



Don't give up

Don't give up there are people who care about you



The following services offer free support 24 hours a day, 7 days a week. They can also connect you to other places and people that can help.

If life's getting too much or you're thinking about hurting yourself, help is available. **No one needs to face their problems alone.**

As hard as it is, reaching out and talking about how you feel, or what you're thinking, with a trusted friend, whānau or family member, really can make a difference.



If you feel like you're in immediate danger, call 111 or go to a hospital

You'll find other helpful information at www.mentalhealth.org.nz

- **Need to Talk? Free call or text 1737**
To talk to a trained counsellor, any time
- **Lifeline 0800 543 354**
For counselling and support
- **Depression Helpline 0800 111 757**
To talk to a trained counsellor
- **Youthline 0800 376 633, free text 234, or email talk@youthline.co.nz**
For youth, whānau and friends