

Suggested Support Services

If you experience emotional or psychological discomfort, your organization's Employee Assistance Programme (EPA) would be the first place you might consider seeking help. Alternatively, the following professional support services may also help. **Services listed here are available 24 hours a day, seven days a week unless otherwise specified.**

National helplines

Need to talk? Free call or text [1737](tel:1737) any time for support from a trained counselor.

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

Samaritans – 0800 726 666

Depression Helpline – 0800 111 757 or free text 4202 to talk to a trained counselor about your feelings or to ask any questions.

www.depression.org.nz –

Anxiety NZ – 0800 269 4389 (0800 ANXIETY).

(Source: Mental Health Foundation of New Zealand: <https://mentalhealth.org.nz/helplines>)