

FURTHER RESOURCES

If you, or someone you know, is in danger please call emergency services on 111 immediately.

If you think you, or someone you know, may be thinking about suicide, call your local mental health crisis team or call or text Need to talk? 1737.

These services are available nationwide 24 hours a day, seven days.

HELPLINES

Local mental health crisis response teams

Depression Helpline

0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions.

Lifeline

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

Need to Talk?

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

Suicide Crisis Helpline

0508 828 865

OUTLine NZ – 0800 OUTLINE (0800 688 5463)

Provides confidential sexuality or gender identity support via telephone.

Youthline

Chat online or email talk@youthline.co.nz or free text 234 or free call 0800 376 633.

Netsafe

For assistance and reporting of online harm, call: 0508 638 723 email: help@netsafe.org.nz or submit a report at netsafe.org.nz

All New Zealand Crisis Support Helplines

<https://mentalhealth.org.nz/helplines>

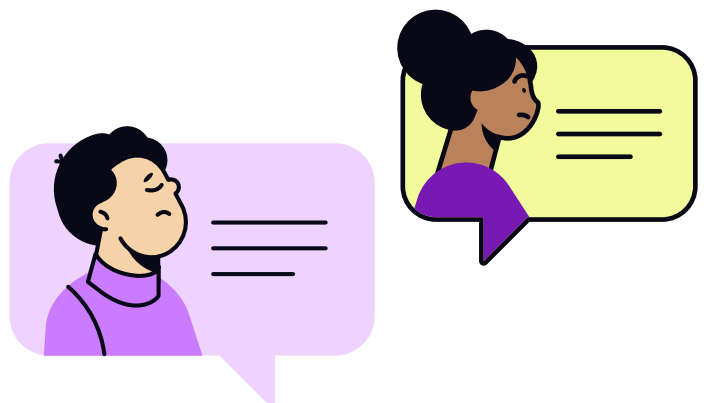
SUICIDE/SELF-HARM/MENTAL HEALTH RESOURCES

Mental Health Foundation Safely reporting about suicide resource

Mental Health Media Guidelines

ChatSafe

Preventing suicide: a resource for media professionals, update 2023



REPORT / ESCALATE ONLINE HARM

Netsafe (HDCA Approved Agency):

Report online (harm report form)

Call: 0508 638 723 (0508 NETSAFE)

Email: help@netsafe.org.nz

Text: “Netsafe” to **4282**

NZ Police: threats, violence risk, child safety risk, extremist content.

111 if urgent danger, otherwise **105** / online reporting.

New Zealand laws mentioned in the guide

(Reference links only – not legal advice)

Harmful Digital Communications Act 2015 (HDCA)

Privacy Act 2020

Defamation Act 1992

Coroners Act 2006 (section 71)

Films, Videos, and Publications Classification Act 1993

Platform policies (Meta / Facebook)

Meta Community Standards hub

Key sections for mods: hate speech, harassment, self-harm, violence/incitement, dangerous orgs/extremism, privacy violations, child safety.

How to report content on Facebook

