

# Help at hand

The following services are available for free and most are available 24/7. Remember, it's okay to ask for help.



Police (Emergency) *if unsafe to speak press 55	111	Police (Non-urgent)	105
<b>FAMILY VIOLENCE</b>			
Kindred Family Services 24/7 Women's Refuge Line	021 842 917	SHINE	0508 744 633
Are You Okay	0800 456 450	Women's Refuge	0800 733 843
Shakti NZ (Asian Women's Refuge)	0800 742 584	Hestia Women's Refuge (Waitoki to Orewa)	0800 321 361
<b>CRISIS SUPPORT</b>			
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO)	WDHB Mental Health Crisis Team	09 486 8900
Lifeline	0800 543 354 (0800 LIFELINE)	Lifeline	TEXT 4357 (HELP)
Safe To Talk (Sexual Violence Support)	0800 044 334 (24/7)	Family Action (Sexual Violence Support)	09 836 1987 (business hours)
<b>MENTAL HEALTH</b>			
Depression Helpline	0800 111 757 text 4202	Anxiety NZ	0800 269 4389
Need to Talk	text 1737	Youthline	0800 376 633 text 234
<b>GENERAL HEALTH</b>			
Plunket	0800 933 922	Quitline	0800 778 778
Kidsline	0800 543 754	Healthline	0800 611 116
Senior Line	0800 725 463	Samaritans	0800 726 666
<b>OTHER AGENCIES</b>			
South Kaipara Men's Centre	027 800 8081	Parent Aid North West	0800 222 402
South Kaipara Good Foods	021 0915 7944	Te Ha Oranga	09 420 8523
Outwest Youth	022 416 6859 (text)	Kaipara College	09 420 8640

**Kindred Family Services 09 420 7992**  
[\*\*kindredfamilyservices.org.nz\*\*](https://kindredfamilyservices.org.nz)