



Ko wai ahau?

Who am I?

When you're going through a tough time
it's important to have a plan to help guide you through,
give you hope and keep you safe.

Complete your personal plan today – visit mentalhealth.org.nz/kowaijahau, scan the QR code
below or ask your counsellor or health worker for one.

The services below offer free support **24 hours a day, 7 days a week**,
and can connect you to other places and people who can help.

- Need to talk? Free call or **text 1737** to talk to a trained counsellor
- Youthline **0800 376 633**, free text **234** or email talk@youthline.co.nz
- Lifeline **0800 543 354**, free text **4357**

Visit mentalhealth.org.nz for other helpful information.

If you need immediate help, call **111**.



 **Mental Health Foundation**
mauri tū, mauri era OF NEW ZEALAND