

SUPPORT & WELLBEING

QUICK GLANCE HELP GUIDE for Queenstown during & after Covid 19

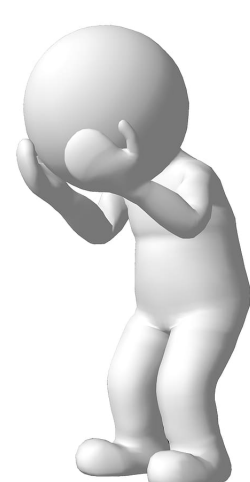


EMERGENCY

Ambulance, Fire or Police

In NZ Dial **111**

For non-emergency Police help call **105** or go online 105.police.govt.nz



MENTAL HEALTH

Suicide Crisis

Helpline: P: 0508 828 865 www.lifeline.org.nz

Helplines and Local Mental Health Services Directory April 2020

mentalhealth.org.nz/assets/Helplines-and-local-mental-health-services

Depression:

P: 0800 111757 / free text 4202 www.depression.org.nz

Family Mental Health/Wellbeing

Central Lakes Family Services www.clfs.co.nz

LOCAL QT SUPPORT



Help is available if you or somebody you know is in need of welfare/additional assistance.

Register for help:

www.qldc.govt.nz/covid-19

Queenstown Salvation Army

- 03 442 9661

Happiness House Community Support Centre

- 03 442 6531

Citizens Advice Bureau

- 03-442 6799



NATIONAL HELPLINES

Healthline

Call **0800 611 116** for free health advice and information.

Need to talk

- Free Counsellor
24 hour - Free call or text **1737**

WELLBEING

Family violence:

Central Lakes Family Services
P: 0508 440 255, www.clfs.co.nz

Alcohol Drug Helpline:

P: 0800 787 797 / Free text 8681 www.alcoholdrughelpline.org.nz

Sexuality:

P: 0800 688 5463 www.outline.org.nz

Wellbeing guidance:

www.mentalhealth.org.nz

YOUTH / KIDS

The Lowdown

P: 0800 111 757 / Free text 5626 www.thelowdown.co.nz

Youthline

P: 0800 376 633 / Free text 234 www.youthline.co.nz

