

**You are not alone.
Help is free.
It is okay to ask for support.**



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| <p>🚒 EMERGENCY HELP</p> <p>Emergency – Call 111</p> <p>Police Ambulance Fire</p> <p>👉 Call 111 if someone is in immediate danger.</p> | <p>Mental Health Crisis Team (Waikato)</p> <p>0800 50 50 50</p> <p>👉 Call if you are having a mental health emergency.</p> |
| <p>Alcohol & Drug Helpline</p> <p>📞 0800 787 797</p> <p>🌐 www.alcoholdrughelp.org.nz</p> <p>✅ 24/7</p> <p>✅ Free</p> <p>✅ Confidential</p> <p>👉 Help for your own drinking/drug use or someone else's.</p> <p>👉 You can stay anonymous</p> | <p>Alcoholics Anonymous (AA)</p> <p>📞 0800 229 6757</p> <p>🌐 www.aa.org.nz</p> <p>✉ help@aa.org.nz</p> <p>✅ Free</p> <p>👉 Support to stop drinking and stay sober.</p> |
| <p>Care NZ</p> <p>📞 0800 499 469</p> <p>👉 Addiction treatment and recovery support.</p> | <p>Need to Talk? – Call or Text 1737</p> <p>🌐 www.1737.org.nz</p> <p>✅ Free</p> <p>✅ 24 hours, 7 days</p> <p>✅ Confidential</p> <p>👉 Talk or text with a trained counsellor anytime.</p> |
| <p>Diversity Counselling NZ</p> <p>📞 0210 262 5587</p> <p>🌐 www.diversitycounselling.org.nz</p> <p>👉 Counselling for migrants & former refugees.</p> <p>👉 Over 20 languages available.</p> <p>👉 Interpreter available if needed.</p> | <p>Community Alcohol & Drug Service (CADS Waikato)</p> <p>📞 07 834 6902</p> <p>✅ Free service</p> <p>🕒 Monday–Friday, 8:00am–4:30pm</p> <p>👉 Assessment, treatment, detox support for adults.</p> |
| <p>Lifeline</p> <p>📞 0508 828 865</p> <p>🌐 www.lifeline.org.nz</p> <p>✅ Free</p> <p>✅ Confidential</p> <p>👉 For people feeling sad, stressed, or thinking about suicide. We are here to listen.</p> | <p>Youthline (For Young People and their families)</p> <p>📞 0800 37 66 33</p> <p>📱 Free text 234 (24/7)</p> <p>🌐 www.youthline.co.nz</p> <p>📷 Instagram: @youthlinenz</p> <p>💬 Webchat: 10am–10pm</p> <p>✅ Free</p> <p>✅ 24/7 phone & text</p> <p>✅ Confidential</p> <p>👉 No problem is too big or too small.</p> |

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| <p>Work and Income (WINZ)</p> <p>📞 0800 559 009</p> <p>🌐 www.workandincome.govt.nz</p> <p>👉 Help with:</p> <ul style="list-style-type: none"> • Benefits • Money support • Housing costs • Childcare costs • Finding work | <p>Sexual Harm Support</p> <p>📞 Safe to Talk</p> <p>📞 0800 044 334</p> <p>📱 Text 4334</p> <ul style="list-style-type: none"> ✅ Free ✅ Confidential 👉 If you have experienced sexual harm. 👉 If you are worried about someone. 👉 If you need information or support. <p>We will listen. We will not judge.</p> |
| <p>Citizens Advice Bureau (Hamilton)</p> <p>📞 0800 367 222</p> <p>📍 55 Victoria Street, Hamilton</p> <p>🕒 Mon–Fri 8:45am–5:00pm</p> <p>🕒 Sat 10:00am–12:30pm</p> <ul style="list-style-type: none"> ✅ Free ✅ Confidential 👉 Help with services, rights, and information. | <p>Community Law Waikato</p> <p>📞 0800 529 482</p> <p>📞 07 839 0770</p> <p>✉️ reception@clwaikato.org.nz</p> <p>📍 Level 2, 109 Anglesea Street, Hamilton</p> <p>🕒 Mon–Thu 9am–3pm Fri 9am–1pm</p> <ul style="list-style-type: none"> ✅ Free legal help 👉 Know your rights. Get advice |
| <p>English Language Partners (Waikato)</p> <p>📞 07 853 2188</p> <p>✉️ waikato@englishlanguage.org.nz</p> <p>🕒 Monday–Friday, 9:00am–5:00pm</p> <p>👉 English classes for life, work, and study in NZ.</p> | <p>Settlement Centre Waikato</p> <p>📞 07 853 2192</p> <p>👉 Services for migrants and former refugees</p> <ul style="list-style-type: none"> • Interpreting & translation • Driving lessons • Budgeting help • Settlement support • Healthy home checks |