

# IF YOU CAN'T TALK TO YOUR PARENTS YOU COULD TRY -

**"I talk to my friends or my older brother first, or I get my older brother to tell Mum and Dad."**

**"I'll tell my cousins because they'll support me."**

**"Sometimes if I'm having a problem I'll text or email my cousin in Australia and writing it down helps sort it out in my brain a bit more and makes me feel better. Sometimes I just write it down anyway even if I rip it up and burn it. But it makes me feel better."**

**"I would talk to someone I know and trust. That way they really value how I feel."**

**"Talk to someone close to you, I talk to my best friend."**

You could also try a helping agency like Youthline, Family Planning or Citizens Advice. These services are confidential so you can trust them - they are there to listen and to help you. Their contact details are on the back panel of this leaflet.



## GETTING HELP

### Youthline

Helpline: 0800 376 633  
Email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)  
Free text: 234  
[www.youthline.co.nz](http://www.youthline.co.nz)

### Family Planning Association

Help Line: 0800 372 5463  
[www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### Citizens Advice Bureau

Phone: 0800 367 222  
[www.cab.org.nz](http://www.cab.org.nz)

There are also other internet sites that have useful information, but not all are helpful so exercise caution. One we recommend is [www.thelowdown.co.nz](http://www.thelowdown.co.nz)

## ADDITIONAL INFORMATION

The Mental Health Foundation has a comprehensive range of information on mental health and wellbeing including pamphlets, books, CDs and videos available to order from our website.

### Resource & Information Service

Phone: **09 623 4812**  
Email: [info@mentalhealth.org.nz](mailto:info@mentalhealth.org.nz)

### Mental Health Foundation

PO Box 10051, Dominion Road, Auckland 1466  
Units 109-110, Zone 23, 23 Edwin Street, Mt Eden, Auckland 1024

 (09) 623 4812

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

 [www.facebook.com/mentalhealthfoundationNZ](http://www.facebook.com/mentalhealthfoundationNZ)

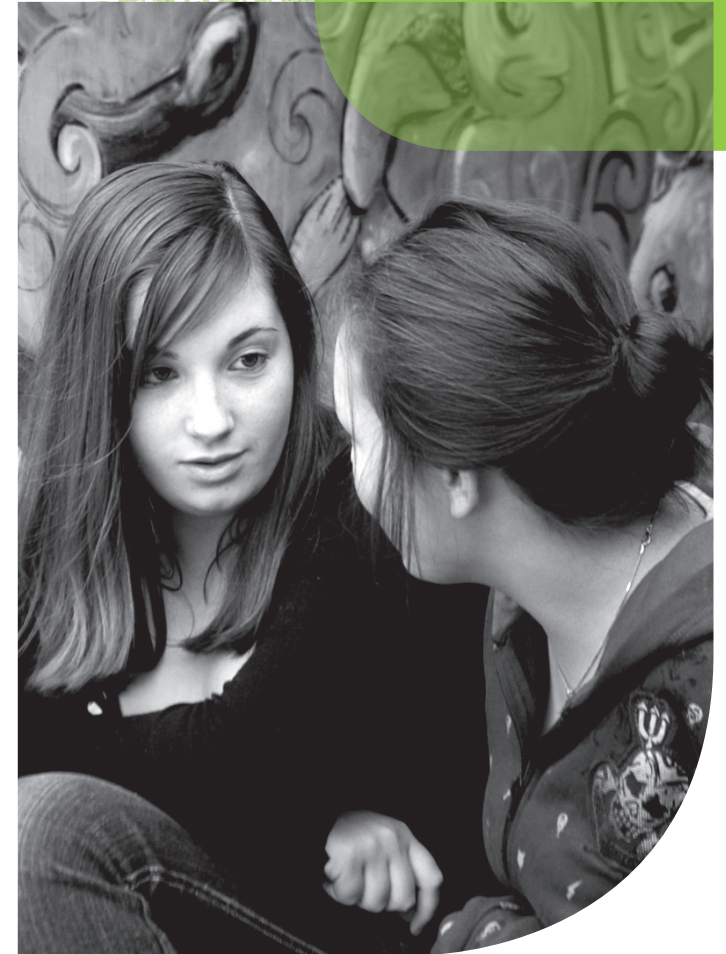
 [www.twitter.com/mentalhealthnz](http://www.twitter.com/mentalhealthnz)

 [www.youtube.com/mhfnz](http://www.youtube.com/mhfnz)

 **Mental Health Foundation**  
of New Zealand

Mental Health Foundation 2018

How to get heard  
Talking to your parents



# GETTING HEARD

