Free helplines

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Feeling stressed, worried, scared or depressed? We've put together a list of all the [free counselling services](https://www.taikura.org.nz/feeling-stressed-worried-scared-or-depressed/) you can use when you're dealing with tricky emotions and thoughts.

Go to our [Info Hub](https://www.taikura.org.nz/feeling-stressed-worried-scared-or-depressed/) for a list of available help out there.