



Stay connected

One of the best things that we can do for our wellbeing is staying connected with our family, friends and wider community. Healthy relationships and engaging in our community develops a sense of meaning and helps us to keep pushing through when things get tricky.

My Support Ladder

This is used to identify who you can contact *when you're* in different mental & emotional states. There may be people you want to contact in these different states, please list them below.

If I'm not feeling "All Goods", I can contact:

-
-
-

If I'm at crisis point, I can contact:

-
-
-

If I'm at crisis point, I can contact:

- If you're thinking about suicide or are at crisis point, call your local mental health crisis line **0800 774 545** (Whakatane) alternatively call **111**.
- **1737**, need to talk?- 1737 is a free call or text service where you can talk to a counsellor 24/7.
- Lifeline- **0800 543 354** or text **4357** for counselling support.
- Youthline- Call **0800 376 633** or text **234**.