

Need Help?

Useful numbers to get help

Police, Fire Ambulance 111

Non urgent Police 105

Healthline 0800 611 116

Where to get Help? Text 1737

Depression Helpline 0800 111 757

Youthline 0800 376 633

The Lowdown Text 5626

Alcohol & Drug Help 0800 787 797

Lifeline 0800 543 354

What's Up 0800 942 8787

Quitline 0800 778 778

Womens Refuge 0800 733 843

Plunketline 0800 933 322

Citizens Advice 0800 611 116

Netsafe [Netsafe.org.nz](https://www.netsafe.org.nz)