

Where to get help

Below are links to organisations and resources that can help with mental health and wellbeing.

LIFELINE

☎ 0800 543345 (0800 LIFELINE)

💬 Text HELP (4357)

👉 www.lifeline.org.nz

Free 24/7 confidential support. Calls are answered by qualified counsellors & trained volunteers. Also offers resources & counselling services for under 18-year-olds.

FAMILY SERVICES DIRECTORY

☎ 0800 211 211

👉 www.familyservices.govt.nz/directory

Directory of family & community services including links to foodbanks, sexual harm support services & financial advice. Also has links to local providers of community services.

NEED TO TALK

☎ 💬 Free call or text 1737

Free 24/7 service linking people to a trained counsellor or peer support worker. Services include brief 1:1 counselling support that focus on one or two key things you need immediate support for.

TAUAWHI MENS CENTRE (East Coast)

☎ 06 868 8278

👉 www.psec.org.nz/learn-more/tauawhimens-centre/tauawhi

Offers support & counselling services for men, particularly those who are reluctant to ask for help. Also runs non-violence, parenting & youth programmes.

DEPRESSION AND ANXIETY SELF-TEST

👉 www.depression.org.nz/understanding-mental-health/self-tests

Help to identify if you are experiencing depression or anxiety & help to make a plan to feel better sooner. Also has resources specifically for Māori and Pasifika people.

VITAE COUNSELLING

Some forestry businesses belong to a Safetree scheme that helps workers access professional counselling from [Vitae](#). Or they might offer another type of employee assistance programme that lets you talk to someone in confidence.

FIND HELP NEAR YOU

USING MYRIVR APP

Pulls up a database of service providers (free & commercial) in the region you are in at the time.

Available to download from the [App Store](#).