

National support services,

# Where to get help

Free call or **text 1737** for support from a trained counsellor

## Support with Panic Attacks/ Anxiety & Stress

24/7 Anxiety & Stress help  
Call 0800 269 4389

visit [anxiety.org.nz](http://anxiety.org.nz) or  
[smallsteps.org.nz](http://smallsteps.org.nz)

Tools for calming your mind.

## Identity / Transitioning

OUTLine  
Call 0800 688 5463

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

Support available from 6pm–9pm,  
provides confidential telephone support.

## RainbowYOUTH

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

Talk to a rainbow support worker.  
Resources available around gender,  
sexuality, parents and much more.

## Dealing with Depression

Depression helpline  
Call 0800 111 757

Free text 4202

## Suicide, Self harm + Emergencies

Lifeline New Zealand  
Call 0800 543 354

Free text 4357

Crisis Team  
Call 0800 543 354

For emergency help & assistance.

Suicide Crisis helpline  
Call 0508 828 865



Visit [mentalhealth.org.nz](http://mentalhealth.org.nz) for more resources.