



# DON'T GIVE UP

## THERE ARE PEOPLE WHO CARE ABOUT YOU

If life's getting too much or you're thinking about hurting yourself, help is available. **No one needs to face their problems alone.**

As hard as it is, reaching out and talking about how you feel, or what you're thinking, with a trusted friend, whānau or family member, really can make a difference.

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**If you feel like you're in immediate danger, call 111 or go to a hospital**

You'll find other helpful information at  
[WWW.MENTALHEALTH.ORG.NZ](http://WWW.MENTALHEALTH.ORG.NZ)

The following services offer free support 24 hours a day, 7 days a week. They can also connect you to other places and people that can help.

- **NEED TO TALK? free call or text 1737**  
To talk to a trained counsellor, any time
- **LIFELINE 0800 543 354**  
For counselling and support
- **DEPRESSION HELPLINE 0800 111 757**  
To talk to a trained counsellor
- **YOUTHLINE 0800 376 633, free text 234, or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)**  
For youth, whānau and friends