



National Alcohol Support Services

Alcohol & Drug Helpline

 alcoholdrughelp.org.nz/helpline

 Call **0800 787 797**  Free text **8681**

For advice and referral to services for the general population

 Call the **Māori line 0800 787 798**

For advice and referral to kaupapa Māori services


 Call the **Pacific line 0800 787 799**

For advice and referral to services developed for Pacific peoples

 Call the **Youth line 0800 787 984**

For advice and referral to services for young people

Mental Health and Addiction Helpline

 1737.org.nz


 Call **1737**  Free text **1737**

Provides referral advice and services. Trained counsellors and peer support workers are also available for brief 1:1 counselling and support for mental health and addiction issues.

For a more comprehensive list of alcohol support services please refer to healthpoint.co.nz

Family Drug Support Aotearoa New Zealand


 fds.org.nz

 Call **0800 337 877**

Provides assistance for families, whānau and friends to deal with the alcohol and/or other drug use of their loved ones.

Alcoholics Anonymous


 aa.org.nz

 Call **0800 229 6757**

A support network to help someone who has a desire to stop drinking and/or stay sober.

Al-Anon Family Groups

 al-anon.org.nz

 Call **0508 425 266**

Provide help to families of people who are experiencing an alcohol disorder.