



Getting Help & Advice

Talk to someone

1737 – Need to talk? Free call or text 1737 any time for support from a trained counsellor.

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

What's Up – 0800 942 8787 (0800 WHATSUP), www.whatsup.co.nz for 5-18 year olds. Phone counselling is available Mon-Fri 12pm-11pm and Sat-Sun 3pm-11pm. Online chat is available 7pm-10pm daily.

Kidsline – 0800 54 37 54 (0800 KIDSLINE) for children up to 14 years of age. Available 24/7. Between 4-9pm calls are answered by specially trained Year 12 & 13 students.

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

thelowdown.co.nz – visit the [website](http://www.thelowdown.co.nz) or free text 5626 support for young people experiencing depression or anxiety.

Common Ground – www.commonground.org.nz for advice about supporting a friend or classmate.

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

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.

RainbowYOUTH – info@ry.org.nz, www.facebook.com/rainbowyouth,
Twitter: [@RainbowYOUTH](https://twitter.com/RainbowYOUTH), Instagram: [rainbowyouth](https://www.instagram.com/rainbowyouth)
offers support for young queer and gender diverse people up to the ages of 28.

InsideOUT – hello@insideout.org.nz, www.facebook.com/insideoutkoaro/,
Twitter: [@insideoutnz](https://twitter.com/insideoutnz), Instagram: [@insideoutaotearoa](https://www.instagram.com/insideoutaotearoa)
works to make Aotearoa a safer place for all young people of diverse genders, sexes and sexualities.