

Help and Support- New Zealand

Our mission is to ensure that everyone can access the help and support they may need. We recognise that the struggles we face are individual and diverse. A range of support and services exist within our organisation and our community. We have listed the ones we recommend below. Please let us know if you have any questions or know of other services that may be included.

We organise **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

New Zealand



EMOTIONAL WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

EAP Services

Available for RJ's employees and their families
24 hours a day, 7 days a week.

www.eapservices.co.nz

0800 327 669

Doctor

Psychologist, therapist or counsellor

Waikato Occupational Health

11 Pukete Road, St Andrews, Hamilton 3200

services@wohc.co.nz

Ph 0800 964 234

Business Health Services Ltd

14 Erson Avenue (Unit 2)

Royal Oak

Auckland

Ph +64 9 623 8406

Lifeline NZ

www.lifeline.org.nz

0800 543 354 (0800 LIFELINE) or Text 4357 (HELP)

Mental Health Foundation of New Zealand

www.mentalhealth.org.nz

09 623 4812 or Email info@mentalhealth.org.nz

Samaritans

www.samaritans.org.nz

0800 72 66 66

Suicide Crisis Line

0508 828 865

Depression Helpline

0800 111 757 or Text 4202

Manchester House

68 Aorangi Street



Feilding

<http://www.mhss.org.nz>

Phone: 06 323 7191

Fax : 06 323 0546

aorangi@mhss.org.nz

<div data-bbox="344 308 524 487" data-label="Image">  </div> <div data-bbox="367 516 503 569" data-label="Section-Header"> <p>PHYSICAL HEALTH</p> </div> <div data-bbox="212 625 584 854" data-label="Text"> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.</p> </div>	<div data-bbox="956 308 1136 338" data-label="Section-Header"> <p>EAP Services</p> </div> <div data-bbox="777 342 1318 411" data-label="Text"> <p>Available for employees and their families 24 hours a day, 7 days a week.</p> </div> <div data-bbox="893 415 1201 447" data-label="Text"> <p>www.eapservices.co.nz</p> </div> <div data-bbox="948 447 1143 478" data-label="Text"> <p>0800 327 669</p> </div> <div data-bbox="821 516 1273 588" data-label="Text"> <p>Doctor Physiotherapist/massage therapist</p> </div> <div data-bbox="907 621 1187 653" data-label="Text"> <p>Dietician/nutritionist</p> </div> <div data-bbox="938 688 1153 722" data-label="Text"> <p>Personal trainer</p> </div> <div data-bbox="756 758 1338 827" data-label="Text"> <p>Waikato Occupational Health 11 Pukete Road, St Andrews, Hamilton 3200</p> </div> <div data-bbox="906 829 1188 861" data-label="Text"> <p>services@wohc.co.nz</p> </div> <div data-bbox="927 861 1164 894" data-label="Text"> <p>Ph 0800 964 234</p> </div> <div data-bbox="857 930 1235 1104" data-label="Text"> <p>Business Health Services Ltd 14 Erson Avenue (Unit 2) Royal Oak Auckland Ph +64 9 623 8406</p> </div>
<div data-bbox="344 1251 524 1430" data-label="Image">  </div> <div data-bbox="352 1459 508 1514" data-label="Section-Header"> <p>SPIRITUAL WELLBEING</p> </div> <div data-bbox="204 1560 591 1711" data-label="Text"> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p> </div>	<div data-bbox="956 1243 1136 1272" data-label="Section-Header"> <p>EAP Services</p> </div> <div data-bbox="774 1274 1320 1346" data-label="Text"> <p>Available for employees and their families 24 hours a day, 7 days a week.</p> </div> <div data-bbox="893 1348 1201 1379" data-label="Text"> <p>www.eapservices.co.nz</p> </div> <div data-bbox="948 1379 1143 1413" data-label="Text"> <p>0800 327 669</p> </div> <div data-bbox="886 1446 1206 1480" data-label="Text"> <p>Online apps and resources</p> </div>



SOCIAL WELLBEING

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

EAP Services

Available for employees and their families
24 hours a day, 7 days a week.

www.eapservices.co.nz

0800 327 669

Social worker

Relationship counsellor

Gambling Helpline

www.gamblinghelpline.co.nz

0800 654 655 or Text 8006

Alcohol Drug Helpline

0800 787 797 or Text 8681

Shine Helpline

www.2shine.org.nz

0508 744 633

It's Not OK Info Line

www.areyouok.org.nz

0800 456 450

Rural Support Trust

www.rural-support.org.nz

0800 RURAL HELP (0800 787 254)

Online apps and resources

 <p>FINANCIAL WELLBEING</p> <p>Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.</p>	<p>EAP Services Available for employees and their families 24 hours a day, 7 days a week. www.eapservices.co.nz 0800 327 669</p> <p>Financial Advisor</p> <p>Money Talks www.moneytalks.co.nz 0800 345 123 or Text 4029</p> <p>Rural Support Trust www.rural-support.org.nz 0800 RURAL HELP (0800 787 254)</p> <p>Online apps and resources</p>
 <p>WORK AND CAREER</p> <p>Working productively and fruitfully, feeling fulfilled, motivated and maintaining a health work-life balance.</p>	<p>EAP Services Available for employees and their families 24 hours a day, 7 days a week. www.eapservices.co.nz 0800 327 669</p> <p>Career counsellor</p> <p>Rural Support Trust www.rural-support.org.nz 0800 RURAL HELP (0800 787 254)</p> <p>Work and Income New Zealand www.workandincome.govt.nz</p> <p>Online apps and resources</p>