

Are you feeling stressed, overwhelmed, or just not yourself?  
Are your thoughts, feelings or behaviours affecting your daily life?

## Find free, confidential mental health support in a way that works best for you.

### Something to download

Practical, science-based guidance, whenever you need it. Private. Secure. Easy to use. Download today at:

[groovnow.com/groov-app](https://groovnow.com/groov-app)



### Someone to talk to

Connect with a trained counsellor at a time that suits you.

Free call or text **1737** (available 24/7).

NEED TO TALK?



free call or text  
any time

### Someone to see

To meet someone face-to-face and have more time to talk, free, confidential mental health support is available nationwide.

For more information or to find your nearest mental health provider, scan the QR Code or visit:

[wellbeingsupport.health.nz](https://wellbeingsupport.health.nz)



**Your Mental Health Toolkit**

*Free, confidential support – when you need it*

**Health New Zealand  
Te Whatu Ora**

HE1369 | Version May 2026  
This resource is available from [healthed.govt.nz](https://healthed.govt.nz)