



Getting Help & Advice

Talk to someone

Need to talk? Free call or text 1737 to talk to a trained counsellor, anytime

Lifeline - 0800 543 354 for counselling and support

Depression Helpline - 0800 111 757 for support from trained counsellors

Youthline - 0800 37 66 33, free text 234 or email talk@youthline.co.nz for young people, and their parents, whānau and friends

Samaritans - 0800 726 666 for confidential support to anyone who is lonely or in emotional distress 24 hours a day, 365 days a year

Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO) for people in distress, and people who are worried about someone else

Get support online

depression.org.nz includes The Journal, a free online self-help tool, and includes specific advice on helping someone at [work](#)

Netsafe - www.netsafe.org.nz or call 0508 638 723 for advice on how to stay safe online

Get advice about workplace issues

Employer Advice Line - 0800 805 405 for free advice for employers and managers on how to support team members with a disability or health condition, including mental health. Call for support within normal business hours (8am - 6pm working days)

Employment Relations Authority - 0800 20 90 20 for general queries on employment relations

Citizen's Advice Bureau - 0800 367 222 (0800 FOR CAB) for information and advice

Human Rights Commission - 0800 496 877 for advice or to make a complaint about discrimination

Your Employee Assistance Programme for counselling and support

Your **workplace union** for workplace support

Find support around sexuality or gender identity

OUTLine NZ - 0800 688 5463 (0800 OUTLINE), www.outline.org.nz for lesbian, gay, bisexual, transgender and intersex people. Free phone counselling is available Monday to Friday, 9am - 9pm, and weekends/holidays 6pm - 9pm