

Physical and mental wellbeing of students

<https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

National helplines		
Asian Family Services	0800 862 342	(Mandarin, Cantonese, Vietnamese, Korean, Japanese, Thai, Hindi, Gujarati, Marathi)
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)	
Healthline	0800 611 116	
Samaritans	0800 726 666	
The Foodbank	https://www.foodbank.co.nz/	

Depression		
Depression 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 help service
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
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Sexuality or gender identity		
OutLine NZ	0800 688 5463 (OUTLINE)	provides confidential telephone support

Helplines for children and young people		
Youthline	0800 376 633, free text 234 or email talk@youthline.co.nz or online chat	
thelowdown.co.nz	email team@thelowdown.co.nz or free text 5626	
What's Up	0800 942 8787	for 5–18 year olds
Kidsline	0800 54 37 54 (0800 kidsline)	for young people up to 18 years of age

Help for parents, family and friends		
Commonground		a website hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who is struggling
EDANZ	Freephone 0800 2 EDANZ or 0800 233 269, or in Auckland 09 522 2679. Or email info@ed.org.nz	improving outcomes for people with eating disorders and their families.

Parent Help	0800 568 856	for parents/whānau seeking support, advice and practical strategies on all parenting concern.
Family Services 211 Helpline	0800 211 211	for help finding (and direct transfer to) community- based health and social support services in your area.
Skylight	0800 299 100	for support through trauma, loss and grief
Supporting Families In Mental Illness	Auckland 0800 732 825. Find other regions' contact details here .	For families and whānau supporting a loved one who has a mental illness.

Other specialist helplines		
Alcohol and Drug Helpline	0800 787 797 or online chat	
Are You OK	0800 456 450	family violence helpline
Gambling Helpline	0800 654 655	
Anxiety phone line	0800 269 4389 (0800 ANXIETY)	
Seniorline	0800 725 463	a free information service for older people
0508MUSICHELP		An online, phone and in-person counselling service fully funded by the NZ Music Foundation and provided free of charge to those in the NZ music community who can't access the help they need

		due to hardship and other circumstances
Shine	0508 744 633	confidential domestic abuse helpline
Quit Line	0800 778 778	smoking cessation help
Vagus Line	0800 56 76 666	to promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence
Women's Refuge Crisis line	0800 733 843 (0800 REFUGE)	for women living with violence, or in fear, in their relationship or family
Shakti Crisis Line	0800 742 584	for migrant or refugee women living with family violence
Rape Crisis	0800 883 300	for support after rape or sexual assault

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](#) 0508 927 654 or 0508 WARMLINE (8pm to midnight, seven nights)

See also: [Apps, e-therapy & guided self help](#)