

Where to go for help (youth & teens)

Do you need help now?

If this is an emergency and you or someone else is in immediate danger, **phone 111 now**.

If you feel suicidal, phone your local mental health crisis team on 0800-757-678

People who can help

Your doctor (GP) is a really good person to go to for all sorts of help. They have lots of knowledge and experience helping young people with all kinds of issues. If you don't have a GP already, you can find one on Healthpages.

Phone, text, email and online help

Sometimes it can be easier to talk anonymously. If that's how you feel, try one of these services:

0800 What's Up

Freephone: **0800-942-8787** from any phone

Monday to Friday, 1 p.m. to 10 p.m; weekends 3 p.m. to 10 p.m.

Plus you can chat to a counsellor online.

Youthline

Freephone: **0800-376-633**, any time, from any phone

Free TXT: **234**, 8 a.m to midnight

Email: **talk@youthline.co.nz**

Plus you can chat to a counsellor online.



Youth West Coast

This website for young people on the West Coast includes a forum where you can discuss any issues you're dealing with, information about free counselling on the West Coast, online quizzes to help you figure out if you need help for a mental health or addiction issue, and other useful stuff.

There is also Dr G which provides support and suggestions if you're having problems with health, sexual health, or relationships. You can email in your query and a health professional will reply.

Skylight can help if you're stressed or grieving. They will also send you a personal information pack on anything they think will help, and can post it to anywhere in New Zealand.

What's on HealthInfo?

You can look up specific pages for information about things like bullying, anger, abuse, alcohol and drugs, relationships and more.

When you are looking at a page on HealthInfo, you might also see a box called "See also". The links in this box will take you to pages with more information about related issues.

HealthInfo also has special sections with health resources and providers for Māori, Pacific peoples, and Migrants and refugees. It also has a page listing where you can get health information in other languages.

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