



You matter

Anei au, tō pou whirinaki. I'm here, I will support you.

Whakapā atu – Reach out

There are people who care about you

If life's getting too much or you're thinking about hurting yourself, help is available.

You don't need to face this alone. Reach out to someone you trust and let them know how you're feeling. It can make a real difference.



If you feel like you're in immediate danger, **call 111** or go to the emergency department at your local hospital.

You'll find more helpful information and free tools at [mentalhealth.org.nz/help](https://www.mentalhealth.org.nz/help)



The following services offer **free support**. 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, anytime
- **Lifeline 0800 543 354**
For counselling and support, 7am - midnight
- **Youthline 0800 376 633**, free text **234**
(24/7), webchat at youthline.co.nz
DM on Instagram @youthlinenz
Message on WhatsApp 09 886 5696