

Helplines for adults experiencing distress

If this is an emergency, or if you or someone you care about is in danger, please phone 111. Helpline services are available right now in New Zealand that offer support, information and help for you and your family, whānau and friends.



Need to talk?

Free call or text 1737 any time for support from a trained counsellor.



Lifeline

Lifeline provides specialist mental health support and counselling to anyone concerned about their wellbeing or safety.

0800 543 354 (0800 LIFELINE) or
free text 4357 (HELP)

Suicide Crisis Helpline is a crisis helpline for anyone experiencing thoughts of suicide.

Call 0508 828 865 (0508 TAUTOKO)



Samaritans

Samaritans is a crisis helpline for those experiencing loneliness, depression, despair, distress or suicidal feelings.

Call 0800 726 666



Safe to Talk

A sexual harm helpline providing free and confidential support with a trained sexual harm specialist, available 24/7.

Call 0800 044 334 or text 4334