

# Struggling with mental health or addiction?

On this poster you will find details of a range of services available to support you in a crisis.

[www.mhaid.health.nz](http://www.mhaid.health.nz)

## Mental Health, Addiction and Intellectual Disability Service (MHAIDS)

We provide 24/7 specialist clinical advice and treatment for people who may need more tailored support for mental health and addiction needs, who live in Wellington, the Hutt Valley and Wairarapa.

**0800 745 477**

(Wellington & Hutt Valley)

**0508 432 432**

(Wairarapa)

[www.mhaid.health.nz](http://www.mhaid.health.nz)

- If you **are not** currently being treated by an MHAIDS service, we encourage you to talk to your GP as a first step. If this isn't possible, call us on 0800 745 477.
- If you **are** currently being treated by an MHAIDS service, please call that service between 8am-5pm. Team phone numbers can be found on our website. After hours, call us on 0800 745 477.
- If you are **worried about someone else**, we encourage you to talk to them and ask them to get in touch with us, or their GP. If that's not possible, call us on 0800 745 477.

## 1737 Need to Talk?

Talk through emotional and psychological issues and concerns.

**Free call or text 1737 (24/7)**

## 1737 Peer Support

You also have the option to talk with a 'peer' - a non-clinician with lived experience of mental health challenges.

**Call 1737 (2-10pm)**

[www.1737.org.nz](http://www.1737.org.nz)

## Anxiety Helpline

If you are feeling anxious and would like to talk to someone about anxiety or seek advice for a friend or family member.

**0800 ANXIETY (0800 269 4389) (24/7)**

[www.anxiety.org.nz](http://www.anxiety.org.nz)

## Depression Helpline

We all face challenges to our mental wellbeing but there is a way through. Need to talk?

**0800 111 757 (24/7) Text 4202**

[www.depression.org.nz](http://www.depression.org.nz)

## Tautoko Suicide Crisis Helpline

If you or someone you know, may be thinking about suicide.

**0508 TAUTOKO (24/7)**

**(0508 828 865)**

[www.lifeline.org.nz/suicide-crisis-helpline](http://www.lifeline.org.nz/suicide-crisis-helpline)

## Are You OK?

Family violence is not ok. It is ok to ask for help. Advice and info to stop family violence.

**0800 456 450 (9am-11pm)**

[www.areyouok.org.nz](http://www.areyouok.org.nz)

## Healthline

Healthline is staffed by registered nurses, paramedics and health advisors, who can provide you with health information and advice on care.

**0800 611 116 (24/7)**

Download this poster by scanning this QR code with your phone camera



# Struggling with mental health or addiction?

On this poster you will find details of a range of services available to support you in a crisis.

[www.mhaid.health.nz](http://www.mhaid.health.nz)

## Lifeline

Sometimes it helps to know that someone is listening and that you don't have to face your problems alone.

**0800 LIFELINE** (24/7)  
**(0800 543 354)** (24/7)  
Free text **HELP (4357)**  
[www.lifeline.org.nz](http://www.lifeline.org.nz)

## Gambling Helpline

National freephone support service for people affected by gambling in Aotearoa.

**0800 654 655** (24/7)  
Free text **8006**  
[www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)

## Alcohol Drug Helpline

If you are worried about your own or someone else's drinking or other drug use.

**0800 787 797** (24/7)  
**Māori Line: 0800 787 798**  
**Pasifika Line: 0800 787 799**  
**Youth Line: 0800 787 984**  
Free Text **8681**  
[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

## For parents, family & friends

### Parent Help

Get help with parenting challenges.

**0800 568 856** Mon-Sun 9am-9pm  
[www.parenthelp.org.nz](http://www.parenthelp.org.nz)

## Children & young people

### The Lowdown

Resource for teens. Straight up answers for when life sucks.

**0800 111 757** (24/7)  
Free text **5626**  
[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

### Youthline

Youth development organisation with youth, for youth.

**0800 376 633** (24/7)  
Free text **234**  
[www.youthline.co.nz](http://www.youthline.co.nz)

### What's Up

For 5-18 year olds. A safe place for you to talk about anything.

**Phone counselling available**  
**0800 What's Up (0800 942 8787)**  
Mon-Fri 12-11pm,  
Sat & Sun 3-11pm  
**What's Up online chat available.**  
Mon-Fri 1-10pm,  
Sat & Sun 3-10pm  
[www.whatsup.co.nz](http://www.whatsup.co.nz)

## Older people

### Senior Line

Helping older people navigate the health system.

**0800 725 463** (Mon-Fri 8am-4pm)  
[www.seniorline.org.nz](http://www.seniorline.org.nz)

## Sexuality or gender identity

### OutLine NZ

Confidential telephone counselling and support service for the LGBTIQ+ community.

**0800 OUTLINE (0800 688 5463)**  
Monday to Sunday 6-9pm  
[www.outline.org.nz](http://www.outline.org.nz)

### RainbowYOUTH

For young people up to 27 years of age. Know who you are, be who you are. Whāia tō ake ngākaunui, i te pono, i te marama.

[www.ry.org.nz](http://www.ry.org.nz)

## Other support services

### Atareira

Mental health and addiction support for family/ whānau and transitional housing.

**04 499 1049**  
Monday to Friday 8.30am-5pm  
[www.atareira.org.nz](http://www.atareira.org.nz)

### Taeaomanino Trust

Social and mental health services for Pacific families and people in the Greater Wellington Region.

**0800 345 345**  
[www.taeaomanino.org.nz](http://www.taeaomanino.org.nz)