

Your Mental Health Toolkit

Free, confidential support – when you need it

Are you feeling stressed, overwhelmed or just not yourself?

Are your thoughts, feelings or behaviours affecting your daily life?

It's okay to feel how you feel, and it's important to know that free support is available.

The right support can help you get the boost you need and make tough times feel more manageable.

Health New Zealand
Te Whatu Ora

Find free, confidential mental health support in a way that suits you.

You can:

- call or text a helpline
- meet with a mental health professional
- use apps and resources that work for you.

Free support is here. Whenever you need it. However you choose to access it.

Someone to talk to

Talking to someone can help you feel supported when you need a boost or some guidance.

To connect with a trained counsellor at a time that suits you, free call or text **1737** (24/7).

The team:

- offer brief emotional support
- provide self-care tips
- connect you to other services
- offer wellbeing tools.



Someone to see

Ongoing support can help you work through things affecting your daily life.

You may need support with improving sleep, managing stress or anxiety, or changing habits like drug or alcohol use.

To meet someone face-to-face and have more time to talk, you can access free, confidential mental health support nationwide.

For more information on how to support your mental health, or to find your nearest free mental health provider, visit:

wellbeingsupport.health.nz

or scan the QR Code.



HE1370 | Version May 2026
This resource is available from healthed.govt.nz

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Something to download

Mental health apps and resources can help you understand how you're feeling and develop skills to look after yourself.

Use an app or resource to help you look after your wellbeing.

Access the following free, confidential mental health tools at a time that suits you.



Download the Groov App

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.

Private. Secure. Easy to use. Download at:

groovnow.com/groov-app



Top Up

Simple, everyday actions proven to promote mental wellbeing. Paying attention to what keeps our mental health meter topped up, helps us adapt to challenges and fully enjoy the good times too.

Learn ways to top up your wellbeing at:

topupwellbeing.nz



The Mental Health Foundation

For information on everyday actions that lift mental wellbeing, and tools that support people through tough times.

Access free, practical and evidence-based tools and resources that improve mental health at:

mentalhealth.org.nz



Need Urgent Help?

- If you or someone else is in immediate danger, **call 111.**

OR

- Go to the emergency department at your nearest hospital.
- Call your local mental health crisis assessment team. To help find your nearest team visit

mentalhealth.org.nz/help

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