Wellbeing Key Messages

Good wellbeing support can take many forms, and there is no 'right' or 'wrong' approach. It could be as simple as taking time to reconnect with family, looking out for and listening to others, talking to a friend, or doing something you enjoy. There are a range of free and easily accessible tools and resources available to people needing support with their wellbeing or struggling with their mental health.

Websites and digital tools



Groov - Practical, science-based guidance, whenever you need it. Instant answers to everyday questions from managing pressure to handling tough conversations or resetting after a big day

groovnow.com/groov-app

Just a Thought - Free online cognitive behavioural therapy courses to support different mental health challenges

justathought.co.nz

Depression.org.nz - Provides information about depression, anxiety, personal stories about navigating tough times and ways to support yourself or someone else to feel better

Depression.org.nz

Mental Health Foundation - Provides information for anyone going through a difficult time and those interested in mental health and wellbeing

mentalhealth.org.nz

Top Up - Simple, everyday actions proven to promote wellbeing and keep our mental health meter topped up

topupwellbeing.nz

Headstrong - A digital wellbeing platform designed to help young people build resilience and deal with low mood, stress and the common worries of being a teenager

headstrong.org.nz

SPARX - e-therapy that uses cognitive behavioural therapy to help 12–19-year-olds who are struggling with depression, anxiety and stress

sparx.org.nz

Sparklers at Home - A toolkit of fun activities that parents and caregivers can use at home to support their children's wellbeing

sparklers.org.nz/parenting

Farmstrong - A nationwide wellbeing programme for rural communities

farmstrong.co.nz

Someone to see



The Access and Choice Programme - Provides free mental wellbeing support services available through many general practices and other community organisations. If your general practice does not have the programme, talking to your General Practitioner can still be a good place to start if you are struggling with your mental health.

To find out what services are available in your area, visit wellbeingsupport.health.nz

Someone to talk to



- **Tend Health** - Free mental health support for anyone in New Zealand. Visit tend.nz/medical-services/mental-wellness
- **Need to talk?** - Call or text 1737 any time for free support from a trained counsellor and access to online resources. Visit 1737.org.nz
- **Youthline** - offers free support to young people and their families including online resources about a wide range of issues that affect young people. Call 0800 376 633, free text 234, email supportcentre@youthline.co.nz or visit youthline.co.nz
- **Alcohol & Drug Helpline** - Call 0800 787 797 to speak with a trained counsellor. Visit alcoholdrughelp.org.nz
- **Rural Support** - contact a local Rural Support Trust to access free and confidential support and advice. Call 0800 787 254 or visit rural-support.org.nz
- **Asian Helpline** - provides free and confidential services from Monday to Friday between 9am-8pm available in eight languages, including Mandarin, Cantonese, Korean, Vietnamese, Thai, Japanese, Hindi and English. Call 0800 862 342, free text 832 or visit asianfamilyservices.nz/services
- **0800 what's up** - free nationwide counselling helpline and webchat service for children and teenagers. Call 0800 942 8787 or visit whatsup.co.nz/about
- **Lifeline Aotearoa** - free community helplines, call 0800 543 354, text 4357 (HELP) or visit lifeline.org.nz

Need urgent help?



If you are seriously concerned about someone's immediate safety:

- Call 111 or take them to the Emergency Department at your nearest hospital
- Contact your local mental health crisis assessment team healthnz.govt.nz/crisis-assessment-teams
- Remain with them and help them to stay safe until support arrives