Support services available outside of school hours

Youthline: Phone 0800 376 633 or txt 234. Free confidential support for young people 24/7.

1737: Call or txt for 24/7 confidential support from trained counsellors.

0800 Whatsup (0800 941 8787): Free, private and anonymous online counselling for young people (5-25yrs). 9am - 11pm daily.

Ease Up: Phone 0800 327 948. Support for young people experiencing stress, anxiety or feeling overwhelmed. Mon - Fri 9am - 5pm.

Youth Hub: www.youthhub.org.nz Support, advice, and resources for young people's well-being, including mental health.

The Lowdown: www.thelowdown.co.nz 24/7 trusted, judgement-free info and support about mental health, wellbeing and more.

Altered High: www.alteredhigh.com. Phone 0800 845 1818 for any concerns about their own, or someone else's, alcohol or drug use.

Alcohol Drug Helpline: Phone 0800 787 797 for 24/7 help.

InsideOUT: www.facebook.com/insideoutkoaro Twitter: @insideoutnz, Instagram: @insideoutaotearoa works to make Aotearoa a safer place for all young people of diverse genders, sexes and sexualities.

Suicide Crisis Helpline: Phone 0508 828 865 (0508 TAUTOKO) for people in distress and people who are worried about someone else.

Cyberbullying: To report an online incident (e.g. scams, online bullying, harassment or abuse) or to get advice contact Netsafe on 0508 NETSAFE (0508 638 723) or email queries@netsafe.org.nz. Monday to Friday 8am - 8pm, and 9am - 5pm on weekends.

Hey Sigmund: www.heysigmund.com Resources for young people and parents from a wide range of contemporary research-driven information with an emphasis on strengthening the mental wellness of children and adolescents. Topics include: anxiety, breakups, depression, mindfulness, self harm, stress and sleep.