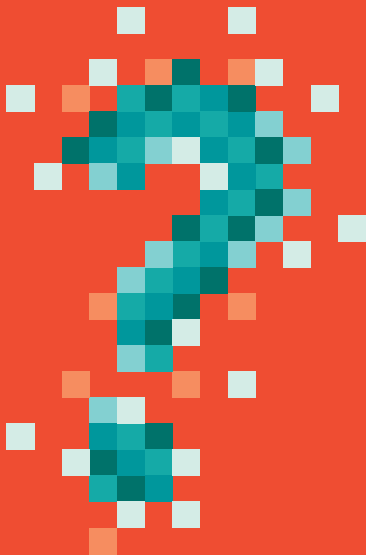


Where to
get help



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; midday – 11pm
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**
Support for sexuality or gender identity issues
- 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