

| Who | What support can be provided | Contact details |
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| <p><i>We know that rangatahi are responding differently to physical distancing and self-isolating. Some are thriving as they engage through technology and have time at home; some may find this time difficult.</i></p> <p>If you are worried about the immediate safety of young people contact: Oranga Tamariki 0508 326 459 or the Police (111)</p> | | |
| 1737, need to talk? | National mental Health and Addictions helpline - Counselling If your feeling stressed, anxious, worried, depressed, needing advice on mental heal or addictions issues | Free text or call 1737 Website: https://www.1737.org.nz/ |
| Youthline | Counselling support, someone to chat to if you have concerns and need support | Free call 0800 376 633 or free text 234 Email: talk@youthline.co.nz Webchat ability: https://www.youthline.co.nz/ |
| Safe to talk | Trained specialists helping people who are in danger of sexual harm. | Free call 0800 044 334 or free text 4334 Website and live chat ability: https://www.safetotalk.nz/ |
| Shine* | Professional staff who can support people in domestic violence situations – physical or emotional abuse by a partner or family member, mum and dad are fighting | Free call 0508 744 633 (9am – 11pm) Website: https://www.2shine.org.nz/get-help/helpline |
| HeyBro | For men who feel they're going to harm a loved one or whānau member. | Free call 0800 HEY BRO (439 276) Website: https://www.hewakatapu.org.nz/services/0800-hey-bro |
| Alcohol Drug Helpline | The Alcohol Drug Helpline provides friendly, non-judgmental, professional help and advice for people concerned about their own drinking or drug taking or for family/whanau members, friends or professionals concerned about someone else. | Call 0800 787 797 or text 8681, 24 hours a day, 7 days a week, to speak with a trained counsellor. https://alcoholdrughelp.org.nz/helpline |
| Shakti | Shakti (strength) provides immediate help and support to women, children and youth of Asian, African and Middle Eastern origin who have experienced sexual abuse, | Crisis line: 0800 SHAKTI (0800 742 584) Website: https://www.healthpoint.co.nz/social-services/social/shakti-new-zealand-2/ |

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| | domestic violence and discrimination. | |
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| OUTLine | OUTLine helps rainbow/LGBTI+ New Zealanders to access support, information and a sense of community. Our staff and volunteers are all working from home during the lockdown, but our services will remain available . | 0800 688 5463 https://outline.org.nz/ |
| RainbowYOUTH | RainbowYOUTH is here to work with queer and gender diverse youth as well as their wider communities to ensure that Aotearoa is a place where all young people can thrive. | Occasional online anonymous digital support hour 3-4pm https://form.jotform.com/200788867076066 |
| Women's Refuge Crisis Line 24/7 | | 0800 733 843 |
| Auckland City Mission | The Mission continues to provide service and have made significant changes to many of our services. | 09 303 9200 https://www.aucklandcitymission.org.nz/covid-19/ |
| Lifewise | Lifewise is an Auckland-based community social development organisation. They are supporting people who are sleeping rough on the streets. | Email lifewise@lifewise.org.nz Phone 09 302 5390 |
| Wellington Soup Kitchen | Continue to provide meals for those in need and have moved to a "takeaway" service. | 132 Tory St, Wellington 04 385 9299 |
| Downtown Community Ministry Wellington | Outreach and support services are still available to their clients. | 04 384 7699 |