

Mā tātau
katoa e
ārai atu te
COVID-19

Unite
against
COVID-19

MASTERTON PRIMARY SCHOOL'S
LATEST COVID-19 INFORMATION
FOR PARENTS

Wednesday 25th August, 2021

Support for Families:

Helplines that are available 24 hours a day, seven days a week:

- Mental Health Crisis: 0800 800 717
- Lifeline for counselling and support: 0800 543 354 or 0800 LIFELINE
- Samaritans for confidential support for anyone who is lonely or in emotional distress: 0800 726 666
- Depression Helpline to talk to a trained counsellor about how you are feeling or to ask any questions: 0800 111 757 or free text 4206
- Healthline for advice from trained registered nurses: 0800 611 116
- Suicide Prevention Helpline: 0508 828 865
- Counselling Free Call or Text 1737.

Also available:

- Family Services 211 Helpline for help finding and direct transfer to community-based health and social support services in your area: 0800 211 211
- [Family Services Directory online](#)
- [Unite Against COVID-19: Family and sexual violence prevention](#) for help and support if you're experiencing family violence or sexual violence.