

Service Name	Description	National/ Auckland?	Days/Hours of Operation	Website	Contact details
Lifeline 24/7	24/7 Free and confidential Telephone Counselling	National	24 hours Everyday	www.lifeline.co.nz	0800 543 354
Lifeline Auckland – Face to Face Counselling	Low cost, professional face to face counselling service by appointment	Auckland	By Appointment	www.lifeline.org.nz	09 524 3080
Refugee Lifeline	Free, confidential telephone counselling in Arabic, Farsi, Burmese & Dari languages.	National	See website for current hours of operation	www.refugeelifeline.org.nz	Farsi/Dari 0800 88 66 46 Arabic 0800 88 66 47 Burmese 0800 88 66 45
Kidsline	Free, confidential telephone counselling for children up to 14 years old. Callers are counselled by Kidsline Buddies who are year 12 & 13 students	National	Talk to a Buddy 4pm to 6pm weekdays Outside these hours calls are answered by Lifeline Auckland 24/7 service counsellors	www.kidsline.org.nz	0800 KIDSLINE 0800 543 754 09 522 4223
Mensline	Free, confidential telephone counselling for men by men	National	6.30pm to 10.30pm Sunday to Friday	www.mensline.org.nz	0800 MENSLINE 0800 636 754 09 522 2500
Chinese Lifeline	Free, confidential telephone counselling in Mandarin and Cantonese Languages	National	Mon-Sun 10am-2pm; Mon-Fri 7pm-10pm	www.chineselifeline.org.nz	09 522 2088 0800 888 880