

Free text or call any time for support from a trained counsellor

Employer information and advice to support/manage staff with health, mental health and disability issues

Poisons advice for the public

Immunisation advice for the public

Support, tools and information about depression and anxiety

NEED TO TALK?



free call or text any time

www.1737.org.nz

Free from a mobile or landline

24hrs, 7 days



Employer Advice Line

0800 805 405

Free from a mobile or landline

8am-6pm (working days)



NZ National Poisons Centre

0800 POISON  
(0800 764 766)

www.poisons.co.nz

Free from a mobile or landline

24hrs, 7 days



0800 IMMUNE  
(0800 466 863)

www.immune.org.nz

Free from a mobile or landline

24hrs, 7 days

Depression Helpline

0800 111 757  
or text 4202

support@depression.org.nz



An online self-help tool  
www.depression.org.nz

Free from a mobile or landline

24hrs, 7 days

Free virtual national telehealth services for Kiwis

run by



in partnership with



Registered nurses provide high quality health triage and advice

Support for those worried about gambling or the gambling of others

Support for people wanting to quit smoking and stay quit

Advice, information and support about drinking or other drug use

Advice, information and support about elder abuse

Helping young people who are stuck or anxious



**ELDER ABUSE  
RESPONSE SERVICE**



**0800 611 116**

[www.healthline.govt.nz](http://www.healthline.govt.nz)

**0800 654 655**

text **8006**

[www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)

**0800 778 778**

[www.quit.org.nz](http://www.quit.org.nz)

**0800 787 797**

text **8681**

[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

**0800 EA NOT OK**

(0800 32 668 65)

text **5626**

[team@thelowdown.co.nz](mailto:team@thelowdown.co.nz)

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

Free from a mobile or landline

Free from a mobile or landline

Free from a mobile or landline

Free from a mobile or landline

Free from a mobile or landline

Free text from a mobile

🕒 24hrs, 7 days

🕒 24hrs, 7 days

🕒 24hrs, 7 days

🕒 24hrs, 7 days

🕒 24hrs, 7 days

🕒 24hrs, 7 days