

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
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



0800 044 334
free text 4334

www.safetotalk.nz

Free from a mobile or landline



NZ National
Poisons Centre

0800 POISON
(0800 764 766)

www.poisons.co.nz

Free from a mobile or landline



0800 IMMUNE
(0800 466 863)

www.immune.org.nz

Free from a mobile or landline

Depression
Helpline

0800 111 757
free text 4202

support@depression.org.nz



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

Free from a mobile or landline

Free virtual
national
telehealth
services
for Kiwis

run by



in partnership with



🕒 24hrs, 7 days

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Advice and information from
a trusted health professional

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



0800 611 116

www.healthline.govt.nz

0800 654 655

free text **8006**

www.gamblinghelpline.co.nz

0800 778 778

free text **4006**

www.quit.org.nz

0800 787 797

free text **8681**

www.alcoholdrughelp.org.nz

0800 EA NOT OK

(0800 32 668 65)

free text **5626**

team@thelowdown.co.nz

www.thelowdown.co.nz

Free from a mobile or landline

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