



Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

Remember, your mental health and wellbeing is as important as anyone else's. You too have access to help and support when needed.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available within New Zealand.



New Zealand



EMOTIONAL WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

Doctor

Psychologist, therapist or counsellor

Samaritans

Provides confidential and non-judgemental support to anyone experiencing loneliness, depression, despair, distress or suicidal feelings.

www.samaritans.org.nz

0800 72 66 66

Lifeline NZ

Provides access to a variety of resources and counselling including free community helplines and text support services.

www.lifeline.org.nz

0800 543 354 (0800 LIFELINE) or text 4357 (HELP)

Mental Health Foundation of New Zealand

National charity that provides support and services covering all aspects of mental health and wellbeing, including free information and training to individuals as well as friends and family.

www.mentalhealth.org.nz

09 623 4812 or email info@mentalhealth.org.nz

Suicide Crisis Helpline

A free, nationwide service operated by highly trained and experienced telephone counsellors, available 24/7. If you think you, or someone you know, may be thinking about suicide, call the helpline for support.

0508 828 865

Depression Helpline

Available 24/7, talk to a trained counsellor about how you are feeling or ask any questions that you may have. Access additional information and resources on recognising and understanding depression on the website.

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

0800 111 757 or text 4202

Online apps and resources



**PHYSICAL
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

Doctor

Physiotherapist/massage therapist

Dietician/nutritionist

Personal trainer

Healthline

Provides free health advice and information. Staffed by an experienced team that includes registered nurses, paramedics and health advisors, and available 24/7.

0800 611 116

Alcohol Drug Helpline

Provides friendly, non-judgemental, professional help and advice to anyone concerned about their own (or a friend's or family member's) drinking or drug use.

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

0800 787 797 or text 8681

Online apps and resources



**SPIRITUAL
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

Spiritual leader

Reiki therapist

Online apps and resources



**SOCIAL
WELLBEING**

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

Social worker

Relationship counsellor

Life coach

Alcohol Drug Helpline

Provides friendly, non-judgemental, professional help and advice to anyone concerned about their own (or a friend's or family member's) drinking or drug use.

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

0800 787 797 or text 8681

Gambling Helpline

Anonymous, 24-hour free phone service that provides immediate support for gambling addiction.

www.gamblinghelpline.co.nz

0800 654 655 or text 8006

Shine Helpline

Domestic abuse helpline that welcomes calls from women or men who are worried about their own situation or who are worried about a friend, family member or child.

www.2shine.org.nz

0508 744 633

It's Not OK Info Line

Free helpline for information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour.

www.areyouok.org.nz

0800 456 450

Rural Support Trust

Provides free and confidential support to individuals experiencing challenges with living and/or working rurally. Also available to anyone who may be concerned for a family member or friend.

www.rural-support.org.nz

0800 RURAL HELP (0800 787 254)

Online apps and resources



**FINANCIAL
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

Financial advisor

Bank or credit union

MoneyTalks

Provides free and confidential budgeting advice.

www.moneytalks.co.nz

0800 345 123 or text 4029

Gambling Helpline

Anonymous, 24-hour freephone service that provides immediate support for gambling addiction.

www.gamblinghelpline.co.nz

0800 654 655 or text 8006

Rural Support Trust

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Online apps and resources



**WORK AND
CAREER**

Working productively and fruitfully, feeling fulfilled and motivated and maintaining a healthy work-life balance.

Career counsellor

MoneyTalks

Provides free and confidential budgeting advice.

www.moneytalks.co.nz

0800 345 123 or text 4029

Rural Support Trust

Provides free and confidential support to individuals experiencing challenges with living and/or working rurally. Also available to anyone who may be concerned for a family member or friend.

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Online apps and resources