



TE WHAI COMMUNITY TRUST

MANGAWHAI

Te toka tūmoana ~ Despite the crashing waves the rock stands tall

Helplines and Emergency numbers...

Emergencies

Phone 111 (Police, Fire and Ambulance)

Police

Non emergency phone 105

Mangawhai Police (non-urgent calls) Office 09 423 1060

Mangawhai Police Confidential Hotline 09 423 7547

Addiction

Alcoholics Anonymous - 0800 22 96757 (available 24/7)

Alcohol & Drug Helpline - 0800 787 797 or text 8681 (available 24/7)

Crisis

Te Puna Oranga - 0800 222 042 - whānau crisis line (available 24/7)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Mental Health Crisis Line – 0800 223 371

Samaritans Helpline - 0800 726 666

Elder

Elder Abuse Helpline - 0800 32 668 65 (available 24/7)

General health

Please phone your doctor or Healthline 0800 611 116 (available 24/7)

Mental Health

Need to talk? Call or text 1737 for free mental health support from a trained counsellor

Lifeline - 0800 543 354 or text HELP (4357) for free, 24/7, confidential support

Depression Helpline – 0800 111 757 or free text 4202 to talk to a trained counsellor

Youthline - 0800 376 633, free text 234, email talk@youthline.co.nz

OUTLine NZ – 0800 688 5463 (all-ages rainbow mental health helpline)

Migrant, Refugee and Asian Services

Shakti - 0800 742 584 - for migrant and refugee women (available 24/7)

Asian Helpline – 0800 862 342

Violence and Sexual Harm

If you are a victim of family violence, sexual violence, or if there is someone that makes you fearful, threatens or harasses you, seek help as soon as possible. You have the right to be safe.

Safe to Talk Sexual Harm helpline – 0800 044334, text 4334, email support@safetotalk.nz

Rape Crisis – 0800 88 33 00 (available 24/7)

Women's Refuge - 0800 733 843

Shine domestic abuse services - 0508 744 633 (available 24/7)

Hey Bro - 0800 HeyBro (439 276) - Supporting men to be free from violence

Help - 0800 623 1700 - Preventing sexual abuse, supporting survivors

Safe Network - 09 377 9898 or email us at info@safenetwork.org.nz

Victim Support - 0800 842 846

It's Not OK - 0800 456 450 - Family violence information line to find out about local services or how to help someone else

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Youth

Kidsline – 0800 54 37 54 (for under 18s)

What's Up – 0800 942 8787 (for 5–18 year olds, available 11am–11pm 7 days a week.

Online chat also available via www.whatsup.co.nz 11am - 10.30pm, 7 days a week)

Youthline - 0800 376 633, free text 234, email talk@youthline.co.nz

Oranga Tamariki - 0508 326 459, email: contact@ot.govt.nz - for concerns about children and young people

[Mental Health and Wellbeing Apps for Youth](#)