

Emotional wellbeing – Rotorua

? Psychological or emotional help required?



? Have you been to your doctor?



📞 Make an appointment with GP and/or



📞 Depression Line
0800 111 757

➔ www.depression.org.nz

➔ www.thelowdown.co.nz
📱 text 5626

Mental health emergency?

Call Rotorua Emergency Mental Health Team
0800 166 167 or the Police 111

Services open 8 am-4:30 pm

Adult Community Mental Health Services (19-64 years)

📞 07 343 5050

Mental Health Services for Older People (Over 65's)

📞 07 343 7718

Māori Mental Health Team – Po te Atatu – Whaea Manaaki

📞 07 343 5050

Infant, Child & Adolescent Mental Health Service (Under 19's)

📞 07 343 5005

Alcohol Drug Helpline

📞 0800 787 797

24 hours

Rotorua Emergency Mental Health Team

📞 0800 166 167

Police

📞 111