

## Counselling

**Counselling Services:** For local counselling professionals please contact your Learner Me pastoral care support person

New Plymouth Campus	Nicola Kiely	nicola@learnerme.ac.nz
Hawera Campus	Jasmine Jones	jasmine@learnerme.ac.nz

**Lifeline:** [lifeline.co.nz](http://lifeline.co.nz)

Phone: 0800 543 354	Text: HELP to 4357	Email: <a href="mailto:info@lifeline.org.nz">info@lifeline.org.nz</a>
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**Youthline:** Note: Counselling about self-esteem, sexuality, health, anger, depression, grief, loneliness, communication issues, decision making, work, school, etc.

Phone: 0800 376 633	Free Text: 234	8:00am - 12pm 7 days a week
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**Mensline:** Phone: 0800 636 754

## Health + Advice Services

**Rainbow Youth:** Note: Support services for Lesbian, Gay, Bi, and Trans people under 27

Phone: 09 376 4155	<a href="http://www.rainbowyouth.org.nz">www.rainbowyouth.org.nz</a>
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**Women's Refuge:** Note: Safehouse for women and children, refuge from abuse of all types. **Phone: 0800 733 843**

**Family Planning Association:**

Phone: 09 524 3341	Email: <a href="mailto:national@familyplanning.org.nz">national@familyplanning.org.nz</a>
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**Alcohol Drug Helpline:** Note: Alcohol Helpline is a confidential service providing information, advice, and referral to people of all ages with concerns about their own or someone else's drinking and/or use of other drugs

Phone: 0800 787 797	10:00am - 10:00pm daily. Closed Christmas + New Years Day
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