

NEED TO TALK?

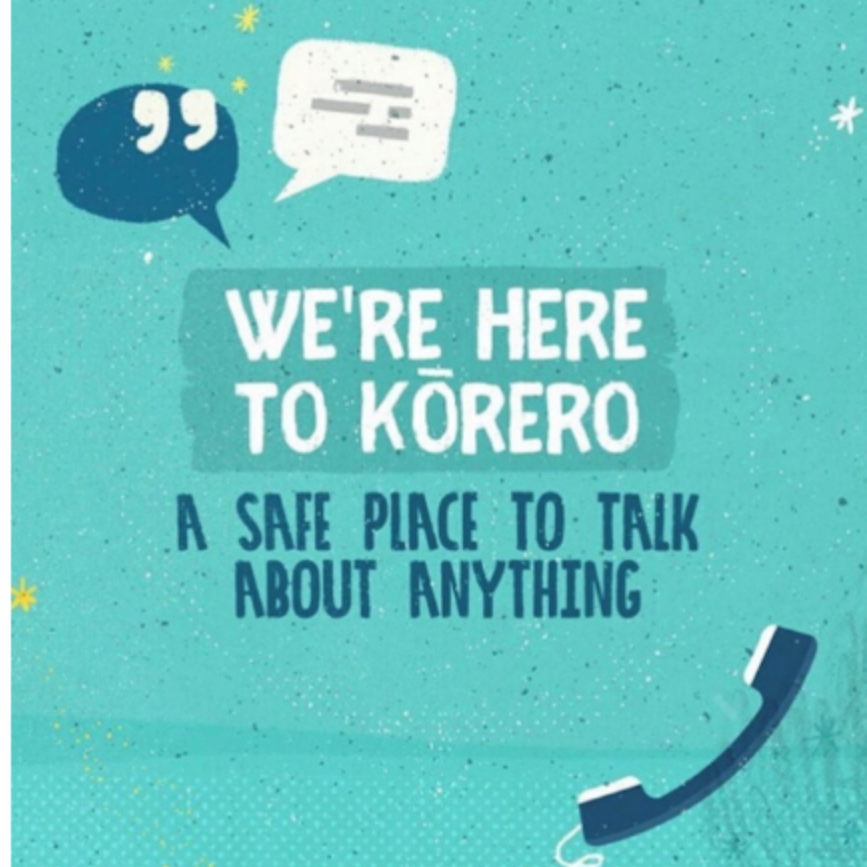
1737

**free call or text
any time**

1737:

Are you feeling a bit down, anxious, or overwhelmed? For support with grief, anxiety, distress or mental wellbeing, you can call or text **1737** – anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

For a full list of helpline phone numbers visit mentalhealth.org.nz



0800 Whats Up:

A safe place for 5-18 year olds to talk about anything at all. You can call on **0800 942 8787**, or chat online at <https://www.whatsup.co.nz/>.