



Where to get help

Emergency

If someone has **attempted suicide** or you're worried about their **immediate safety**, do the following:

- **Call 111** if they are in immediate physical danger to themselves or others
- Stay with them until support arrives
- Remove any obvious means of suicide they might use (eg, ropes, pills, guns, car keys, knives). Try to stay calm, take some deep breaths. Let them know you care
- Keep them talking: listen and ask questions without judging
- Make sure you are safe.

For counselling and support

Your company's EAP service

Many employers offer an Employment Assistance Programme for employees to use in confidence.

1737 Need to talk?

Free call or text 1737 any time, 24/7

Talk to (or text with) a trained counsellor free if you're feeling anxious, down overwhelmed or just need someone to talk to. Know someone else who feels that way? Let them know they can call or text 1737.

Mates in Construction NZ

0800 111 315

Relationship troubles? Drinking too much? Having dramas? Free call Mates any time, 24 hours a day.

Lifeline

0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

For counselling and support.

This is a summary guide only. It is intended to assist with finding the right care for the person and to help them feel supported. It is not conclusive advice. It should be considered alongside individual workplace policies and procedures and, of course, medical and specialist services.

Suicide Crisis Helpline

0508 828 865

For support if you're in distress, or worried someone may be at risk of suicide, or for those grieving a loss.

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.

Healthline

0800 611 116

For advice from trained registered nurses.

Local DHB Mental Health Crisis Team

Visit www.mentalhealth.org.nz/get-help/in-crisis for local contacts.

OUTLine

0800 688 5463 (0800 OUTLINE)

10am-9pm Mon-Fri; 6-9pm weekends
For sexuality or gender identity issues.

Alcohol Drug Helpline

0800 787 797; free text 8681 or online chat at alcoholdrughelp.org.nz

For people dealing with alcohol or other drug problems.

Women's Refuge Crisis Line

0800 733 843 (0800 REFUGE)

For women living with violence, or in fear in their relationship or family. For Maori specific support, visit www.womensrefuge.org.nz/get-help/maori-wahine or call the helpline above.

Anxiety Helpline

0800 269 4389 (0800 ANXIETY)

Call any time 24/7 if you're feeling anxious and need to talk.

Websites offering support and information

www.depression.org.nz

Includes The Journal free online self-help tool. All services are free, and are available 24 hours a day, seven days a week unless otherwise stated.

www.matesinconstruction.org.au/newzealand

Industry-backed suicide prevention and support for the construction industry.

www.thelowdown.co.nz

Visit the website or free text 5626
For support for young people experiencing depression or anxiety.

www.leva.co.nz or

www.facebook.com/LeVaPasifika

Information and support from Le Va for Pasifika families on mental health, addiction and suicide prevention.

www.aftersuicide.nz

Practical information and guidance for people who have lost someone to suicide.

www.mentalhealth.org.nz

Mental Health Foundation website for information about supporting someone in distress, looking after your own mental health and working toward recovery.

www.healthpoint.co.nz

Up-to-date information about healthcare providers, referral expectations, services offered and common treatments.