

**In an emergency, call 111 and ask for Police**

For Police non-emergencies, call 105

**For acute mental health issues:**

- **Nelson/Tasman:** 0800 776 364 then press 2 for urgent concerns, or Hospital (03) 546 1800
- **Marlborough/Blenheim:** 0800 948 497 then press 2 for urgent concerns, or Hospital (03) 520 9999
- **Golden Bay - Te Whare Mahana:** (03) 525 7647
- Or accompany the person in need to Hospital Emergency Department

If presenting at Emergency Department (ED), Mental Health crisis team members are available there after 6pm weekdays, and 8:00am-5:00pm weekends

If the person is at high risk but not actively making or planning an attempt, **free phone or text 1737** (24/7) to reach a trained counsellor for nationwide mental health support.

**For general concerns about a person at risk, contact the most relevant agencies below:**

- Talk to your GP
- After Hours GPs:
  - Nelson: (03) 546 8881      Marlborough: (03) 520 6377      Motueka: (03) 528 8866 or (03) 528 8358
  - Golden Bay: (03) 525 0060      Murchison: (03) 523 1120
- ICAMHS (child/youth up to 18 years requiring mental health non-acute services)-self or GP referral:
  - Nelson: (03) 546 1230 or Blenheim: (03) 520 9905
- Brief Intervention Service – free counselling for mild to moderate mental health issues (referrals by your GP):
  - Nelson: (03) 539 1170 or Primary Mental Health Initiative (PMHI) Marlborough PHO: (03) 520 6200
- Support for families and whānau:
  - Yellow Brick Road Nelson: (03) 546 6090 or [support.nelson@yellowbrickroad.org.nz](mailto:support.nelson@yellowbrickroad.org.nz) or Motueka: (03) 528 7790
  - Supporting Families Marlborough: (03) 577 5491 or [sfmarlb@xtra.co.nz](mailto:sfmarlb@xtra.co.nz)
- The Male Room (Nelson only): (03) 548 0403 or <http://maleroom.co.nz>
- Te Piki Oranga (Nelson Marlborough): 0800 ORANGA (672 642) or <https://www.tpo.org.nz>
- Care Marlborough – Mental Health Advocacy Service: (03) 579 5304 or [www.carem.nz](http://www.carem.nz)
- Marlborough Youth Trust: (03) 579 3143 or <http://www.myt.org.nz>
- Compass (Nelson) Peer Support & Advocacy Service: 0800 212 798 or [compass@healthaction.org.nz](mailto:compass@healthaction.org.nz)
- Suicide Bereavement – for online or face-to-face sessions with trained counsellor: <https://www.aoketera.org.nz>
- WAVES suicide bereavement programme: (03) 482 798 Ext 5 or [everylifematters@nmdhb.govt.nz](mailto:everylifematters@nmdhb.govt.nz)
- Immediate bereavement support from Victim Support: 0800 842 846 or <https://victimsupport.org.nz>

**Helplines**

- **For mental health support nationwide, free phone or text 1737 (24 /7) to reach a trained counsellor**
- The Depression Helpline: 0800 111 757
- Healthline: 0800 611 116
- Lifeline: 0800 543 354 or LifeLync (Nelson/Tasman only): 03 548 2400
- Barnardos (for young people): 0800 WHATS UP (0800 942 8787) or chat online at [www.whatsup.co.nz](http://www.whatsup.co.nz)
- Youthline: 0800 37 66 33 or txt **234** or [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or webchat <https://www.youthline.co.nz/>
- Alcohol and Drug Addiction Helpline: 0800 787 797
- MethHelp: 0800 6384 4357
- Anxiety NZ: 0800 269 4389
- The Asian Helpline (9:00am-8:30pm, Monday-Friday): 0800 862 342 or [www.asianfamilyservices.nz](http://www.asianfamilyservices.nz)

For advice on community support agencies, contact Citizens Advice Bureau: 0800 367 222 or

Family Services Directory at 0800 211 211 or [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory) or [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

**Online Resources**

<a href="http://www.depression.org.nz">www.depression.org.nz</a>	<a href="http://www.beatingtheblues.co.nz">www.beatingtheblues.co.nz</a>	<a href="http://tiny.cc/aroha">http://tiny.cc/aroha</a> (app for youth)
<a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>	<a href="http://www.melonhealth.com">http://www.melonhealth.com</a>	<a href="https://afterasuicide.nz">https://afterasuicide.nz</a>
<a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>	<a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a>	<a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<a href="http://www.moh.govt.nz/healthline">www.moh.govt.nz/healthline</a>	<a href="http://www.anxiety.org.nz/">www.anxiety.org.nz/</a>	<a href="https://womensrefuge.org.nz/">https://womensrefuge.org.nz/</a>
<a href="http://www.sparx.org.nz">www.sparx.org.nz</a>	<a href="http://www.anxietyonline.org.au">www.anxietyonline.org.au</a>	<a href="http://www.areyouok.org.nz/">http://www.areyouok.org.nz/</a>
<a href="http://www.Justathought.co.nz">www.Justathought.co.nz</a>	<a href="http://www.auntydee.co.nz">www.auntydee.co.nz</a>	<a href="https://alcoholdrughelp.org.nz/">https://alcoholdrughelp.org.nz/</a>
<a href="https://www.mentemia.com">https://www.mentemia.com</a>	<a href="http://www.skylight.org.nz">www.skylight.org.nz</a>	<a href="http://www.gamblinghelpline.co.nz">www.gamblinghelpline.co.nz</a>
<a href="https://www.healthcarenz.co.nz/wellbeing-service/">https://www.healthcarenz.co.nz/wellbeing-service/</a> (for health professionals) 0800 820 080)	<a href="https://www.nmdhb.govt.nz/health-services/mental-health-and-addiction-services/suicide-prevention/">https://www.nmdhb.govt.nz/health-services/mental-health-and-addiction-services/suicide-prevention/</a>	<a href="https://www.allright.org.nz/campaigns/getting-together">https://www.allright.org.nz/campaigns/getting-together</a>