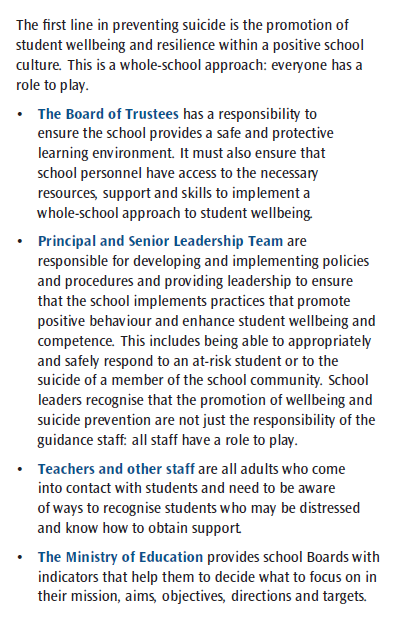
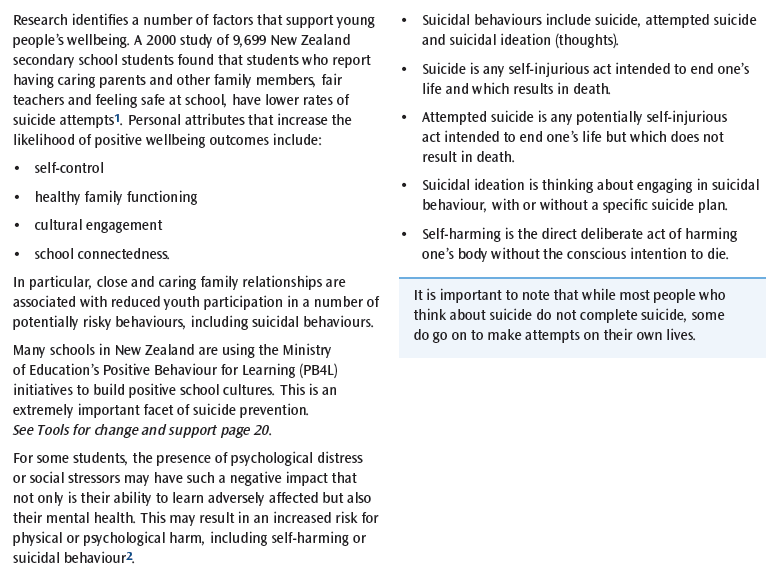
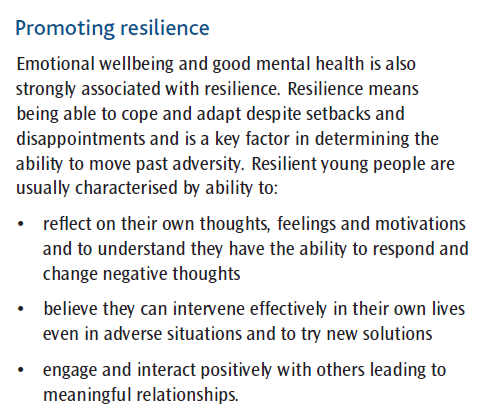
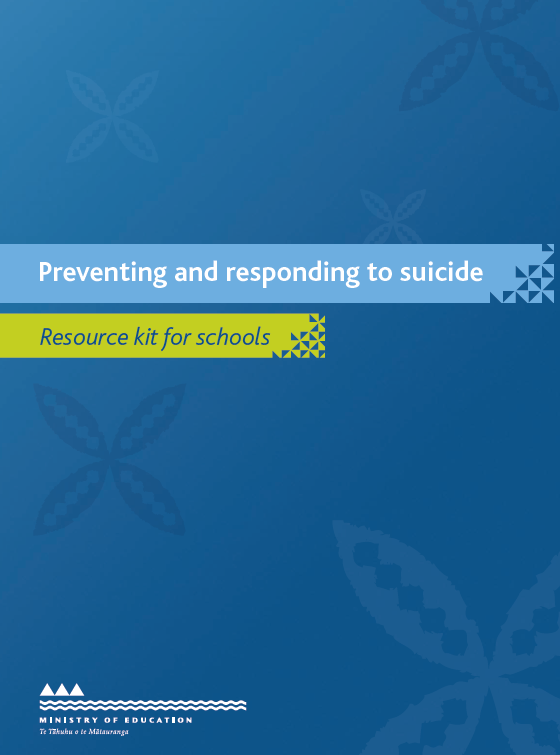
GETTING URGENT HELP

**If an emergency arises and you need help in a crisis, you should turn to :**

|  |  |
| --- | --- |
| Emergency Services | 111 |
|  |  |
| Emergency Mental Health | 0800 112 334 |
|  |  |
| Community Mental Health |  |
| Napier | 06 878 8109 ext 4220 |
| Hastings | 06 878 8109 ext 5700 |
| Wairoa | 06 838 7099 ext 4875 |
| CHB | 06 858 9090 ext 5551 |
|  |  |
| Child, Adolescent & Family Mental Health Services | 06 878 8109 ext 5848 |
| Directions Youth Health centre | 06 871 5307 |
| Depression [www.depression .org.nz](www.depression%20.org.nz) | 0800 111 757 (24 /7) |
| Lifeline | 0800 543 354 (24/7)  Free txt 5626 |
| Kidsline | 080054 37 54 |
| Suicide Prevention Tautoko | 0508 828 865 |
| Samaritans | 0800 726 666 |
| What’s Up | 0800 942 8787 |
| Youthline | 0800 376 633  Free txt 234 |
| Mental Health Foundation of NZ | [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) |
| Commonground | [www.commonground.org.nz](http://www.commonground.org.nz) |
| The Lowdown | [www.thelowdown.co.nz](http://www.thelowdown.co.nz) |
| Sparx | [www.sprx.org.nz](http://www.sprx.org.nz) |
| Suicide Prevention Information NZ | [www.spinz.org.nz](http://www.spinz.org.nz) |
| Birthright | [http://www.birthrighthb.org.nz](http://www.birthrighthb.org.nz/)  Napier: 0800 457 146. Tel (06) 835 2162  Hastings: 0800 457 146 Tel: (06) 873 3666 |
| Napier Family Centre | <http://www.napierfamilycentre.org.nz/>  06 843 7280 |
| Family Works | <https://familyworks.org.nz/>  [06-876 2156](https://www.google.co.nz/search?hl=en&source=hp&ei=eVUoWqL7McfL0gS5y4WgDA&q=family+works+hastings&oq=family+works&gs_l=psy-ab.1.0.0l10.1979.5078.0.8508.13.12.0.0.0.0.311.2368.2-9j1.10.0....0...1.1.64.psy-ab..3.10.2365.0..35i39k1j0i67k1j0i131i67k1j0i20i263k1.0.usQJv9nHxpM) |

A Resource Kit for Schools from the Ministry of Education





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