

Lifeline Aotearoa

Lifeline Aotearoa provides free 24-hour counselling and phone helplines to people living in Auckland and other nearby cities.

Tel: 0800 543 354

Samaritans of Horowhenua

Samaritans of Horowhenua provides confidential emotional support 24/7 to those experiencing loneliness, depression, despair, distress, or suicidal feelings anywhere in Horowhenua.

Tel: 0800 72 6666

Samaritans of Manawatu

Samaritans of Manawatu provides confidential emotional support 24/7 to those experiencing loneliness, depression, despair, distress, or suicidal feelings anywhere in Manawatu.

Tel: (06) 586 1048

Samaritans Rotorua/Lifelink

Samaritans Rotorua/Lifelink provides confidential emotional support 24/7 to those experiencing loneliness, depression, despair, distress, or suicidal feelings anywhere in Rotorua.

Tel: (07) 350 2030

Samaritans of Tauranga

Samaritans of Tauranga offers 24-hour free, confidential emotional support for distressed, depressed & suicidal people in Tauranga.

Tel: (07) 578 1002

Samaritans of Wellington Incorporated

Samaritans of Wellington trained volunteers offer 24-hour free, confidential emotional support for distressed, depressed & suicidal people in Wellington and all of NZ.

Tel: 0800 726 666

1737 Need to talk?

1737 is a free service for New Zealanders feeling down, anxious, a bit overwhelmed, or just need to chat with someone.

Tel: 1737 (text & call)

0508 TAUTOKO

0508 TAUTOKO is a free, nationwide service available 24 hours a day, 7 days a week, and is operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training.

Tel: 0508 828 865

Anxiety Helpline

Anxiety Helpline offers 24-hour emotional support to people in New Zealand who are in distress.

Tel: 0800 269 4389

Depression Helpline

Depression Helpline offers 24-hour emotional support to people in New Zealand who are in distress or at risk of suicide.

Tel: 0800 111 757

Text: 4202

SHINE

SHINE offers emotional support to people who are victims of domestic violence. The line is free to call from any phone in NZ, and takes calls 7 days a week, 24 hours a day.

Tel: 0508 744 633

Shakti Crisis line

Shakti Crisis line offers support to women in New Zealand who are in distress or in crisis.

Tel: 0800 742 584

Te Puna Oranga 24-hour Phone Manaaki

Te Puna Oranga 24-hour Phone Manaaki provides 24/7 crisis response and support for individuals and whānau who are victims of rape and sexual violence.

Tel: 0800 222 042

Nicaragua

