

Free Wellbeing Services

Counselling

You can get affordable online counselling with a licensed therapist through BetterHelp. Counselling is available from your computer, phone or tablet. Financial aid is available.

<https://www.betterhelp.com/>

If you are experiencing ongoing stress and distress, contact your GP or free telephone counselling services are available. <https://www.opencounseling.com/hotlines-nz>

National Suicide and Crisis Lines

Lifeline Aotearoa

Sometimes it helps to know that someone is listening and that you don't have to face your problems alone. If you are experiencing a personal crisis, our dedicated volunteers are here for you 24/7.

Calls are free and confidential. Whenever you need to talk, we are here to listen.

<https://www.lifeline.org.nz/>

Free text 'help' to 4357

0800 LIFELINE (0800 543 354)

Lifeline Auckland: 0508 828 865 Suicide and Crisis Prevention 24/7 hotline

Alcohol and Substance Abuse

Alcohol Drug Helpline

The Alcohol Drug Helpline provides friendly, non-judgmental, professional help and advice. If you are concerned about your own drinking or drug taking we can assist with information, insight and support. <https://alcoholdrughelp.org.nz/>

Free txt 8681

- National Support Line

0800 787 797 Alcohol and Drug Abuse Crisis Hotline available 24/7

- Māori Line

(0800) 787 798 for advice and referral to kaupapa Māori services

- Pasifika Line

(0800) 787 799 for advice and referral to services developed for Pacific people

- Youth Line

(0800) 787 984 for advice and referral to services for young people

Foodbank

South Auckland Christian Foodbank can provide food parcels from Mangere for everything from drinks to fresh vegetables, including home deliveries. <https://www.sacfb.org.nz/>

For other areas <https://www.foodbank.co.nz>

Tenancy Rights

Tenancy Services NZ provides resources about all you need to know about renting in New Zealand including your rights and responsibilities. Their website is www.tenancy.govt.nz.

If there is anything we can add to this to help – let us know.