



SELF HELP RESOURCES

If this is an emergency, and you feel you or someone else is at risk of harm - phone 111

or

Go to your nearest hospital emergency department

or

Phone your local District Health Board Mental Health Crisis Team (CATT team) – numbers below

mental health crisis phone numbers		
Health Board	Area covered	Phone
Northland	Topuni to North Cape	Whangarei (09) 430 4101 ext 3537 Monday to Friday 8am – 4.30pm Closed on weekends and public holidays After hours 0800 223 371
Waitematā	Wellsford to North Shore	Mental Health Crisis (09) 486 8900 (operating 24/7) Henderson (09) 822 8601 North Shore (09) 487 1414
Auckland	Auckland City	Mental Health Crisis 0800 800 717 (operating 24/7)
Counties Manukau	South Auckland to Te Kauwhata	Counties Manukau Mental Health Intake and Assessment Team: (09) 261 3700
Waikato	Coromandel, Hamilton to National Park	Hamilton 0800 505 050 (operating 24/7)
Bay of Plenty	Tauranga, Whakatane to Te Kaha	Tauranga 0800 800 508 Whakatane 0800 774 545
Tairāwhiti	Hicks Bay to Gisborne	Gisborne (06) 867 2435 / 0800 243500
Lakes	Rotorua, Taupō, Turangi	Lakes 0800 166 167 (operating 24/7)
Hawke's Bay	Wairoa, Napier, Hastings, Waipukurau	Napier, Hastings 0800 112 334 (operating 24/7)



Taranaki	New Plymouth to Waverly	New Plymouth (06) 753 6139 ext 7680
Whanganui	Ohakune, Whanganui to Bulls	Whanganui 0800 653 358
Mid Central	Palmerston North to Waikanae	Mid Central 0800 653 357
Wairarapa	Masterton to Martinborough	Wairarapa 0508 432 432 (operating 24/7)
Hutt Valley	Lower and Upper Hutt	0800 745 477 (operating 24/7)
		Hutt Valley (04) 566 6999 Lower Hutt (04) 570 9801
		Upper Hutt (04) 587 2860 (Monday to Friday 8.30am – 4.30pm)
Capital & Coast	Kapiti to Wellington Wellington, Kapiti Coast, Porirua City, Wellington City	Te Haika 0800 745 477 (operating 24/7)
Nelson/ Marlborough	Top of South Island to Hanmer Springs, Nelson region from Rai Valley to Korere to Riwaka	Nelson (03) 546 1421 (Monday to Friday 8am – 4:30pm) Nelson Hospital (03) 546 1800 . After hours, phone Nelson Hospital and ask for the on-call crisis staff.
	Marlborough, as far as the Clarence River and up to the Lakes and down the Sounds, and as far as Rai Valley	Marlborough – Witherlea Community Team (03) 520 9907 (Monday to Friday 8am – 4:30pm excluding public holidays) Wairau Hospital (03) 520 9999 . After hours, ask for crisis team.
	Golden Bay area, from the top of Takaka Hill to Turimawiwi on the west coast of Golden Bay	Golden Bay – Te Whare Mahana Trust (03) 525 7647 (crisis on-call service operating 24/7)
Canterbury	Kaikoura to Ashburton	Christchurch 0800 920 092 (operating 24/7)
West Coast	West Coast, South Island	Greymouth 0800 757 678 (operating 24/7)



South Canterbury	Timaru, Mt Cook, Tekapo, Temuka, Waimate, Glenavy in the south to Rakaia in the north, and inland as far as Mount Cook	Timaru 0800 277 997
Southern	Dunedin, Milford Sound South to Stewart Island	Mental Health Services 0800 467 846 press 1 for Southland, press 2 for Otago.

if you need to talk to someone else

Police Non-Emergency (use 105 to report things that have already happened that don't need urgent Police assistance)	105 police.govt.nz/105support
1737 Need to Talk?	1737 1737.org.nz
Lifeline	0800 543 354 or (09) 522 2999 lifeline.org.nz
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO) suicidecrisishelpline.org.nz
Healthline	0800 611 116 healthline.govt.nz
Youthline	0800 376 633 youthline.co.nz
Alcohol and Drug Helpline	0800 787 797 alcoholdrughelp.org.nz
Samaritans (Samaritans' 0800 number services Rotorua, Taupō, New Plymouth, Hawke's Bay and Lower North Island only)	0800 726 666 samaritans.org.nz