

# Need to talk?

Through your MDANZ membership you and your family can have free, confidential counselling to help address a myriad of life issues.



Our mental health, wellbeing and life skills are a vital part of coping with everything that life throws at us. And 2020 has thrown a lot at us all. But sometimes we don't know who to call on, or who to reach out to.

Did you know that MDANZ offers its members, and those close to them, free and confidential counselling through EAPworks? EAPworks is a network of NZ practitioners, counsellors, psychologists and other providers and their services are available for you to use. Their team can assist with things like stress; work issues; relationship or family issues; grief and loss; drug and alcohol issues; anger or conflict issues; life transition and direction; health and wellbeing; bullying and harassment; career planning; help with your CV; budget assistance; depression and anxiety. MDANZ funds up to three counselling sessions per person per year. EAPworks can request funding for further sessions and these will be considered by MDANZ on a case-by-case basis, depending on the need and available funds.

For more information go to [www.mda.org.nz/What-We-Offer/Counselling-Service](http://www.mda.org.nz/What-We-Offer/Counselling-Service).

The service is strictly confidential – at no point does MDANZ know who has reached out to EAPworks. You will have 24-hour, 7-day-a-week access to personal telephone support. For more information about EAPworks go to [www.eapworks.co.nz](http://www.eapworks.co.nz), phone 0800 735 343 or talk to your fieldworker.

There are plenty of other options out there when you, or someone you know, needs help with mental health.

- **1737** [www.1737.org.nz](http://www.1737.org.nz). Free call or text 1737, 24 hours a day to talk to, or text with, a trained counsellor or peer support worker.
- **The Mental Health Foundation** [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz). The website has information on mental health conditions, where to get help and how to support those you love and care about.
- **Depression.org.nz** [www.depression.org.nz](http://www.depression.org.nz), 0800 111 757 or text 4202. Talk to a trained counsellor about how you are feeling or to ask a question.
- **Lifeline** [www.lifeline.org.nz](http://www.lifeline.org.nz), 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP). Call or text for 24/7, confidential support from qualified counsellors and trained volunteers.
- **Suicide Crisis Helpline** [www.lifeline.org.nz/services/suicide-crisis-helpline](http://www.lifeline.org.nz/services/suicide-crisis-helpline), 0508 828 865 (0508 TAUTOKO). A free service available 24 hours a day, 7 days a week operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training.
- **Samaritans** [www.samaritans.org.nz](http://www.samaritans.org.nz), 0800 726 666. Confidential, non-judgemental and non-religious support.
- **Mentemia** [www.mentemia.com](http://www.mentemia.com). This app coaches mental wellbeing and is free to all New Zealanders - ideas and tools to help you learn how to be well and stay well. It deals with the most common stressors - poor sleep, anxiety and stress.

## For the young

- **Youthline** [www.youthline.co.nz](http://www.youthline.co.nz), free call 0800 376 633, free text 234, email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or web chat from 7pm–10pm [www.youthline.co.nz/web-chat-counselling](http://www.youthline.co.nz/web-chat-counselling). Counselling by phone, text, chat, Skype and in person. They also offer mentoring and employment goals and advice.
- **The Lowdown** [www.thelowdown.co.nz](http://www.thelowdown.co.nz), email [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or free text 5626. The website helps young New Zealanders recognise and understand depression or anxiety.
- **What's Up** [www.whatsup.co.nz](http://www.whatsup.co.nz), 0800 942 8787. A free, counselling helpline and webchat service for children and teenagers. Phone counselling - Monday to Friday, noon–11pm and weekends 3pm–11pm. Online chat - Monday to Friday from 1pm–10pm and weekends 3pm–10pm.
- **Kidslines** [www.kidslines.org.nz](http://www.kidslines.org.nz), 0800 54 37 54 (0800 kidslines). A 24/7 helpline for children and young people, run by specially trained youth volunteers.