

Helplines

- Alcohol and drug 0800787797 0800 787797
- HIV/aids 08004485463 0800 4485463
- Careers advice 0800222733 0800 222733
- Depression 0800111757 0800 111757
- Family Violence 0800456450 0800 456450
- Healthline 0800611116 0800 611116
- Immigration NZ 0508558855 0508 8558855
- Lifeline empowering 0800543354 0800 543354
- Plunket caregivers help 0800933922 0800 933922
- Pregnancy Choice 0800 tba
- Problem gambling 0800664262 0800 664262
- Settlement information 0800776948 0800 776948
- SHINE (safer non violent homes) 0508744633 0508 744633
- Suicide Crisis 0508828865 0508 828865
- Victims support 0800650654 0800 650654
- Whats Up counselling young people aged 5-18 - 0800 9428787
- Womens refuge 0800733843 0800 733843
- Youthline 0800376633 0800 376633
- SPELD – education and training 0800-773536 0800 773536
- Various Disease organisations
 - MS & Huntingdon type Societies
 - Arthritis / Asthma Societies
 - Alzheimer's / mental Societies