

Need urgent help now?

If you, or a veteran, is in crisis it is important to reach out. Help is always available.

If you live in NZ If this is an emergency

Call 111 (tel:111) if you—or someone you know—are in immediate danger.

If you need to talk

If you or someone else is not in immediate danger—but still need to talk—the following organisations can help.

Organisation	Contact
NZDF4U (http://www.nzdf.mil.nz/families/safer-families/default.htm)	0800 693 348 (tel:0800693348)
No Duff Charitable Trust (https://www.noduff.org/)	022 307 1557 (tel:0223071557)noduff.ngo@gmail.com (mailto:noduff.ngo@gmail.com)
Need to talk? 1737 (https://www.1737.org.nz/)	1737 (tel:1737)—phone or text a trained counsellor
Lifeline Aotearoa (https://www.lifeline.org.nz/)	0800 543 354 (tel:0800543354)
Samaritans (http://www.samaritans.org.nz/)	0800 726 666 (tel:0800726666)

If you need support

Royal New Zealand Returned and Services Association (RSA)

The RSA honours and supports both current and ex-service members. It can provide financial and other support through its networks in NZ.

Contact an RSA's District Support Advisor (<https://www.rsa.org.nz/support/team>) 

Healthline

Healthline can help you if you're feeling unwell but not sure whether you need to see a doctor. It's staffed by registered nurses who are specialists in assessing and advising over the phone.

Call Healthline on 0800 611 116 (tel:0800611116).

If you live in Australia





If this is an emergency

Call 000 (<http://tel:000>)  if you—or someone you know—are in immediate danger.

If you need to talk

If you or someone else is not in immediate danger—but still need to talk—the following organisations can help.

Australian contacts

Organisation	Phone
Lifeline Australia (https://www.lifeline.org.au/) 	12 11 14 (tel:121114)
MensLine Australia (https://mensline.org.au/) 	1300 78 99 78 (tel:1300789978)
Relationships Australia (http://www.relationships.org.au/) 	1300 364 277 (tel:1300364277)
Suicide Call Back Service (https://www.suicidecallbackservice.org.au/) 	1300 659 467 (tel:1300659467)