for families/whānau.
The Lowdown	Free text 5626. Support and information for young people experiencing depression or anxiety. www.thelowdown.co.nz
Victim Support	0800 842 846. Free 24/7 support. nationaloffice@victimsupport.org.nz www.victimsupport.org.nz
What's Up	0800 942 8787 (0800 WHATSUP) For 5 - 18 year olds. Available 12.00pm – 11.00pm M-F or 3.00pm – 11.00pm weekends. Online chat is available from 5.00pm – 10.00pm daily at: www.whatsup.co.nz
Youthline	Mental Health and Addictions Service. Youthline works with young people, their families and those supporting young people. Call 0800 376 633; Free text 234; Email: talk@youthline.co.nz or online chat at www.youthline.org.nz

In emergencies always phone 111

www.wecare.kiwi 0800 777 797 centre@carers.net.nz