

WHERE TO GET HELP AFTER SCHOOL HOURS

- If it is an emergency and you, or someone you know, is at immediate risk call 111 - select police if physical injury has occurred select Ambulance
- Crisis mental health Care, Freephone 0800 920 092, (24 hours, 7 days a week)
- Child, Adolescent & Family (CAF) Mental Health Service 0800 218 219 -press 2
- Lifeline – 0800 543 354
- Asian Helpline – 0800 862 342
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Youthline – 0800 376 633 or free text 234
- Depression Helpline – 0800 111 757 or free text 4202 Samaritans – 0800 726 666
- Need to talk? Free call or text 1737 support from trained counsellor
- What's Up – 0800 942 8787 (5–18 year olds). Phone counselling Monday to Friday, midday–11pm and weekends, 3pm–11pm.
- Kidslines – 0800 54 37 54 for young people up to 18 years of age. Open 24/7. thelowdown.co.nz – or emailteam@thelowdown.co.nz or free text 5626
- Anxiety New Zealand - 0800 269 4389
- Where to get help for sexual violence
 - Rape Crisis – 0800 88 33 00
 - Victim Support – 0800 842 846, text 4334, webchat safetotalk.nz or email support@safetotalk.nz
 - The Harbour – Online support and information for people affected by sexual abuse
 - Womens Refuge – 0800 733 843 (females only)
 - Male Survivors Aotearoa – Helplines across NZ (males only)
 - If you or someone else is in immediate danger – call 111
- Support for students identifying as part of the rainbow community <https://outline.org.nz/>