

Immediate help for you or a friend

Who you can talk to at school:

- Any of the counsellors - counsellors@wgc.school.nz
- Your Wānanga teacher
- Your Dean
- A teacher you feel comfortable with

Outside of school:

- Parents
- Friends
- Religious or cultural leader
- Therapist or other mental health professional
- Your GP
- Helplines
 - Need to talk? – 1737 (text or call)
 - Youtline text 234 or call 0800 376 633
 - Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO) (call) *you dont need to be the person in crisis to call this line, they can help you help someone else (same with all other helplines)*
 - Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
 - Samaritans – 0800 726 666 (call)
- In an emergency call 111

In an emergency:

- You can go to [Wellington After Hours and Medical Center](#) (A&E)
- You can go to the hospital Emergency Department
- You can go to your GP
- You can call 111

Where to find a counsellor:

- <https://www.talkingworks.co.nz/dir/wellington.html>

Apps:

- Calm
- Clear Fear
- What's Up?
- Calm Harm
- My Oasis
- Aloe Bud

Things to help in the moment:

These tips help some but won't help everyone. It's important to recognise what helps and what doesn't help *you*.

- Scrolling through your camera roll and looking at photos which make you happy.
- Write down a game plan of how you're going to face the main issue, think about who you can ask for help too.

- Take care of your needs, have a snack or drink some water or do some exercise if you can
- Listen to music and have a dance party
- Your preferred form of exercise (eg running, yoga, dog walking)
- Change sheets and watch tv
- Play with pets
- Colouring in or using your hands for crafts
- Have a good cry
- Having a shower
- Writing your feelings down or talking with someone you feel comfortable around
- Talk to people you love (it doesn't have to be about how you're feeling)
- Hype yourself up
- Meditation
- Listening to a podcast with positive themes or an interesting topic