

**“HOW ARE YOU?”  
“KŌRERO MAI”**

**“WE’RE IN THIS  
TOGETHER”  
“LET’S CHAT!”**



In this resource  
guide you can find  
contacts and  
resources to help  
you if you feel alone,  
anxious, depressed  
or just need  
someone to talk to





# HELPLINES

## **YOUTHLINE**

Provides counselling, mentoring and advice for youth between the ages of 12 and 24 years.

**0800 376 633**

**Free text 234**

**talk@youthline.co.nz**

## **KIDSLINE**

Counselling service for all kids up to 18 years of age. Available 24/7 and also have trained peers Y12 and Y13 to talk to (4pm-9pm on Mon-Fri).

**0800 54 37 54**

**info@lifeline.org.nz**

## **0800 What's Up**

Free, nationally-available counselling helpline and webchat service for children and teenagers. Safe place to talk about anything.

**Call 0800 942 8787**

**whatsup@barnardos.org.nz**

## **1737**

The national mental healthline for all ages. Provides counselling or talk to a peer support worker

**Call 1737**

**Free text 1737**

## **0800 Anxiety**

Support to people of any age who experience any forms of anxiety or you need advice for family member or friend.

**Call 0800 269 4389**

## **Depression Helpline**

Free specialist advice for all ages around depression and anxiety for you, whānau or a friend

**Call 0800 111 757**

**Text 4202**

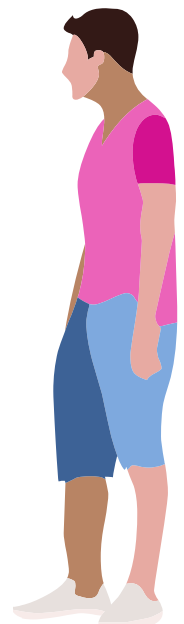


## **The Lowdown**

For young people experiencing anxiety or depression. Experienced counsellors available 24/7.

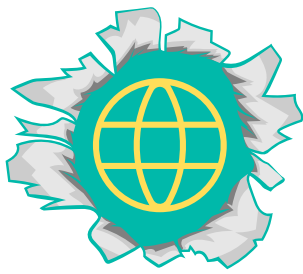
**0800 111 757**

**Free text 5626**



More resources on next page





# ONLINE

## **Aroha**

A chatbot to help young people aged 13-24 years people cope with stress.  
User register and communicate via Facebook Messenger

<http://tiny.cc/aroha>

## **Aunty Dee**

A New Zealand based wellbeing tool to help people cope with stressful life experiences through support with problem solving.

<https://www.auntydee.co.nz/>

## **Melon Health**

Provides online tools and resources to help people manage stressful times,  
and also has an app available for download

<https://www.melonhealth.com/mental-wellbeing/>

## **Mental Wealth - LeVa**

Provides online resources to help young people look after their mental health,  
and includes online counselling.

<https://www.mentalwealth.nz/>

## **Puāwaitanga**

Online service to support Kiwis to improve their emotional wellbeing – their hauora. Alternative to face to face counselling for Kiwis who are struggling.

<https://puawaitanga.nz/>

## **SPARX**

A computerised self-help programme (interactive game-world) intended to help people aged 12-19 who may be feeling down

<https://www.sparx.org.nz/home>



## **Tai Tokerau Directory**

Online wellbeing and resources directory for Tai Tokerau

<https://www.northlandwellbeing.org.nz/>