

## Helplines for children and young people 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 you and your parents, family, whānau and friends.

te ara tāhōi  
whakatapua kia ora ai

### youthline

#### Youthline

0800 376 633, free text 234 or  
email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat.



#### What's up

0800 942 8787 (for 5–18 year olds).

Phone counselling is available every day of the week, 365 days of the year, 11am–11pm. Online chat is available from 11am–10:30pm 7 days a week, including all public holidays.



#### Need to talk?

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



**Safe to talk**  
Kōrero mai ka ora

#### Safe to Talk

0800 044 334 or text 4334

Free and confidential support with a trained sexual harm specialist, available 24/7.