



Marlborough Primary Health

KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

Mood and anxiety disorders

New Zealand based phone and web forum resources

Web forums

<http://thebigblackdog.forumotion.net/> A NZ-run mental illness consumer peer support group available to all, online 24/7. The Big Black Dog Message Board was started in August 2008 and currently has around 160 members (membership & registration is free but essential to post or visit the chat room). The message board is moderated and has become a safe haven for many who previously felt they had no voice.

<http://www.balance.org.nz/index.php/support/online-support-groups> A well-established national bipolar and depression support network, including resources and online forums.

Helplines

- Depression helpline. freephone 0800 111 757
- Healthline: 0800 611 116. (Available 24 hours, 7 days a week and free to callers throughout New Zealand, including from a mobile phone).
- Lifeline 0800 543 35
- [Samaritans](#) – 0800 726 666 (for callers from the Lower North Island, Christchurch and West Coast) or 04 473 9739 (for callers from all other regions)