

STUDENT RESOURCES FOR MENTAL & PHYSICAL WELLBEING

Below are links to some useful websites and helplines that can assist if you are struggling with aspects of your physical or mental wellbeing or needing help and support with a stressful or harmful situation:

WEBSITES:

Mental Wellbeing is full of great resources for checking on your mental health and what to do if you are struggling: <https://www.mentalwealth.nz/>

Youthline: As well as running a 24/7 free helpline, the Youthline website has loads of great information and resources on everything from dealing with stress, drugs, anger-management, sexual health and identity, maintaining healthy relationships and more... <https://www.youthline.co.nz/>

The Lowdown: A fantastic website lending support to young people that are struggling with identity, culture and mental health. <https://www.thelowdown.co.nz/>

Did you Know? Helpful facts for young Kiwis with questions about alcohol and drugs
<https://www.drugfoundation.org.nz/info/did-you-know/>

Rainbow Youth: Information and resources for queer and gender diverse youth <https://ry.org.nz/>

Family Planning: Free clinics, advice, information and resources regarding sexual health
<https://www.familyplanning.org.nz/>

Small Steps: Tools to assist in dealing with stress, low moods and anxiety. <https://www.smallsteps.org.nz/>

Melon: Digital therapeutics for physical, emotional and social health. <https://www.melonhealth.com/>

Depression.org: Support and ideas on how to take care of yourself and overcome anxiety and depression.
<https://www.depression.org.nz/>

Shine: Helpline, advocacy and safety support programs for anyone experiencing domestic violence to become free from fear, violence and control <https://www.2shine.org.nz/>

The Level: A straight up look at the use of drugs and alcohol, including setting boundaries and finding support services <https://thelevel.org.nz/>

The Harbour: For anyone affected by sexual abuse or offending, offering information about and links to resources and support services <http://www.theharbour.org.nz/>

Choice Not Chance: Understanding and identifying harmful gambling www.choicenotchance.org.nz

NATIONAL HOTLINES:

Many of the above websites have numbers for you to call; but if you'd like to just get straight on the phone with a professional that can help you, here are some handy numbers:

Need to Talk? Free call or text **1737** any time for support from a trained counsellor

Lifeline – 0800 543 354 or (09) 5222 999 within Auckland

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

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)

OUTLine NZ – 0800 688 5463 (OUTLINE) provides confidential telephone support

Alcohol and Drug Helpline – 0800 787 797 or online chat

Are You OK? – 0800 456 450 family violence helpline

Gambling Helpline – 0800 654 655

Anxiety phone line – 0800 269 4389 (0800 ANXIETY)