

UNWELL? A BRIEF GUIDE TO THE RIGHT SUPPORTS



You may be feeling distressed, hopeless, helpless, and be struggling to manage the daily basics. This is understandable when we are unwell.

The good news is, recovery is possible and there are many treatment options, whether you are experiencing mild or severe unwellness.

Did you know? 1 in 5 of us experience mental health challenges in any year. It is not a sign of weakness. Getting help supports your recovery.

START HERE



Get a loved one on board

Just like recovery from any illness or injury, support from key people is vital during mental health recovery. You may also need time off work or reduced responsibilities.

Be informed

Learn about symptoms and treatment options to access the right support. Visit info.health.nz/mental-health. Similar to physical illness, there will be first, second and third recommended treatment options (and more) plus alternative therapies depending on your preferences.



See your GP

An assessment with your GP can rule out physical factors and help set up your treatments of choice, like medication or psychological treatment.



TALKING THERAPY

Clinical psychologists and psychiatrists assess and treat mental health difficulties. Other health professionals may offer evidence-based therapies, but ask first.

Counselling is often the appropriate option for someone to talk to.

- GPs can often refer for free counselling
- Some workplaces offer complimentary counselling via an “EAP”
- [Gumboot Friday](#) offer free counselling to under 25s
- [Need To Talk](#) offer free, brief phone counselling 24/7 by call or text to **1737**
- [ACC](#) and health insurers provide counselling and treatment for some difficulties
- [Talking Works](#) are a directory of counsellors and [NZCCP](#) have a clinical psychologist directory
- [Just A Thought](#) offer free online treatment programmes



In Crisis? In an emergency call **111**. The [Local Crisis Assessment Team](#) can be contacted for urgent mental health support. Often this is a same-day assessment over the phone and sometimes they will arrange a home visit. You can also free call or text **1737** 24/7 for phone counselling support. The Mental Health Foundation has a [guide](#) for those experiencing suicidal thoughts to help you find a way back.