

Support Agencies for NZEI Te Riu Roa Members

We hope you find the contacts in this list helpful. These are just a starting point, for more specific advice or support please speak with your doctor.

EAP (Employee Assistance Programme)

Employees often sign up to this programme as part of meeting their health and safety in employment obligations. EAP is delivered via counsellors nationwide. You should check to see if your employer is signed up. There are a few providers of EAP services, the main one used by schools is EAP Services Limited www.eapservices.co.nz 0800 327 669.

Employers can sign up at any time, those in the state sector may be able to access a government rate.

Community based support (phone based)

Anxious/ depressed: text 1737 to talk to a trained counsellor 24/7

Depression Line: 0800 111 757

Alcohol and Drug Helpline: 0800 787 797

Family Violence info line: 0800 456 450

Health line: 0800 611 116

Lifeline Aotearoa nationwide: 0800 543 354

Warmline (Mental Health Peer Support): 0800 200 207

Victim Support: 0800 842 846

Outline: LGBTIQ- affirming support line and face to face counselling- 0800 688 5463

Suicide crisis helpline: 0508 828 865

Anxiety phone line: 0800 269 4389

Useful websites and online support

www.mentalhealth.org.nz

www.depression.org.nz

www.sparx.org.nz

www.commonground.org.nz

<https://www.health.govt.nz/our-work/mental-health-and-addictions/mental-health/mental-health-advice-coping-after-traumatic-event> (information currently available in English and Arabic to support children and tips for adults to cope with a difficult event).

Professional Contacts:

NZEI Member Support: 0800 693 443

NZ Kindergartens: 04 471 0775

Employment NZ (MBIE): 0800 209 020

Education Council: 04 471 0852 or enquiries@educationcouncil.org.nz

Unimed (Health Care Plus): 0800 600 666

NZSTA - 0800 782 435

New Zealand Principal's Federation helpline 0800 798 798

Ministry of Education Traumatic Incident Team: 0800 848 326

Crisis support:

If a person is in crisis or feeling suicidal, the advice from the Ministry of Health is:

1. Ring the hospital and ask for the Crisis Mental Health Team or go with the person to the emergency department.
2. If they are in immediate physical danger to themselves or others call 111.
3. Stay with them until support arrives.
4. Stay calm and let them know that you care.
5. Keep them talking: listen and ask questions without judging.