

New Zealand Helplines

Need to talk? Free call or text **1737** any time for support from a trained counsellor

[Lifeline](#) – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

[Suicide Crisis Helpline](#) – 0508 828 865 (0508 TAUTOKO)

[Samaritans](#) – 0800 726 666

Depression-specific helplines

[Depression and Anxiety Helpline](#) – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions)

www.depression.org.nz – includes The Journal online support tool

SPARX.org.nz – online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed

Sexuality or gender identity helpline

[OUTLine NZ](#) – 0800 688 5463 (OUTLINE) provides confidential telephone support, available evenings from 6pm–9pm.

[Online chat support](#) with Rainbow Youth - is available for anyone aged 13-27 who is looking for guidance, support, or advice around sexuality, gender identity, and intersex status. 2-4pm Monday - Friday, anonymously & confidentially

Other specialist helplines

[Alcohol and Drug Helpline](#) – 0800 787 797 or [online chat](#)

[Are You OK](#) – 0800 456 450 family violence helpline

[Anxiety phone line](#) – 0800 269 4389 (0800 ANXIETY)

[Rape Crisis](#) – 0800 883 300 (for support after rape or sexual assault)

[Women's Refuge Crisisline](#) – 0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family)

Warmlines for consumers of mental health services

Free peer support services for people experiencing mental illness or those supporting them
[Canterbury and West Coast](#) – 03 379 8415 / 0800 899 276 (1pm to midnight, seven nights)

Wellington 0800 200 207 (7pm–1am, Tuesday to Sunday)

Auckland Central 0508 927 654 or 0508 WARMLINE (8pm to midnight, seven nights)

Region-Specific CATT Teams (Mental Health Crisis Teams) - Call Healthline on 0800 611 116 if unsure which DHB applies.

Capital & Coast, Hutt Valley - 0800 745 477

Auckland Central – 0800 800 717

Full DHB contacts available here: <https://www.mentalhealth.org.nz/get-help/in-crisis/>

Wellington, Porirua, Kāpiti, Hutt Valley & Wairarapa Crisis line for Māori - [Te Haika](#) - 0800 745 477