

Helplines and support services available 24/7

In the event of a life-threatening emergency please phone 111 or go to your nearest hospital emergency department (ED)

- **OnTrack: 0800 667 224**
No problem is too big or too small – OnTrack are here to listen and support you.
- **National Helpline text or call 1737**
Free service for New Zealanders feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text us for free 24/7.
- **Tautoko Suicide Crisis line: 0508 828 865**
A free, nationwide service.
- **Victim Support / Manaaki Tāngata 0800 842 846**
Free, nationwide for people directly affected by crime, suicide and traumatic events, including their family and witnesses.
- **Vitae (for racing): 0508 664 981**
Our racing industry workplace well-being support.
- **Lifeline: 0800 543 354 or text 4357**
Mental health support and counselling service.
- **Samaritans: 0800 726 666**
Mental health support and counselling service.



- **Youthline: 0800 376 633 or text 234**
Support for any young person or anyone supporting a young person.
- **What's Up: 0800 942 8787 (Monday to Sunday 11am-11pm)**
Free, nationally-available counselling helpline and webchat service for children and teenagers.
- **Rural Support Trust: 0800 787 254 (during business hours)**
Working with local rural communities to provide support during challenging times.
- **Depression Helpline: 0800 111 757**
Free support service and practical support for those navigating depression and anxiety.
- **Aoake te Rā – Bereaved by suicide service 0800 000 053**
Free services that provides support and Manaaki to individual and family who have lost someone to suicide.
This is not a crisis service.



Need to talk?
Call 0800 667 224

ontrack.org.nz