

BUILDING WELLNESS TARANAKI

FREE TOOLS

Talking is one of the best tools you can use!

LOCAL SUPPORT

Building Wellness Taranaki (BWT).....	027 322 0606
GP or iwi healthcare provider.... (call BWT if you don't have one)	
Employee Assistance Programme (EAP).....	Ask employer
Taranaki Retreat/Hope Centre (until 9pm).....	06-215 0993
Taranaki Rural Support Trust.....	0800 787 254
Taranaki Primary Connections (TPC).....	06-754 6500

HELPLINES

24/7 National Helpline.....	Free call or text 1737
Tautoko Suicide Prevention Helpline.....	0508 828 625
Lifeline.....	0800 543 354 text 4357
Depression Helpline.....	0800 111 757 text 4202
Alcohol & Drug Helpline.....	0800 787 797

EMERGENCY

Emergency services - Police, Ambulance, Fire service.....	111
Hospital Mental Health Team.....	0508 292 467



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