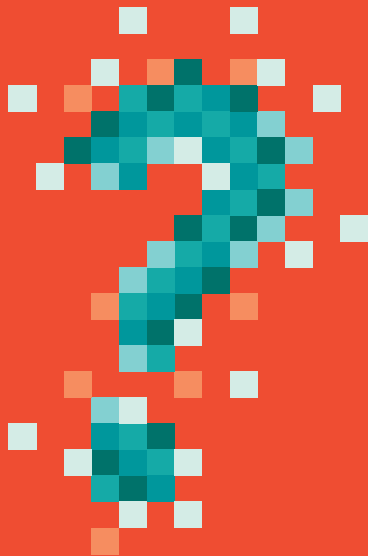


Where to
get help



whataboutme.nz

The biggest survey of your generation

Where to get help & support for yourself or for others

If you would like to talk to someone, get help or information about something distressing you or for a friend you can talk to a school counsellor, teacher or other adult you trust.

You can also contact:



- Youthline** ■ 0800 376 633, free text 234,
webchat at www.youthline.co.nz 10am – 10pm
- 1737 ■ You can text or freephone 24 hours a day
Free counselling service
- What's UP** ■ 0800 942 8787 Advice & counselling support for 5 – 18
year olds; Mon-Fri midday-11pm Sat/Sun 3pm-10pm,
webchat at www.whatsup.co.nz 3pm – 10pm
- Kidsline** ■ 0800 54 37 54 (0800 KIDSLINE)
Advice & counselling support up to 14 years;
4pm – 9pm weekdays
- OUTLine NZ** ■ 0800 688 5463 confidential, free, all-ages rainbow
affirming support line
- Safe to talk –
Kōrero mai ka ora** ■ 0800 044 334, text 4334 or online chat to
someone for confidential advice for sexual harm issues
www.safetotalk.nz
- Healthline** ■ 0800 611 116 General health advice and
information from a registered nurse
- Lifeline** ■ 0800 543 354 or Text 'Help' to 4357
Counselling advice and support
- Aunty Dee** ■ www.auntydee.co.nz A free online tool for anyone
who needs some help working through a problem or
problems. It doesn't matter what the problem is, you
can use Aunty Dee to help you work it through
- The Lowdown** ■ thelowdown.co.nz 0800 111 757, text 5626
Free 24/7 helpline (text, email and webchat)
"Whatever's going on you'll find ideas and
people who can help you get unstuck"
- Family Violence
Helpline** ■ 0800 456 450 The 'It's not OK' campaign runs a free
0800 Family Violence Information Line that provides
self-help information and connects people to services.
It is available seven days a week, from 9am – 11pm