

Having a rough time?



**DUNEDIN YOUTH
ALCOHOL, DRUG & MENTAL HEALTH SERVICES**

Free Advice & Help

- **Mirror HQ** **Ph: (03) 479 2970**
www.mirror.services.org.nz
- **Youth Specialty Service** **Ph: (03) 474 5601**
www.southerndhb.govt.nz
- **Adventure Development Counselling** **Ph: (03) 470 1691**
www.adventuredevelopment.co.nz
- **Alcohol & Drug Helpline** **0800 787 797**
www.alcoholdrughelp.org.nz
- **Quitline For Smokers** **0800 778 778**
www.quit.org.nz