

SUPPORT FOR TEENS

Helplines

- **AA (Alcoholics Anonymous)**

Tel: 0800 229 6757
 Email: nzgso@clear.net.nz
 Website: www.alcoholics-anonymous.org.nz
 A free 24-hour telephone support/counselling service.

- **Alcohol and Drug Helpline**

Freephone 0800 787 797 (10am-10pm daily, 7 days a week)
 Website: www.drugfoundation.org.nz

- **Gambling & Addiction Helpline New Zealand**

General Helpline: 0800 654 655
 Maori Gambling Helpline 0800 654 656 (Wed 5-9 pm, Sat am)
 Pasifika Gambling Helpline 0800 654 657 (Tues & Thurs 6-10)
 Youth Gambling Helpline 0800 654 659 (Mon 5-8 pm, Sun 3-5pm)
 Youth Website: www.inyaface.co.nz

- **Gayline & Lesbian Line**

National helpline: 0800 802 437

- **Family Violence Information Line**

Tollfree 0800 456 450
 Website www.areyouok.org.nz

- **Lifeline**

Freephone: 0800 543 354
 Email: lifelinenz@lifeline.co.nz
 Website: www.lifeline.co.nz
 Offers a free 24 hour telephone support/counselling service.

- **Kidslines**

Freephone 0800 543 754
 Website: www.kidslines.org.nz
 National telephone counselling and support line for children aged 13 years and under.

- **Netsafe**

Website: www.telecom.co.nz OR www.bullyonline.org
 Freephone: 0508 638 723
 Email: queries@netsafe.org.nz
 Help & support to keep teens safe from upsetting, offensive/threatening TXT, video or photo messages. visit online/email for advice.

- **Quitline Me Mutu**

Tel: 0800 778 778
 Website: www.quit.co.nz
 Free quit smoking telephone help line.

- **Poison Information Centre**

Freephone: 0800 764 766
 Offers 24-hour phone support for all poisoning enquiries (including alcohol poisoning)

- **Safe Care Rape Helpline (Crisis & Sexual Abuse)**

Tel: (03) 3648-791 (24 hours)
 Location: 146 Bealey Ave, Christchurch
 Email: sast@xtra.co.nz
 24-hour/7 day a week rape & sexual assault crisis support service.
 Phone ANYTIME to be paged to on-call Crisis Support Worker.


- **Youthline**

Freephone: 0800 376 633
 Email: talk@youthline.co.nz
 Website: www.youthline.co.nz
 Offers free support & counselling services to all 12 – 25 year olds

☀
 Take a look at
www.headspace.org.nz

REMEMBER
 also your GP!

Name: _____
 Phone: _____



- **198 Youth Health Centre**

Tel: (03) 379-4800
 Location: 198 Hereford Street, Central Christchurch
 Email: ythhlth@ihug.co.nz
 Offers free services to 12-25 year olds including medical care, mental health services, alcohol and drug services, emergency social work and peer support services.

- **Depression Support Network (DSN)**

Tel: (03) 3668-083
 Email: office@dsn.org.nz
 Website: www.mherc.org.nz/depressionsupport.htm

- **Family Planning Association New Zealand (FPA)**

Freephone: 0800 372 5463
 Website: www.fpanz.org.nz
 Offers confidential, friendly service including free sexual health checks, contraception advice, pregnancy testing and counselling.

- **Healthline**

Helpline: 0800 611 116
 Free medical advice from a registered nurse 24/7

- **MHERC (Mental Health & Resource Centre)**

Freephone: 0800 424 399
 Rural freephone: 0800 424 399
 Email: mherc@xtra.co.nz
 Website: www.mherc.org.nz
 Just turn up and friendly staff will help you find information on everything to do with mental health, from depression to schizophrenia, bullying, stress and loneliness. Great community resource

- **Pregnancy Counselling Services**

Tel: (03) 3383-057 (or ring from anywhere on collect call)
 Website: www.pcs-canty.co.nz
 Help for anyone involved in a worrying pregnancy. Provides friendly, confidential emotional & practical support, including face-to-face counselling. Free pregnancy testing available.

- **Psychiatric Emergency**

Tel: (03) 3640-482 OR 0800 920 092
 24-hour emergency psychiatric service for people with acute psychiatric illnesses.

- **Relationship Services Whakawhanaungatanga**

Tel: 0800 735 283
 Free/low cost counselling for youth

- **Waipuna Youth Community Services Trust**

Tel: (03) 3862-159 (9am-5pm)
 Support & information for adolescents (25 years & under) and their families. Provides a range of home-based support & social work support, group work & counselling, assessment, referral services and an adventure-based learning programme for 13-17 year olds.
 Email: vicki.admin@waipunatrust.org.nz

- **YCD Centre (Youth Cultural & Development Centre)**

Tel: (03) 3660-866
 Location: 212 Cashel Street, Central Christchurch
 Email: ycd@ycd.co.nz
 Drop-in centre & 20-week life skills course for 16-20 year olds

- **Victim Support** 0800 842 846
- **Police 24/7** (03) 637 400
- **Police Deaf Phone** 0800 161 161

! Mums, dads, friends' parents & school counsellors can be gr8 2!

Info & Support

Prepared & Updated by Helen Mann 2008