

24 hours a day, 7 days a week

[Who](#)

[Information](#)

[Contact Details](#)

[Depression Helpline](#)

Talk to a trained counsellor about how you are feeling or to ask any questions.

0800 111 757

or

Text 4202

[Lifeline](#)

Telephone service provides counselling and support.

0800 543 354

[Counties Manukau Health Mental Health and Addictions Services](#)

Open 8am to 5pm Monday to Friday, but your call will be diverted to a clinician after hours.

(09) 261 3700

[Youthline](#)

Support for youth with depression.

0800 376 633

[Depression Websites](#)

[Who](#)

[Information](#)

[Website Address](#)

[Depression Website](#)

Information and resources (fact sheets) on recognising and understanding depression, including post-natal depression. It's also the home of The Journal, a self-managed online programme to help you get through depression.

www.depression.org.nz

[CALM \(Computer Assisted Learning for the Mind\)](#)

A website published by the University of Auckland with helpful information and self help strategies.

calm.auckland.ac.nz

[Mental Health Foundation](#)

Free information to support people and families that are experiencing mental illness.

mentalhealth.org.nz

[Health Navigator - New Zealand](#)

Helps you find reliable and trustworthy health information and self-help resources.

www.healthnavigator.org.nz/health-topics/depression/

[Who](#)

[Information](#)

[Contact Details](#)

[The Lowdown](#)

An interactive website that lets you email, text or instant message for advice. It has information to help young people understand and deal with depression. You can free text 5626 for help.

thelowdown.co.nz

[CALM \(Computer Assisted Learning for the Mind\)](#)

A website published by the University of Auckland with helpful information and self help strategies.

calm.auckland.ac.nz

[SPARX](#)

A free online tool to help young people learn to deal with depression and anxiety.

www.sparx.org.nz

[Youthline](#)

Info zone has great tips and techniques for life - including topics on relationships, abuse, bullying, your body and your mind.

www.youthline.co.nz

Medicine Information

[Consumer Medicine Information](#)

More information about the medication you have been prescribed from MedSafe New Zealand.

www.medsafe.govt.nz

