

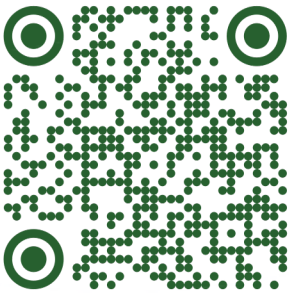
HAUORA HINENGARO
MENTAL HEALTH SERVICES MAP

MŌ TĀTOU, NĀ TĀTOU –
TAUTOKO RANGATAHI O WAIRARAPA

FOR US, BY US – RANGATAHI SUPPORT WAIRARAPA



SCAN TO SEE
LOCAL CONTACTS



NATIONAL TELEPHONE AND ONLINE SERVICES	
SERVICE	CONTACT
WHAT'S UP	0800 942 8787
FREE HELPLINE	1737
YOUTHLINE	0800 37 66 33, free text 234
LE VA	09 261 4390
INSIDE OUT	027 331 4507
THE LOWDOWN	04 917 0060
ANXIETY LINE	0800 ANXIETY (0800 269 4389)
DEPRESSION HELPLINE	0800 111 757
LIFELINE	0800 543 354
ALCOHOL & DRUG HELPLINE	0800 787 797
GAMBLING HELPLINE	0800 654 655 or text 8006

OTHER SUPPORT	
SERVICE	CONTACT
EAST COAST RURAL SUPPORT TRUST	0800 787 254 (select 4 for Wairarapa)
CONTACT YOUR MEDICAL CENTRE	Wairarapa Medical Centres: Masterton Medical: 06 370 0011 Kuripuni Medical: 06 377 4093 Whaioa: 06 370 0818 Carterton: 06 379 8105 Greytown: 06 304 9012 Featherston: 06 308 9220 Martinborough: 06 306 9501
IN THE EVENT OF A LIFE-THREATENING EMERGENCY: PHONE 111	Wairarapa Hospital, Te Ore Ore Road Masterton