

24/7 Helpline

Lifeline's 24/7 Helpline offers free, anonymous and confidential support – 24 hours a day, 7 days a week.

Each year our 24/7 helpline helps over 40,000 New Zealanders talk things through. Whatever the issue – psychological or emotional distress, financial or work issues, marriage or family problems or if you are lonely, ill or depressed – it can help to talk with Lifeline.

We are committed to providing a safe, effective and confidential service to support the emotional and mental wellbeing of our callers and communities. Whenever you need to talk, we'll be here to listen.

Call the 24/7 Helpline on (09) 5 222 999



Lifeline Counselling

For more than 40 years, Lifeline's face to face counselling service has provided professional counselling and assistance to those in need.

As a Lifeline Counselling client, you can expect to be treated respectfully. Your counsellor will listen carefully and sensitively, working with you as you identify the changes you choose to make.

Lifeline Counselling is committed to providing quality counselling and assistance to those in need, regardless of your financial circumstances. We offer a scaled system of charges depending on circumstance, however we will never allow money to be a barrier to quality counselling and care, so please speak with us about the various options available.

Call Lifeline Counselling on (09) 909 8750

Lifeline 24/7 Helpline
(09) 5 222 999

Lifeline Counselling
(09) 909 8750

Chinese Lifeline
0800 888 880

Kidsline
0800 kidsline
(0800 543 754)

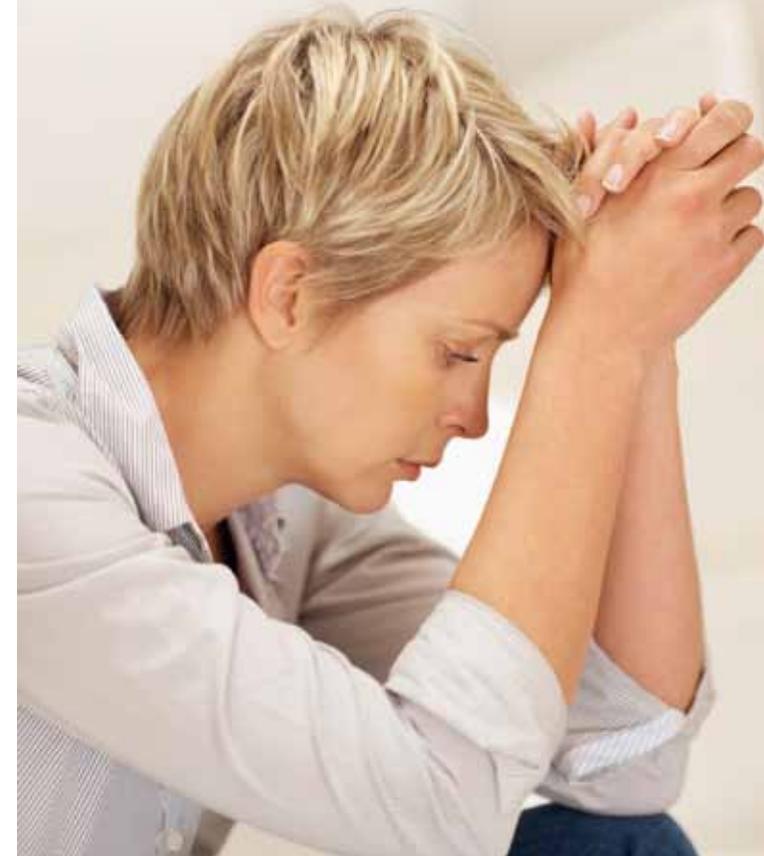
www.kidsline.org.nz
www.lifeline.org.nz



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Lifeline
aotearoa
you can choose change
ka taea koe te huri to ao



About Lifeline Aotearoa

Lifeline Aotearoa is New Zealand's leading provider of dedicated community helpline services.

Starting in 1965 offering low-cost face to face counselling, Lifeline Aotearoa now provides a range of free specialist community helplines including a 24/7 helpline, a Chinese language Lifeline and Kidsline, a dedicated helpline for children aged 14 and under.

We're here for anyone who needs to talk; whatever the reason. Our volunteers undergo world-class telephone counselling training and supervision, providing a caring and professional service to a wide range of people in need. We are experienced in dealing with many kinds of issues, including psychological and emotional distress, financial and work issues, marriage and family problems and with callers who are lonely, ill, depressed or the victims of violence or abuse.

When you need to talk, we'll be here to listen.

More information at www.lifeline.org.nz



Chinese Lifeline

Chinese Lifeline is New Zealand's national support line for Chinese speakers. Trained operators are available to speak to callers in their native Mandarin or Cantonese, providing support and reassurance during what can be a difficult and challenging time for new immigrants. In addition to our helpline service, Chinese Lifeline also offers face-to-face counselling by appointment.

Call the Chinese LifeLine on 0800 888 880



Suicide Prevention

Lifeline Aotearoa offers world-leading suicide prevention education courses for caregivers and the general public, through the ASIST and SafeTALK programmes.

The learning experiences are interactive, practical, regularly updated and customizable. Comprehensive, layered and integrated, there is a program for everyone who wants to help.

To find out about a training session in your area, please contact Lifeline Aotearoa Suicide Prevention Education on (09) 909 8750 or on spe@lifeline.org.nz

Kidsline

A dedicated national helpline for kids aged up to 14, at 0800 Kidsline we don't give advice, instead we listen really carefully to what you've got to say, support and encourage you, and help you to come up with the best approach to what's happening for you. Calls are answered by specially trained teenage telephone operators who are professionally supervised and supported by the Lifeline team.

For thousands of New Zealand kids every year - even those who never need to call - Kidsline reminds them that it always helps to talk.

Call KidsLine on 0800 kidsline (0800 543 754)

