

## 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
Need to talk? 1737 ( <a href="https://www.1737.org.nz/">https://www.1737.org.nz/</a> ) 	1737 (tel:1737)— phone or text a trained counsellor
NZDF4U ( <a href="https://health.nzdf.mil.nz/get-help-now/nzdf4u-wellbeing-support">https://health.nzdf.mil.nz/get-help-now/nzdf4u-wellbeing-support</a> ) 	0800 693 348 (tel:0800693348)
Lifeline Aotearoa ( <a href="https://www.lifeline.org.nz/">https://www.lifeline.org.nz/</a> ) 	0800 543 354 (tel:0800543354)
Samaritans ( <a href="http://www.samaritans.org.nz/">http://www.samaritans.org.nz/</a> ) 	0800 726 666 (tel:0800726666)

### If you need support

#### 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).

#### 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 Manager (<https://www.rsa.org.nz/get-support/support-for-veterans/>) 

### 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 ( <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a> ) 	12 11 14 (tel:121114)
MensLine Australia ( <a href="https://mensline.org.au/">https://mensline.org.au/</a> ) 	1300 78 99 78 (tel:1300789978)
Overwatch Australia ( <a href="https://overwatchaustralia.org.au/">https://overwatchaustralia.org.au/</a> ) 	1800 699 2824 (tel:18006992824)
Relationships Australia ( <a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a> ) 	1300 364 277 (tel:1300364277)
Suicide Call Back Service ( <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a> ) 	1300 659 467 (tel:1300659467)

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