

MENTAL HEALTH RESOURCES

Healthline – 0800 611 116 (Available 24 hours, 7 days a week, free to callers throughout New Zealand, including from a mobile phone)

Lifeline – 0800 543 35

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO) (for people in distress, and people who are worried about someone else)

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz
www.youthline.co.nz

What's Up – 0800 942 8787 (for 5-18 year olds; 1 pm to 11 pm) www.whatsup.co.nz

Kidsline – 0800 54 37 54 (0800 KIDSLINE) (for children up to 14 years of age; 4 pm to 6 pm weekdays) www.kidsline.org.nz

Ministry of Health – www.thelowdown.co.nz Email: team@thelowdown.co.nz or free text 5626 (emails and texts responded to between 12 noon and 12 midnight)

Mental Health Foundation of New Zealand – www.mentalhealth.org.nz

Mothers Matter – www.mothersmatter.co.nz

Mothers Helpers – www.mothershelpers.co.nz Postnatal depression help

The Depression Helpline – 0800 111 757 www.depression.org.nz/waythrough/resources

Anxiety New Zealand Trust – 0800 269 438 www.anxiety.org.nz

Balance – New Zealand Manic Depressive Bipolar Network www.balance.org.nz

Mind – <http://mind.org.uk/information-support/a-z-mental-health>

TABS – Trauma and Birth Stress www.tabs.org.nz

Beyond blue – www.beyondblue.org.au Depression, anxiety and suicide support

Samaritans – 0800 726 666 (for callers from the Lower North Island, Christchurch and West Coast) or 04 473 9739 (for callers from all other regions) offering non-judgemental, confidential support www.samaritans.org.nz

Equip – 09 477 0338 Auckland based range of support and services for people experiencing mental health issues. Support for families also.

Mental Health First Aid Training – Delivered by Equip. Contact: bindi.radford@equip.net.nz

Self Help

SPARX – an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety www.sparx.org.nz

Journal – www.depression.org.nz/thejournal self-help programme

Beating the blues – www.beatingtheblues.co.nz self-help CBT programme

Moodgym – <https://moodgym.anu.edu.au> self-help CBT programme

Calm – www.calm.auckland.ac.nz exercises and information to download

Useful leaflets

Depression is more than just a low mood

www.mentalhealth.org.nz/assets/A-Z/Downloads/FS1-Facts-about-depression-depression-is-more-than-just-a-low-mood.pdf

Are you worried someone is thinking of suicide?

www.mentalhealth.org.nz/assets/ResourceFinder/worried-about-someone.pdf

Men and Depression

www.mentalhealth.org.nz/assets/ResourceFinder/Men-and-Depression-2013.pdf

Understanding Schizophrenia

www.mentalhealth.org.nz/assets/A-Z/Downloads/understanding-schizophrenia-2014-MIND-UK-.pdf

Understanding Bi-Polar

www.mentalhealth.org.nz/assets/A-Z/Downloads/Bipolar-DLE-web-small.pdf



Equip
09 477 0338
www.equip.net.nz



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