

# Support Services

## ***Confidential Telephone Helplines:***

Youthline 0800 376 633, free text 234, E: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

What's Up 0800 942 8787

National Helpline 1737

Lifeline 0500 54 33 54

The Youth Health Hub, 49 Lincoln Road, 098397480/080056202 E: [info@healthwest.co.nz](mailto:info@healthwest.co.nz)

## ***Confidential Family Counselling***

Catholic Social Services 09 378 9650

Asian Family Services 0800 862 342

## ***Websites:***

[www.youthline.co.nz](http://www.youthline.co.nz)

[www.whatsup.co.nz](http://www.whatsup.co.nz)

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

[www.keepitreasonline.govt.nz](http://www.keepitreasonline.govt.nz)

<https://www.healthwest.co.nz/our-services/the-youth-health-hub>