



Free Telephone Counselling Hotlines in New Zealand

<https://www.opencounseling.com/hotlines-nz>

If you are experiencing ongoing stress and distress, use your employer's EAP service, contact your GP or free telephone counselling services are available.

Counselling

You can get affordable online counselling with a licensed therapist through [BetterHelp](#) (a sponsor). Counselling is available from your computer, phone or tablet. Financial aid is available.

<https://www.betterhelp.com/>

National Suicide and Crisis Lines

Lifeline Aotearoa

Sometimes it helps to know that someone is listening and that you don't have to face your problems alone. If you are experiencing a personal crisis, our dedicated volunteers are here for you 24/7. Calls are free and confidential. Whenever you need to talk, we are here to listen.

<https://www.lifeline.org.nz/>

[Free text 'help' to 4357](#)

[0800 LIFELINE \(0800 543 354\)](#)

Lifeline Taranaki: **(06) 758 6333** Suicide and Crisis Prevention 24/7 hotline in Plymouth, NZ

Alcohol and Substance Abuse

Alcohol Drug Helpline

The Alcohol Drug Helpline provides friendly, non-judgmental, professional help and advice. If you are concerned about your own drinking or drug taking we can assist with information, insight and support.

<https://alcoholdrughelp.org.nz/>

[Free txt 8681](#)

- National Support Line
[0800 787 797](#) Alcohol and Drug Abuse Crisis Hotline available 24/7
- Maori Line
[\(0800\) 787 798](#) for advice and referral to kaupapa Māori services
- Pasifika Line
[\(0800\) 787 799](#) for advice and referral to services developed for Pacific people
- Youth Line
[\(0800\) 787 984](#) for advice and referral to services for young people