

Need Support?



The support services below are there to offer you guidance in times of need

Lifeline Aotearoa

 [0800 543 354](tel:0800543354)  lifeline.org.nz

Free helpline & text services provide 24/7, confidential support from health professionals and trained volunteers.



Victim Support

 [0800 842 846](tel:0800842846)  victimsupport.org.nz

24/7 support services for people affected by crime, trauma, and suicide



Mental Health Foundation

 mentalhealth.org.nz

Information for anyone going through a difficult time, for people supporting someone they care about, and those interested in mental health and wellbeing.



Social Services Directory

 healthpoint.co.nz/social-services

Service not listed above? Visit the Health Point social services directory to search all services available in your area.



Reach out if you are struggling

 **0800 423 888**

Need Support?



Housing Support - Kāinga Ora

☎ 0800 801 601 🖱 kaingaora.govt.nz

Free helpline. NZ Housing services and support.



Foodbanks

🖱 foodbank.org.nz

Online foodbank support. Request food parcel assistance online.



Clothing - Salvation Army

☎ 04 802 6269 🖱 salvationarmy.org.nz

Reach out for assistance in times of need.



Cultural Connections

🖱 ethniccommunities.govt.nz

An online directory of ethnic community organisations throughout Aotearoa.



Community Groups

🖱 community.net.nz

An online hub of resources designed to strengthen communities and allow you to connect with others



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☎ 0800 423 888