



YOU ARE NOT ALONE:

Compassionate Support When You Need it Most.

Life can sometimes present challenges that feel overwhelming, and we may experience thoughts or feelings that are scary or confusing. It's important to remember that these feelings are temporary, and help is always available. If you find yourself having thoughts of self-harm or suicide, please know that it's okay to reach out for support.

The following services are staffed by caring professionals who are here to listen and support you through difficult times, without judgment:

24/7 CRISIS SUPPORT

- Lifeline: 0800 543 354 or free text 4357 (HELP) - Compassionate support available anytime, day or night.
- Suicide Crisis Helpline: 0508 828 865 - Specialised support for those experiencing suicidal thoughts.
- Healthline: 0800 611 116 - General health advice and support, always here to help.

YOUTH SUPPORT SERVICES

- Youthline: 0800 376 633, free text 234, or email talk@youthline.co.nz - Understanding support for young people, parents, whānau, and friends.
- What's Up: 0800 942 8787 - Friendly support for 5-18 year olds, available daily.

SPECIALISED SUPPORT SERVICES

- Outline NZ: 0800 688 5463 - Accepting and understanding support for sexuality or gender identity concerns.
- Women's Refuge Crisisline: 0800 733 843 - Compassionate support for women experiencing relationship or family violence.

ADDITIONAL SUPPORT

- Samaritans: 0800 726 666 - Non-judgmental listening ear for anyone who needs to talk.

Remember, reaching out is a sign of strength, not weakness. These services are here to provide the support you need, whenever you need it. You don't have to face difficult times alone. Your feelings are valid, and there are people who want to help.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

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