

“47% of people will experience some sort of mental health issue. It’s smart to ask for help early!” – Tupa

“Helplines aren’t just for those who are struggling, they are also there if you just need to talk.” – Kyle

We all go through hard times; how we treat each other makes the difference.



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“Not everywhere you go for support will be the right fit for you – keep asking. Help is out there!” – Lena



- www.mentalhealth.org.nz
- Family violence helpline
- **Are You OK?** 0800 456 450
- **OUTLINE NZ** 0800 688 5463
- **Alcohol & Drug Helpline** 0800 787 797
- **Lifeline** 0800 543 354
- **Need to talk** Free ph or text **1737**
- **Youthline** 0800 376 633 Free text 234
- **Lowdown** www.thelowdown.co.nz

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