



Support services available

Some of the questions asked in the survey may be upsetting for students or raise concerns. If you do not feel comfortable talking to an adult at your school about this, the support services below are available to help.

SERVICE	
What's Up	Phone counselling is available Monday to Friday, 1pm–10pm and weekends, 3pm–10pm. Online chat is available 7pm–10pm daily. Phone: 0800 942 8787 (for 5–18-year-olds)
Youthline	Phone: 0800 376 633. Free Text 234. Email talk@youthline.co.nz Online chat. Youthline is a " <i>with youth, for youth</i> " organisation that supports young people throughout Aotearoa New Zealand.
Kidsline	Open 24/7. Phone: 0800 54 37 54 (0800 KIDSLINE) For young people up to 18 years of age.
1737	text or talk with a trained counsellor 24 hours a day. Free service. Text or phone: 1737
Lifeline	a telephone counselling service that provides 24 hours a day, 7 days a week counselling and support. Phone: 0800 543 354. Lifeline's free community helplines (Lifeline 24/7, Suicide Crisis Helpline, Kidsline) as well as their text support service are answered by qualified counsellors and trained volunteers.
OUTLine NZ	Provides confidential sexuality and or gender identity confidential telephone helpline support. Phone: 0800 688 5463 (0800 OUTLINE)
Safe to Talk	0800 044 334 or txt 4334 or http://www.safetotalk.nz/ If you're looking for help to do with sexual harm, Safe to Talk offer free confidential contact with trained specialists. They can also connect you to support services in your community.

SERVICE	
Mental Health Foundation	Phone: 09 623 4812 The Mental Health Foundation provides a comprehensive list of services available in New Zealand that offer support, information and help.
Netsafe	Phone: 0508 638 723. Email queries@netsafe.org.nz Netsafe helps people in New Zealand who are concerned about or may have experienced bullying or harmful content online. Their service is free and confidential.
Samaritans	a 24/7 helpline. Phone: 0800 726 666
Suicide Crisis Helpline	Phone: 0508 828 865 (0508 TAUTOKO) Suicide Crisis Helpline provides support, information, and resources to people at risk of suicide, family/whanau, friends affected by suicide and people supporting someone with suicidal thoughts and/or suicidal behaviours.