

Emergency Support during the Holidays

We hope you have a happy and safe time this Christmas.

However life doesn't stop and sometimes we have support needs over the Christmas holiday period.

If you need emergency care, support or just someone to talk to, here are some services that remain open during the holidays.

Nationwide emergencies dial 111 from any New Zealand telephone

Deaf emergency fax 0800 16 16 10

Deaf emergency textphone (TTY)

For non-urgent ambulance services call toll free on 0800 16 16 16

0800 4 AMBULANCE (2 62 85)

NASC providers in your area should provide an after-hours service for urgent requests while offices are closed till the 3rd

January 2018. Visit the website of your NASC provider to find out about the after-hours service, or find their contact

details at the Ministry of Health website link here:

[Click here](#)

To speak with someone about a medical or health related issue, call Healthline toll free on 0800 611 116

To speak with someone about your feelings, addiction or a mental health related issue, there are a few options, such as

- Lifeline (open 24/7) - 0800 543 354

- Depression Helpline (open 24/7) - 0800 111 757

- Samaritans (open 24/7) - 0800 726 666

- Suicide Crisis Helpline (open 24/7) - 0508 828 865 (0508 TAUTOKO). This is a service for people who may be thinking about suicide, or for families and friends who are concerned.

-Rural Support Trust - 0800 787 254 (0800 RURAL HELP)

-Alcohol & Drug Helpline (open 24/7) - 0800 787 797.

You can also text 8691 for free.

Young people may want to try a more relevant service such as;

- Youthline (open 24/7) - 0800 376 633. You can also text 234 for free between 8am and midnight, or email talk@youthline.co.nz

- 0800 WHATSUP children's helpline - phone 0800 9428 787 between 1pm and 10pm on weekdays and from 3pm to 10pm on weekends. Online chat is available from 7pm to 10pm every day at www.whatsup.co.nz.

- Kidsline (open 24/7) - 0800 543 754. This service is for children aged 5 to 18. Those who ring between 4pm and 9pm on weekdays will speak to a Kidsline buddy. These are specially trained teenage telephone counsellors.

For emergency accommodation we recommend you contact your local City Mission.

MDANZ re-opens on Monday 8th January 2018. We wish you and your whānau well these holidays.

