



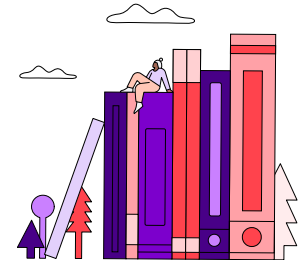
We're here for you

FREE mental wellness support

Feeling stuck?

Sometimes it all feels too much. Bills piling up. Relationships under strain. Can't sleep because your mind won't stop. You don't have to handle it alone. And you don't need money to get help.

Tend's mental wellness service is completely free - no catch, no hidden costs, no hoops to jump through.



Kōrero mai, let's talk

- ✔ Feeling overwhelmed by money worries
- ✔ Stress from work, housing or family pressures
- ✔ Relationship problems
- ✔ Parenting being harder than you expected
- ✔ Feeling lonely or isolated
- ✔ Anxious about what's coming next
- ✔ Just feeling stuck or lost
- ✔ Need someone to talk to who just gets it

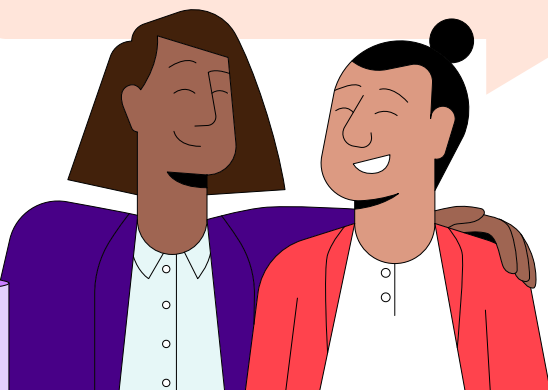
Why people choose Tend

- 100% free - government funded
- Often same-day appointments
- Talk by video-call from home
- No referral, no strings attached
- Open 8am-8pm weekdays
- Private and confidential

Simply download the free Tend app to get started



"I have never had a more productive 30-min conversation than this. Smart, structured and efficient. Thank you for the help!"



tend

Available to all New Zealanders 16+
No referral needed | Completely free