



Here are some online and other resources that might help while you are not seeing your therapist regularly:

In a crisis

If you were to experience a mental health crisis contact the crisis team on **0800 50 50 50**. In an emergency call **111**.

New Zealand Mental Health Foundation

Looking after mental health and wellbeing during COVID-19

<https://www.mentalhealth.org.nz/get-help/covid-19>

Helplines

- 1737 – Free call or text 1737 any time for support from a trained counsellor.
- Lifeline – 0800 543 354 or free text 4357 (HELP)
- Youthline – 0800 376 633 or free text 234
- Samaritans – 0800 726 666

Centre for Clinical Intervention

Downloadable workbooks and information sheets for a wide variety of mental health issues.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Others>

depression.org.nz

Self assessment and help for depression and anxiety.

cbt4panic.org

Self-help therapy resource for panic attacks/panic disorder, includes videos and audio as well as printed material and downloadable worksheets.

Specifically for young people and children

The Lowdown

<https://www.thelowdown.co.nz/>

FREE 24/7 helpline: 0800 111 757 Text 5626,

Email and webchat also available from the website

SPARX

An on line game for young people based on the principles of cognitive behavioural therapy (CBT) – developed in New Zealand

<https://www.sparx.org.nz/>