

Helplines

People who work at helplines are willing and want to listen to you and are specifically trained to help. Some of the following helplines are designed specifically for young people, or for certain issues. Take a moment to look through the helplines here to find which one may be right for you:

Name	Method	Number
Need to Talk?	Call or text	1737
The Lowdown	Text	5626
What's Up	Call	0800 WHATS UP (0800 942 8787)
Kidsline	Call 4-9pm weekdays you talk to a buddy	0800 KIDSLINE (0800 54 37 54)
Lifeline	Call or text	0800 LIFELINE (0800 543 354) or text HELP (4357)
Youthline	Call, text, email or online chat	0800 376 633 Or text 234 talk@youthline.co.nz
Samaritans	Call	0800 726 666
Specific Helplines		
OUTLine NZ (Gender and sexual identity)	Call	0800 OUTLINE (0800 688 5463)
Depression and Anxiety Helpline	Call or text	0800 111 757 Or text 4202
Anxiety Helpline	Call	0800 ANXIETY (0800 269 4389)
Suicide Crisis Helpline	Call	0508 TAUTOKO 0508 828 865
Alcohol Drug Helpline	Call	0800 787 984

Quitline	Call	0800 778 778
In Ya Face (Gambling)	Call	0800 654 659
Rape Crisis Dunedin	Call (not those under 17)	03 474 1592
Shatki Community Council (migrant and refugee women and families)	Call	0800 742 584
Skylight (for support through trauma, loss and grief 9-5)	Call	0800 299 100
Supporting Families in Mental Illness	Call	0800 732 825