

SELF HELP RESOURCES NUMBERS AND WEBSITE LINKS

If this is an emergency – and you feel you or someone else is at risk of harm –
phone 111

OR

Go to your nearest Hospital Emergency Department

OR

Phone your local District Health Board **Mental Health Crisis Team (CATT team)**

Contact numbers below :

Northland	Topuni to North Cape	Whangarei (09) 430 4101 ext 3501 After hours 0800 223 371
Waitemata	Wellsford to North Shore	West Swanson, Piha & Titirangi (09) 822 8500 After hours (09) 486 8900 Henderson (09) 822 8600 After hours (09) 486 8900 North Shore / East Rodney (09) 487 1400 After hours (09) 486 8900
Auckland	Auckland City	Central Auckland 0800 800 717
Counties Manukau	South Auckland to Te Kauwhata	South Auckland (09) 270 9090
Waikato	Coromandel, Hamilton to National Park	Hamilton 0800 505 050
Bay of Plenty	Tauranga, Whakatane to Te Kaha	Tauranga 0800 800 508 Whakatane 0800 774 545
Tairāwhiti	Hicks Bay to Gisborne	Gisborne (06) 867 2435
Lakes	Rotorua, Taupo, Turangi	Lakes 0800 166 167
Hawke's Bay	Wairoa, Napier, Hastings, Waipukurau	Napier, Hastings 0800 112 334
Taranaki	New Plymouth to Waverly	New Plymouth (06) 753 6139 ext 7680
Whanganui	Ohakune, Whanganui to Bulls	Whanganui 0800 653 358
Mid Central	Palmerston North to Waikanae	Mid Central 0800 653 357

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Wairarapa	Masterton to Martinborough	Wairarapa 0508 432 432
Hutt Valley	Lower and Upper Hutt	Hutt Valley (04) 566 6999
Capital & Coast	Kapiti to Wellington	Wellington, Kapiti Coast, Porirua City, Wellington City (04) 494 9169
Nelson / Marlborough	Top of South Island to Hanmer Springs	Nelson (03) 546 1421 After hours (03) 546 1800 Malborough (03) 520 9907 After hours (03) 520 9999
Canterbury	Kaikoura to Ashburton	Ashburton 0800 222 955 Christchurch 0800 920 092
West Coast	West Coast, South Island	Greymouth 0800 757 678
South Canterbury	Timaru, Mt Cook, Tekapo, Temuka, Waimate	Timaru 0800 277 997
Otago Southland	Dunedin, Milford Sound south to Stewart Island	Dunedin (03) 474 0999 ask for Psychiatric Emergency Services Gore (03) 208 0299 Invercargill 0800 467 846

If you need to talk to someone else:

Lifeline 0800 543 354 or (09) 522 2999

Suicide Prevention Helpline 0508 828 865 (0508 TAUTOKO)

Healthline ph 0800 611 116

Youthline 0800 376 633

Samaritans 0800 726 666 – (Samaritans 0800 number services Rotorua, Taupo, New Plymouth, Hawke's Bay and Lower North Island only.)

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Helpful websites:

Health:

Mental Health Foundation	www.mentalhealth.org.nz
Health & Disability Commissioner	www.hdc.org.nz
Alcohol Advisory Council	www.alcohol.org.nz
Alcohol and Drug Association	www.adanz.org.nz
Quit Line	www.quit.org.nz
Arthritis New Zealand	www.arthritis.org.nz
Cancer Society	www.cancersoc.org.nz
Depression Awareness	www.depression.org.nz
Family Budgeting Services	www.familybudgeting.org.nz
Mood Gym	https://moodgym.anu.edu.au/
Kids Line	http://www.kidslines.org.nz
Heart Foundation	http://www.heartfoundation.org.nz

Government and other:

Inland Revenue	www.ird.govt.nz	
Ministry of Health	www.moh.govt.nz	
Housing Corporation	www.hnzc.co.nz	
Department of Labour	www.dol.govt.nz	
Ministry of Social Development	www.msd.govt.nz	
Work & Income New Zealand	www.workandincome.govt.nz	
Ministry of Education	www.minedu.govt.nz	
Child Youth & Family	www.cyf.govt.nz	
Consumer Affairs	www.consumeraffairs.govt.nz	
Ministry of Justice	www.justice.govt.nz	
Legal Services Agency	www.lsa.govt.nz	
Sport & Recreation New Zealand	www.sparc.org.nz	
Tenancy Services	www.tenancy.govt.nz	
NZ Government Agencies	www.worksite.govt.nz	
Accident Corporation	www.acc.co.nz	
Department of Internal Affairs	www.dia.govt.nz	
Ministry of Economic Development	www.med.govt.nz	
New Zealand Police	www.police.govt.nz	
Human Rights Commission	www.hrc.co.nz	
Citizen's Advice Bureau	www.cab.org.nz	
Retirement Commissioner	www.sorted.org.nz	
Business in the Community Society	www.businessmentor.org.nz	Law
IHC New Zealand	www.lawsociety.org.nz	
Barnardos	www.ihc.org.nz	
	www.barnardos.org.nz	