

Counselling & Support Services

A range of advisory and counselling services are available in New Zealand. Many of these can be accessed by phone, text, or email. Don't feel alone if you're struggling – reach out for help.

1737	Free call or text 1737 to speak with a trained professional counsellor at any time 24/7. Free counselling service: depression, anxiety, suicidal thoughts, feeling down or overwhelmed. Highly recommended as first point of contact for callers seeking help.
Alcohol Drug Helpline	0800 787 797 or text 8681 (24/7); online chat at https://www.alcoholdrughelp.org.nz If you are concerned about your own or someone else's drinking or drug taking, the Alcohol and Drug Helpline can assist with information, insight and support.
Anxiety New Zealand	Helpline 0800 269 438. Online therapy and help resources available. https://www.anxiety.org.nz
Asian Helpline	Nationwide free and confidential services by phone from Monday to Friday between 9am-8pm. The Helpline is available in eight languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi and English. 0800 862 342. Or, text 832 to speak with a professional for confidential advice and emotional support from Monday to Friday between 9am-5pm.
Aunty Dee	www.auntydee.co.nz
Depression Helpline	0800 111 757 or free text 4202 to talk to a trained counsellor for support or to ask any questions. www.depression.org.nz/get-help
EAP Services	Employee Assistance Programme – providing practical assistance to employees when personal or work issues arise that may impact on their ability to do their job or affect their wellbeing (confidential counselling services across NZ and internationally). Freephone: 0800 327 669 https://www.eapservices.co.nz
Gambling Helpline	24-hour Freephone: 0800 654 655 https://www.gamblinghelpline.co.nz or text 8006.
Just A Thought	Free online courses to manage anxiety, addictions. Justathought.co.nz
Lifeline	0800 543 354 (0800 LIFELINE). Lifeline trained counsellors deal with many kinds of issues including psychological and emotional distress, financial and work issues, marriage and family/whanau problems and with callers who are lonely, ill, depressed or the victims of violence or abuse. Text 'Help' to 4357 or visit https://www.lifeline.org.nz
Rural Support Trust	Helpline 800 787 254. Chat to someone who understands, because they've been there. https://www.rural-support.org.nz
Salvation Army	0800 53 00 00. Supporting families and individuals in need with budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. https://www.salvationarmy.org.nz
Samaritans	0800 726 666. Confidential, non-religious and non-judgemental support to anyone who may be feeling depressed, lonely, or may be contemplating suicide. https://www.samaritans.org.nz
SPARX	An interactive self-help online tool for young people with mild to moderate depression and anxiety: https://www.sparx.org.nz 0508 477 279 or free text to 3110
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO)
The Lowdown	A space created with rangatahi, for rangatahi. Find support for your haora, identity, culture, and mental health. https://www.thelowdown.co.nz
Victim Support	0800 842 846. Free 24/7 support. https://www.victimsupport.org.nz
What's Up	0800 942 8787 (0800 WHATSUP) For 5 - 19 year olds. Available 11am – 11.00pm M-S Online chat Monday-Sunday 11am-10.30pm at www.whatsup.co.nz A safe place for tamariki and rangatahi to talk.
Yellow Brick Road	Northern Region, 0800 732 825; Central North Island, 0800 555 434; South Island, 0800 876 682. Supporting families/whanau towards mental wellbeing. yellowbrickroad.org.nz
Youthline	Mental Health and Addictions Service. Youthline works with young people, their families and those supporting young people. Call 0800 376 633; free text 234; email: talk@youthline.co.nz or online chat at https://www.youthline.co.nz

In emergencies always phone 111

0800 777 797 centre@carers.net.nz