

*Please find some lovely connections for our treasured whanau in our school communities. We hope that this school holiday time is safe and enjoyable but we know sometimes life is not like that and we hope this information helps to make connections if and when you most need it.*

Much aroha, The School Based Mental Health Team.

## Connections for children

**Kidsline** <http://www.kidsline.org.nz/>

Talk to a trained Kidsline Buddy  
4pm - 9pm weekdays  
Call free 0800 kidsline  
(0800 54 37 54)

Kidsline is New Zealand's original telephone counselling service for all kids up to 18 years of age.

Kidsline is uniquely about kids being there for other kids – we are the only national child helpline in the world where every counsellor is a secondary school student.

Kidsline is available 24/7 however when kids ring between 4pm-9pm Monday - Friday they will speak to a Kidsline Buddy – a specially trained teenage telephone counsellor.

Our service is FREE and SAFE to talk. At Kidsline we listen really carefully to what you've got to say. We'll support and encourage you and help you come up with the best approach to what's happening for you. You can call Kidsline free from anywhere in New Zealand, or from your mobile phone to 0800 54 37 54. Kidsline is a service provided by Lifeline Aotearoa, a leading provider of helplines in New Zealand.

**Whats up?** <http://www.whatsup.co.nz> 0800 What's Up is a counselling helpline for children and young people. Our counsellors are available 365 days a year, and it's free to call, including from a mobile phone. **Mon-Fri** 1-10pm  
**Sat-Sun** 3-10pm, brought to you by Barnardos

## Connections for youth

**The low down.** <https://thelowdown.co.nz/> free text 5626 or email, 24/7 counsellor access (straight up answers for when life sucks)

On the site young people can find:

Helpful information on anxiety, depression (and other issues they may be struggling with like leaving school or getting on with their parents).

Videos of 13 real young people telling their stories.

Quick steps to help build healthy mental wellbeing.

Healthy behaviours to build resilience.

Places to go to get help.

Information for anyone worried about a friend.

A moderated forum for young people to share stories and experiences and provide peer-to-peer support.

**Youthline.** <http://www.youthline.co.nz/> Free phone **0800 37 66 33** for 24/7 support, Free TXT **234** between 8am and midnight, Email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

Youthline works with people from all walks of life, from all cultures (we even take calls and TXTs direct from the Cook Islands!) and with all sorts of things going on in their lives. This can be anything from just wanting to talk something through (big or small, via TXT, email or phone), to working face to face with a young person or even their whole family.

We also work with a really wide range of issues, from relationshipstuff(boyfriends/girlfriends/friends/family/work etc), emotional stuff (feeling down, grief and losing someone close to you, going through tough times), to helping connect you with services or help in your community.

Youthline also works to make sure that those who support young people (friends, family members, teachers, sports coaches, doctors and nurses) have the tools and information they need to feel confident doing this. It can be hard to know what to say or do when someone is going through a tough time; but it's really important to check in. Knowing someone cares might be just what that person needs. That's when Youthline can be there to make sure you feel comfortable doing this.

Whether it's something little or big, Youthline is here to listen and help.

**Bounce:** <http://bounce.org.nz/about/>

Bounce is a youth-led peer education project, created by New Zealand Red Cross. Bounce is run by young people for young people. Our youth ambassadors share the website's tips and advice with their peers to empower them and encourage emotional wellbeing and resilience. They do this through innovative website content and social media posts, by raising awareness at events, and giving talks to schools and youth organisations. New Zealand Red Cross is part of the largest humanitarian organisation in the world, helping people wherever they might be – internationally or in our own communities.

All of our website content is clinically reviewed to make sure we're putting out the best information possible.

**SPARX.org.nz** – <https://www.sparx.org.nz/> an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety.

## Parents/carers/whanau

**Lifeline** New Zealand's telephone counselling service provides 24 hours a day, 7 days a week counselling and support. 0800 543 354 [http://www.lifeline.org.nz/corp\\_Need-Help\\_555\\_2001.aspx](http://www.lifeline.org.nz/corp_Need-Help_555_2001.aspx)

**Commonground** <http://www.commonground.org.nz/> helping you to support young people to manage hard times and enjoy happier lives, great resource for parents/carers/whanau/ other adults

### **Canterbury Support Line 0800 777 846**

People feeling upset or stressed, or are in need of other social support, as a result of the earthquake and subsequent recovery are being encouraged to call the Canterbury Social Support Line 0800 777 846. The telephone operators have access to information about a wide range of services and they work with the caller to identify the services, or support that can help them.

This may include services such as the free counselling service or an organisation that offers practical support, information or advice. They will then refer the caller to the appropriate place.

If callers are seeking counselling straightaway they will be connected through to the Relationship Services telephone counselling line.

Note: this is a referral line only – telephone operators don't provide counselling services.

- · grieving for someone close to them
- · worried about someone in their family
- · feeling as though they are not coping
- · worried about their children who aren't sleeping
- · having difficulty looking after their children on their own because their partner has moved out of the area
- · needing advice about a wide range of matters from, how to find a lost pet, to tenancy, or legal issues

**Warmline** <http://www.warmline.org.nz/> peer support for psychological distress/mental health 7 days a week 1pm till midnight, available throughout Canterbury and the West Coast. Non-Crisis support, confidential listening ear, helping clarify, validate, provide hope and information about services where appropriate. (Comcare Peer Support)

**Aviva family violence services** - <http://www.avivafamilies.org.nz/> 24 hour support line . Safe site with 'hide my visit'. 0800 AVIVA NOW (0800 28482 669). Free 24 hour support line

**Family violence its not ok.** <http://www.areyouok.org.nz/> Call info line 0800 456 450 Emergency call 111. Safe site with 'hide my tracks'.

## Wellbeing App's

**Smiling mind** <http://smilingmind.com.au/> Smiling Mind is modern meditation for young people. It is a unique web and App-based program, designed to help bring balance to young lives.

**Happify** <http://www.happify.com/>

**Five ways to wellbeing:** <http://www.allright.org.nz/app/> Need a bit of All Right? in your every day? Our app gives you daily wellbeing mini-missions that will help you feel good!

**Mindshift** – <https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en> helping young people with anxiety