

Kia ora, from the counselling team, we know that this is an extremely busy time of year for all students. Seniors are completing internal assessments and studying for upcoming exams. If you have any concerns please feel free to contact a member of the counselling team, please find the contact details below. We can also be contacted via the school office on 03 308 4193.

### Counselling Team Contacts

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Please also find additional information on helplines that are available 24 hours a day.

## NATIONAL HELPLINES

### *Asking for help is a sign of strength*

*Below is a list of some of the services available in New Zealand that offer support, information and help.  
All services are available 24 hours a day, seven days a week unless otherwise specified.*

### National Helplines



**free call or text  
any time**

- [Lifeline](tel:0800543354) – 0800 543 354 or (09) 5222 999 within Auckland
- [Youthline](tel:0800376633) – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or [online chat](#)
- [Suicide Crisis Helpline](tel:0508828865) – 0508 828 865 (0508 TAUTOKO)

- [thelowdown.co.nz](http://thelowdown.co.nz) – A website that helps young people understand depression and anxiety from their own perspective. Get in touch with a trained counsellor by free txt (5626).
- [What's Up](http://What's Up) – 0800 942 8787 (for teenagers). Phone counselling is available Monday to Friday, 1pm–10pm and weekends, 3pm–10pm. Online chat is available 7pm–10pm daily.
- [Kidsline](http://Kidsline) – 0800 54 37 54 (0800 KIDSLINE) for young people up to 18 years of age. Open 24/7.

## Depression

- [Depression Helpline](http://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)
- [SPARX.org.nz](http://SPARX.org.nz) – online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed

## Anxiety

- [Anxiety phone line](http://Anxiety phone line) – 0800 269 4389 (0800 ANXIETY)

## Gender Identity / Sexuality

- [OUTLine NZ](http://OUTLine NZ) – 0800 688 5463 (OUTLINE) provides confidential telephone support

## Other Specialist Helplines

- [Alcohol and Drug Helpline](http://Alcohol and Drug Helpline) – 0800 787 797 or [online chat](http://online chat)
- [Are You OK](http://Are You OK) – 0800 456 450 family violence helpline
- [Shine](http://Shine) – 0508 744 633 confidential domestic abuse helpline
- [Quit Line](http://Quit Line) – 0800 778 778 smoking cessation help
- [Rape Crisis](http://Rape Crisis) – 0800 883 300 (for support after rape or sexual assault)

## Help for parents, family and friends

- [Commonground](http://Commonground) – a website hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who is struggling
- [Parent Help](http://Parent Help) – 0800 568 856
- [Family Services 211 Helpline](http://Family Services 211 Helpline) – 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area
- [Skylight](http://Skylight) – 0800 299 100 (for support through trauma, loss and grief; 9am-5pm weekdays)
- [Supporting Families In Mental Illness](http://Supporting Families In Mental Illness) - 0800 732 825 (for families and whānau supporting a loved one who has a mental illness)