

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

mhaw.nz
#MHAWNZ

SUPPORT

Everyone goes through ups and downs in life – that’s a completely normal part of being human. If you’re worried you or someone you care about is not coping or needs some tautoko/support, there’s help available – no one should go through a tough time alone.

It’s good to remember that no special skills are required to talk about mental health. You just need to be empathetic, approachable and willing to listen.

Where to turn for help

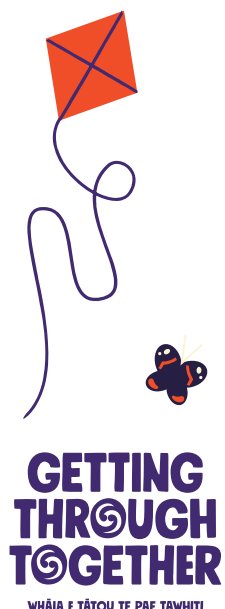
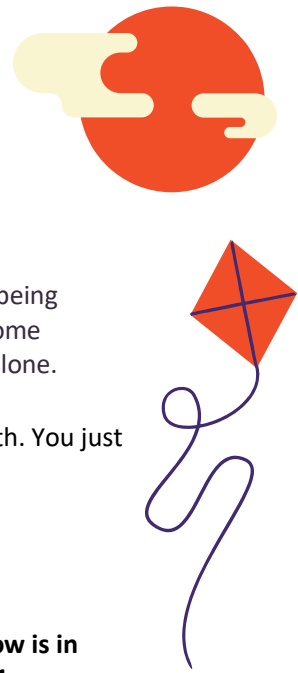
The first point of contact is to visit your GP or hauora or offer to go to a GP/hauora with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

National helplines

- **If you or someone you know is in immediate danger, call 111.**
- 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)
- Youthline – 0800 376 633, free text 234 or [email](#) or [online chat](#).

Remember, it’s okay to get support for yourself when you’re supporting someone you care about. [Supporting Families](#) provides this throughout Aotearoa.



GETTING
THROUGH
TOGETHER
WHĀIA E TĀTOU TE PAE TAWHITI

