

New Zealand

Suicide Prevention

[Lifeline 24/7 Helpline](#): 0800 543 354

[Suicide Crisis Helpline](#): 0508 828 865 (0508 TAUTOKO)

[Samaritans](#): 0800 726 666

[Youthline](#): 0800 376 633 or text 234

Abuse and Domestic Violence

[Are You OK](#) family violence helpline: 0800 456 450

[Shine](#) domestic abuse helpline: 0508 744 633

[Women's Refuge](#) Crisisline: 0800 733 843 (0800 REFUGE)

[Kidsline](#) for young people up to 18: 0800 543 754 (0800 KIDSLINE)

Addiction

[Alcohol and Drug Helpline](#): 0800 787 797

[Gambling Helpline](#): 0800 654 655 or text 8006

[Quit Line](#) for smoking cessation help: 0800 778 778

Bullying/Teens

[Youthline](#): 0800 376 633 or text 234

[Kidsline](#) for young people up to 18: 0800 543 754 (0800 KIDSLINE)

[What's Up](#) counselling for children and teenagers: 0800 942 8787

Eating Disorders

[EDANZ](#) for people with eating disorders and their families: 0800 2 EDANZ (0800 233 269) or in Auckland 09 522 2679

Grief and Loss

[Skylight](#) for support through trauma, loss and grief: 0800 299 100

LGBTQ+

[OUTLine NZ](#): 0800 688 5463 (OUTLINE)

Mental Health

[Healthline](#) for general health advice and information: 0800 611 116

[Depression Helpline](#): 0800 111 757

[Anxiety NZ](#): 0800 269 4389 (0800 ANXIETY)

[Need to Talk? 1737](#) to speak with a trained counsellor or peer support worker: Call or text 1737

Parenting

Parent Helpline: 0800 568 856

Family Services Directory for health and social support services in your area: 0800 211 211