

# Looking after your mental wellbeing

How are you really feeling today? Help is available.

Pick up a copy of the **Traffic Light Guide** or download from [southernhealth.nz/tehautoka](https://southernhealth.nz/tehautoka)

## Immediate Crisis

- Concerned for your or someone's immediate safety? **Call 111**
- Needing help from Mental Health Emergency Services? **Call 0800 467 846**

Call **111**



## Extra Support

- Contact your Medical Centre
- Or phone/text **1737** for free 24/7 counselling support

NEED TO TALK?

**1737**

free call or text any time

## Keeping Well

- Talk to friends, family and whānau
- Five Ways to Wellbeing, apps and online learning ([mentalhealth.org.nz](https://mentalhealth.org.nz))
- Connect with local community support groups

Give

BE ACTIVE

KEEP LEARNING

CONNECT

TAKE NOTICE