



SUNRISE WALK FOR WELLBEING

MENTAL HEALTH MATTERS

Join us for the Sunrise Walk For Wellbeing, a 6km walk around the airport for Mental Health Awareness Week.

Rally the troops – workmates, friends and family. Everyone's welcome. Wear yellow, form a team, encourage each other and have fun. After the walk, stick around for a light snack, live music and a guest speaker.

Koha welcome for Supporting Families in Mental Illness Nelson.

**6AM SATURDAY
21 SEPTEMBER**

**Nelson Golf Club carpark
38 Bolt Road, Tahunanui**

For more information and to register
SUNRISEWALKFORWELLBEING.COM

NATIONAL HELPLINES

Need to talk? Free call or text 1737 any time to talk to a trained counsellor.

Health line 0800 611 116

Youth line 0800 376 633 or free text 234

Alcohol Drug Helpline 0800 787 797

LifeLine Aotearoa 0800 543 354

Family Violence: It's Not Okay 0800 456 450

Depression Helpline 24/7 0800 111 757

Suicide Crisis Helpline 24/7 0508 828 868

LOCAL CONTACTS

Adult Mental Health Service 0800 776 364

Alcohol & Other Drug Service 03 546 1994

Te Piki Oranga (Maori provider of mental health, alcohol and other drugs services)
0800 672 642

Te Whare Mahana Golden Bay 03 525 7647

Supporting Families in Mental Illness Nelson
03 546 6090

COMPASS Peer Support and Advocacy for Mental Health 0800 212 798

USEFUL WEBSITES

sparx.org.nz Check out the avatar game

youthline.co.nz

thelowdown.co.nz Supports youth to understand and deal with depression

commonground.org.nz Information, tools, support, and a space for sharing ideas and experiences

depression.org.nz

calm.auckland.ac.nz

mentalhealth.org.nz

alcoholdrughelp.org.nz