

# Services and support

Unite  
against  
COVID-19

It's OK to ask for help. As we work through this together, there are people and agencies able to support you. Here's a range of advice, help, or support if you need it. If you don't speak English, you can ask for an interpreter when calling most government departments.



<p><b>In an emergency</b></p>	<p>Call <b>111</b> for Fire and Emergency, Police, or Ambulance.</p>	<p><b>111 (Emergency Line)</b></p>
<p><b>For health advice</b></p> <p>It's as important as always to get medical support if you're unwell. You don't need to wait.</p>	<p>If you have cold, flu or COVID-19 symptoms, get tested.</p> <p>Call your Doctor, or contact <b>Healthline</b> for free health advice and information provided by trained professionals.</p>	<p><b>0800 358 5453</b> (Healthline - COVID-19 health advice)</p> <p><b>0800 611 116</b> (Healthline - General health advice)</p> <p><a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a></p>
<p><b>For health advice about babies or children</b></p>	<p>Call <b>Plunket</b> to speak to a Plunket nurse.</p> <p>PlunketLine is a free parent helpline and advice service available to all families, whānau and caregivers.</p>	<p><b>0800 933 922 (PlunketLine)</b></p>
<p><b>For mental health or addiction support</b></p> <p>However you feel, there's someone to talk to if you need it.</p>	<p>Call or text <b>1737</b> to talk to someone trained to help.</p> <p>For specific help, you can contact the <b>Depression Helpline</b> or <b>Alcohol Drug Helpline</b>.</p>	<p><b>1737 (1737 Helpline)</b> <a href="http://1737.org.nz">1737.org.nz</a></p> <p><b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)</p>
<p><b>For support with family violence or sexual violence</b></p> <p>It's ok to leave your bubble to keep yourself or someone else safe. If you need to leave, help will be there.</p>	<p>Call <b>111</b> if you or someone else is in immediate danger of being harmed or may harm themselves.</p> <p>Find local social support services in your area, call the <b>Family Services 211 helpline</b>.</p> <p><b>Call Women's Refuge</b> for advice, support and safe accommodation when you're dealing with violence in your life.</p> <p>The <b>Elder Abuse Helpline</b> is a free service that older people can contact if they or someone they know are experiencing elder abuse.</p>	<p><b>111 (Emergency Line)</b> <b>0800 211 211</b> <b>(Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a></p> <p><b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b></p>
<p><b>For concerns about the wellbeing or safety of a child</b></p>	<p>Call <b>Oranga Tamariki</b> if a child or young person is unsafe, not being cared for, or separated from their parents or caregivers.</p>	<p><b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a></p>
<p><b>For support for young people</b></p>	<p><b>Youthline</b> supports all young people, including those who are struggling. Youthline offers a free 24/7 Helpline service.</p>	<p><b>Youthline</b> Free call <b>0800 376 633</b> Free text <b>234</b> Webchat: <a href="https://www.youthline.co.nz/">https://www.youthline.co.nz/</a></p>
<p><b>For rural and farming support</b></p>	<p>Contact your local <b>Rural Support Trust</b>. They can point you in the right direction for the support you need.</p>	<p><b>0800 787 254 (Rural Support Trust)</b></p>

<p><b>For access to food or essential items</b></p> <p>We all need food and essential items such as medicine, so please don't try to go without. There are plenty of ways to get this to you.</p>	<p>Talk to your <b>family, whānau, friends, iwi and neighbours</b> to see if they could deliver essential items to you.</p> <p>Try food delivery such as supermarket home delivery, food parcels, frozen pre-prepared meals, subscription food boxes (like My Food Bag and Hello Fresh) or any other whole-food delivery service.</p>	<p>If you need food urgently, your local foodbank may be able to help. Find them here: <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> (Foodbanks)</p> <p>If you can't access any other support, contact your local <b>Civil Defence and Emergency Management (CDEM) Group</b></p> <p><a href="http://www.civildefence.govt.nz/find-your-civil-defence-group/">www.civildefence.govt.nz/find-your-civil-defence-group/</a></p>
<p><b>For financial support</b></p> <p>There may be support available for employers, employees and those who have lost their job or had their income reduced, or assistance to buy food.</p>	<p>Visit the <b>Work and Income</b> website for urgent financial support and ongoing needs.</p> <p>You can apply for a main benefit online and check your eligibility for food assistance.</p> <p>You can also use the COVID-19 financial support tool on the Unite Against COVID-19 website to see what support is available to you.</p>	<p><a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a></p> <p><a href="https://my.msd.govt.nz/">https://my.msd.govt.nz/</a> (Food grant &amp; benefit app)</p> <p><b>0800 559 009</b> (MSD General Line)</p> <p><b>0800 552 002</b> (Seniors 65+)</p> <p><b>0800 88 99 00</b> (Students)</p> <p><a href="http://www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/">www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/</a></p>
<p><b>For renting and tenancy advice</b></p>	<p>Contact <b>Tenancy Services</b> for information about your legal rights.</p>	<p><b>0800 836 262 (Tenancy Services)</b></p> <p><a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a></p>
<p><b>For animal welfare matters</b></p>	<p>Call Ministry for Primary Industries for animal welfare concerns and enquiries and to report cruelty.</p> <p>For animal welfare emergencies, you can also call your local <b>SPCA Centre</b>.</p>	<p><b>0800 00 83 33 (MPI)</b></p> <p><a href="https://www.sPCA.nz/report-animal-cruelty">https://www.sPCA.nz/report-animal-cruelty</a></p>
<p><b>For employment advice and support</b></p> <p>Know your rights as an employee and keep yourself safe.</p>	<p>Contact <b>Work and Income</b> if you're looking for work or have a vacancy that needs to be filled.</p> <p>Contact <b>Employment NZ</b> or visit their website for information on your rights as an employee.</p> <p>Contact <b>Worksafe</b> for information on working safely.</p>	<p><b>0800 779 009</b> (Work and Income's Job Search line)</p> <p><a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a></p> <p><b>0800 20 90 20</b> (Employment New Zealand)</p> <p><a href="http://www.employment.govt.nz">www.employment.govt.nz</a></p> <p><b>0800 030 040 (Worksafe)</b></p> <p><a href="http://www.worksafe.govt.nz">www.worksafe.govt.nz</a></p>
<p><b>For further information on other support</b></p> <p>There are a number of organisations working to make sure everyone is looked after.</p>	<p>Visit the <b>Unite Against COVID-19</b> website.</p> <p>To help you understand your rights and obligations, and to give you any support you need to take action, contact the <b>Citizens Advice Bureau</b>.</p>	<p><a href="http://www.Covid19.govt.nz">www.Covid19.govt.nz</a></p> <p><b>0800 367 222</b> (Citizens Advice Bureau)</p>

Information taken from the COVID-19 website, [Covid19.govt.nz](http://Covid19.govt.nz), which is updated regularly. Current as of August 2021.