

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

Immunisation advice

Support, tools and information  
about depression and anxiety

24x7. Confidential.  
Interpreters available

NEED TO TALK?

1737

free call or text  
any time

[www.1737.org.nz](http://www.1737.org.nz)

🕒 24hrs, 7 days



**0800 044 334**  
free text **4334**  
webchat

[www.safetotalk.nz](http://www.safetotalk.nz)

Free from a mobile or landline

24hrs, 7 days



**0800 POISON**  
(0800 764 766)

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

Free from a mobile or landline

🕒 24hrs, 7 days



**0800 IMMUNE**  
(0800 466 863)

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

Free from a mobile or landline

🕒 24hrs, 7 days

Depression  
Helpline

**0800 111 757**  
free text **4202**

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

Free from a mobile or landline

🕒 24hrs, 7 days

Free virtual  
national  
telehealth  
services  
for Aotearoa

run by



in partnership with



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

Helping young people  
who are stuck or anxious



**0800 611 116**

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

**0800 654 655**

free text **8006**

webchat

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

**0800 778 778**

free text **4006**

blogs

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

**0800 787 797**

free text **8681**

webchat

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

**0800 EA NOT OK**

(0800 32 668 65)

free text **5032**

[support@elderabuse.co.nz](mailto:support@elderabuse.co.nz)

free text **5626**

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

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