



Our alcohol drug telephone helpline is only a call away. Call 0800 787 797 or text 8681, 24 hours a day, 7 days a week, to speak with a trained counsellor. All calls are free and confidential.

## Details

- Phone:  
0800 787 797

## Website

[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)