

## Where to go for help (youth & teens)

### Important

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 GP (doctor) 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 here ([westcoastpho.org.nz/general-practices](http://westcoastpho.org.nz/general-practices)).

### 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

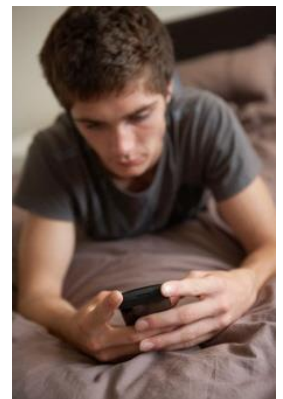
Freephone: **0800-942-8787** from any phone. Monday to Friday, 12 noon to 11 pm, weekends 3 pm to 11 pm.

You can also chat to a counsellor online ([whatsup.co.nz/getting-in-touch](http://whatsup.co.nz/getting-in-touch)).

#### Youthline

Freephone: **0800-37-66-33** (available 24/7) or free txt **234**.

Email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz). You can also chat to a counsellor online ([youthline.co.nz/web-chat-counselling.html](http://youthline.co.nz/web-chat-counselling.html)).



#### Youth West Coast

This website for young people on the West Coast ([youthwestcoast.co.nz](http://youthwestcoast.co.nz)) 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.

#### Skylight

Skylight ([skylight.org.nz/Young+people](http://skylight.org.nz/Young+people)) can help if you're stressed or grieving. They'll 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. See [healthinfo.org.nz](http://healthinfo.org.nz).

When you're 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.

*Information provided by the Canterbury DHB. Adapted by the West Coast DHB. Page created April 2016. Last updated August 2018.*