

## Resources for Support

### Depression and Anxiety

- Lifeline: **0800- 543 354** (available 24/7) or (09) 522 2999
- Suicide Crisis Helpline: **0508- 828 865** (available 24/7)
- Depression Helpline: **0800 111 757** (available 24/7) or **free text 4202**
- Samaritans: **0800 726 666** (24/7)
- Casper suicide prevention: [www.casper.org.nz](http://www.casper.org.nz)
- Local Rural Support Trust : **0800 787 254**
- Mental Health Foundation Free Resource and Information Service **(09) 623 4812**. [mentalhealth.org.nz](http://mentalhealth.org.nz)
- **C.A.T. Crisis team 0800 50 50 50**
- Need to Talk? Call or text **1737 (Free call or text)**
- [www.depression.org.nz](http://www.depression.org.nz)
- Anxiety New Zealand phone line 0800 269 4389 (0800 anxiety)
- Seniorline 0800 725 463 A free information service for older people
- Supporting Families In Mental Illness - 0800 732 825 (for families and whānau supporting a loved one who has a mental illness)
- Age Concern **0800 652 105**

### Addiction

- Alcohol Drug Helpline: **0800 787 797 (also text 8691 free)** (available 24/7)
- Gambling Helpline **0800 654 655**
- Quit Line – **0800 778 778** smoking cessation help
- Alcoholics Anonymous Helpline **0800 229 6757 OR [www.pothelp.org.nz](http://www.pothelp.org.nz)**
- [www.kina.org.nz](http://www.kina.org.nz) for families effected by an addict. Also [www.livingsober.org.nz](http://www.livingsober.org.nz) for addicts
- Narcotics Anonymous <https://nzna.org/>- regional email address on site. Ph **0800 628 632**

### General Health

- Healthline: (open 24/7) – **0800 611 116**
- Hospital Emergency department (ED)
- Breast Cancer Support Help Line 0800 273 222

### Youth and Children

- Youthline : (open 24/7) **0800 – 376 633** You can also **text 234** for free between 8am and midnight or email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- Kidsline: **0800 543 754** for children aged 5-18 yrs.(**0800kidsline**)(available 24/7)
- Whatsup: Children’s help line **0800 942 8787** (5-18 year olds)(12pm to 11pm on weekdays and from 3pm to 11pm on weekends. Online chat is available from 7pm to 10pm every day at **whatsup.co.nz** )
- ‘Yo!’: website launched in July 2014 by Youthline offers counselling by web chat or video and social media space for young people to help each other
- **thelowdown.co.nz** or email: [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or **free text 5626**
- **Oranga Tamariki Line 0508 326 459**
- Student Volunteer Army **0800 005 902**

## Sexual

- Rainbow Youth: (09) 376 4155 [info@ry.org.nz](mailto:info@ry.org.nz) [www.ry.org.nz](http://www.ry.org.nz)
- **0800 227 233** (08002B SAFE) if experienced sexual assault
- [police.govt.nz/advice/sexual-assault](http://police.govt.nz/advice/sexual-assault) for more advice after sexual assault
- Gay support :Outline: **0800 688 5463** OR [www.outline.org.nz](http://www.outline.org.nz) OR [agender.org.nz](http://agender.org.nz)
- Waikato Queer Youth (WaQuY): (07) 839 9039. 108 Alexander St. Hamilton. Wed 5.00pm – 7.30pm.
- Rape Crisis – **0800 88 33 00** (for support after rape or sexual assault)
- The Harbour. [theharbour.org.nz](http://theharbour.org.nz)- online data base for harmful sexual behaviours
- HELP- **(09) 623 1700** (24 hr confidential phone line.) HELP (Females-Auckland) 09 623 1296 [info@helpauckland.org.nz](mailto:info@helpauckland.org.nz) [www.helpauckland.org.nz](http://www.helpauckland.org.nz) OR Wellington **04-801 6655**
- Male Survivors of Sexual Abuse- 03-377 6747 [www.survivor.org.nz](http://www.survivor.org.nz) or [mssat@survivor.org.nz](mailto:mssat@survivor.org.nz)
- Male Survivors Aotearoa - [malesurvivor.nz](http://malesurvivor.nz)
- Male Survivors, Waikato 07- 858 4112
- Male Survivors, Otago 021 1064598
- The Male Room, Nelson 03 548 0403
- The Canterbury Men’s Centre 03 377 6747
- **Netsafe** –Info on any hassles you have online or by phone
- **‘Safe to Talk’ National Sexual harm helpline.** 24/7 **0800-044-334.** Text **4334** Email: [support@safetotalk.nz](mailto:support@safetotalk.nz) Live web chat [www.safetotalk.nz](http://www.safetotalk.nz)
- **Victims information, Ministry of Justice website** <http://www.victimsinfo.govt.nz/>
- **Victim Support 0800 842 846**
- **ACC webpage** for advice about seeking sensitive claims <https://www.acc.co.nz/contact/>
- **Rape Prevention Education** offer free support and counselling to survivors of rape and sexual abuse. <https://rpe.co.nz/> Rape crisis 0800 88 33 00
- **Sexual Abuse Help Foundation** also provides survivor support in Wellington and Auckland, as a larger agency they work with people of all ages and genders and have a 24hr crisis support line. Auckland: 09 623 1700 Wellington: 04 801 6655
- **Sexual Abuse Prevention Network** provides education and advice with the goal of ending sexual abuse. <http://sexualabuseprevention.org.nz/>
- **Transgender support:** <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders/resources-transgender-new-zealanders>.
- <https://www.mentalhealth.org.nz/assets/ResourceFinder/takatapui.pdf>
- <http://insideout.org.nz/trans-resource/>
- <http://www.genderminorities.com/>
- Tautoko Mai Sexual Harm Support. Ph. 0800 227 233, 7 Kauri St. Tauranga. P.O. Box 15592 Tauranga.
- Road Forward Trust, Wellington (male survivors) Richard 0211181043
- Better Blokes Auckland 09-9902553
- Mosaic – Tiaki tangata – peer support for male sexual abuse survivors 0800 94 22 94
- Intersex Awareness NZ (ITANZ) [www.ianz.org.nz](http://www.ianz.org.nz)
- Takatapui – A Resource Hub <https://takatapui.nz>

## **Parenting**

**Commonground** – a website hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who is struggling

Parent Help – **0800 568 856** Website: [www.parenthelp.org.nz](http://www.parenthelp.org.nz)

Family Services 211 Helpline – 0800 **211 211** for help finding (and direct transfer to) community based health and social support services in your area

Skylight – **0800 299 100** (for support through trauma, loss and grief; 9am-5pm weekdays)

## **Domestic Violence**

**Hey Bro helpline** supporting men to be free from violence 0800 439 276  
<https://www.hewakatapu.org.nz/services/0800-hey-bro>

Are you OK - 0800 456 450 Family Violence Helpline

Elder Abuse Response Service A free and confidential 24/7 help-line, 0800 32 668 65

Safe to Talk 0800 044 334, free text 4334, webchat at [www.safetotalk.nz](http://www.safetotalk.nz)

Shine – 0508 744 633 confidential domestic abuse helpline or [2shine.org.nz](http://2shine.org.nz)

Women's Refuge Crisis line – 0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family)

Shakti Crisis Line – 0800 742 584 (for migrant or refugee women living with family violence)  
[www.shakti.org.nz](http://www.shakti.org.nz)

**Family Services Directory-** A comprehensive online directory of support services throughout NZ [www.familyservicesgovt.nz/directory](http://www.familyservicesgovt.nz/directory)

**If you live outside Auckland, you can access support services from the Family Services National Directory and the TOAH-NNEST National Directory. Both have an online map from which you can select the services available in your area.**

## **Maori**

**Tu Wahine Trust** Confidential service for Maori women and children living in West Auckland who have been effected by sexual violence and family violence- (09) 838 8700 [admin@tuwahine.org.nz](mailto:admin@tuwahine.org.nz)

Puawaitahi- free service for young people under 19 who have experienced sexual violence. (Auckland)

(09) 307 2860: after hours 09 379 7440

Korowai Tumanako – Kaupapa Maori Survivor and Harmful Sexual Behaviour Support Service.  
<https://www.korowaitumanako.org/> Email: [korowai@korowaitumanako.org](mailto:korowai@korowaitumanako.org)

Te Puna Oranga – Kaupapa Māori Crisis Service - 0800 222 042 Email: [info@tepunaoranga.co.nz](mailto:info@tepunaoranga.co.nz)

## **GROW**

GROW offers a supportive environment to help those who struggle to live well in the world. We are a community mental health movement with groups suitable for people recovering from mental illness, anyone suffering a crisis, and for those who need support to self-manage their daily lives. We offer friendship and support at weekly group meetings that are open to all. The meetings follow a routine format and embrace a 12-step program.

The GROW community are people who have been in your shoes and know how you feel. We have found our way back to wholeness and our passion is to help you do the same. No referrals are required, no fees are charged, however a small donation to meet group expenses is usual and voluntary.

Address: Auckland, Waikato, Christchurch and Dunedin

Phone: Nationwide enquiries: 09 846 6869 or 021 049 1360

Email: [auckland@grow.org.nz](mailto:auckland@grow.org.nz)