

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

National sexual harm helpline.
Help for you or help for someone else

Poisons advice

Help and information about vaccines,
testing, managing COVID at home,
and any general health concerns

Support, tools and information
about depression and anxiety

NEED TO TALK?

1737

free call or text
any time

www.1737.org.nz

Peer Support option 2pm-10pm

🕒 24hrs, 7 days



Safe to talk
Kōrero mai ka ora



0800 044 334
free text 4334
webchat

www.safetotalk.nz

🕒 24hrs, 7 days



National
Poisons Centre
Te Pokapū Mātauranga Tāoke

0800 POISON
(0800 764 766)

www.poisons.co.nz

🕒 24hrs, 7 days

Disability
Helpline

0800 11 12 13
free text 8988

*Someone with knowledge of disability
answers 8.30am-5.00pm Mon-Fri.
Outside that, it'll be a trained member
of the Healthline team

🕒 24hrs, 7 days*

Depression
Helpline

0800 111 757
free text 4202

www.depression.org.nz

🕒 24hrs, 7 days

Free 24/7
Telehealth
Services
for everyone
in Aotearoa

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Whakarongorau
Aotearoa//
New Zealand
Telehealth
Services//

Te Whatu Ora Health New Zealand
Te Aka Whai Ora Māori Health Authority



Health advice and information
for you and your whānau

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

Support for you or someone
else who might be living with
domestic violence



0800 611 116

www.healthline.govt.nz

Choose to speak with a
Māori clinician 8am-8pm

🕒 24hrs, 7 days



0800 654 655

free text **8006**

webchat

www.gamblinghelpline.co.nz

🕒 24hrs, 7 days



0800 778 778

free text **4006**

blogs

www.quit.org.nz

🕒 24hrs, 7 days



0800 787 797

free text **8681**

webchat

www.alcoholdrughelp.org.nz

🕒 24hrs, 7 days



0800 EA NOT OK

(0800 32 668 65)

free text **5032**

support@elderabuse.co.nz

🕒 24hrs, 7 days



0508 744 633

webchat

www.2shine.org.nz

🕒 24hrs, 7 days