

Free text or call any time for support from a trained counsellor

Registered nurses provide high quality health triage and advice

Advice, information and support about drinking or other drug use

Helping young people who are stuck or anxious

Free Dental Care for Under 18's

Finally ready to crush that habit? We're here to help

Your youth,
Your health

Free health services for young people, rangitahi, in the Nelson Marlborough region

NEED TO TALK?



free call or text any time

www.1737.org.nz

Free from a mobile phone or landline

Free health advice when you need it
Healthline

0800 611 116

www.healthline.govt.nz

Free from a mobile phone or landline

alcohol drug HELPLINE

0800 787 797

text 8681

www.alcoholdrughelp.org.nz

Free from a mobile phone or landline

THE LOWDOWN.CO.NZ

text 5626

team@thelowdown.co.nz
www.thelowdown.co.nz

Free from a mobile phone or landline

TE WAIORA Nelson Marlborough Health
enrol now

0800 TALK TEETH

(0800 825 583)

www.nmdab.govt.nz/oral-health

Free from a mobile phone or landline

24hrs, 7 days

STOP SMOKING SERVICE
NELSON MARLBOROUGH
Te Ohu Aukati Kaipaipa i Te Tau Ihu

0800 NO SMOKE

(0800 667 665)

Free from a mobile phone or landline

24hrs, 7 days

Nelson Marlborough Health

Nelson Bays Primary Health

Marlborough Primary Health

Te Piki Oranga
Māori Health Services

Age range	Free health service
11 or 12	<p>All regions: HPV and Boostrix vaccinations are offered in schools at Years 7 or 8. They are also free from your GP (doctor). www.hpa.org.nz/what-we-do/immunisation/school-based-immunisation</p>
11 or 12	<p>All regions: Long-distance vision (eye) tests are offered in schools at Year 7 www.kidshealth.org.nz/hearing-and-vision-checks-school-age-children</p>
From age 12	<p>Blenheim: Brief intervention counselling service for people with mild to moderate mental health issues (referral required) www.marlboroughpho.org.nz/programmes-services/primary-mental-health/</p>

Age range	Free health service
Up to age 13*	<p>All regions: Free GP/nurse appointments, including after-hours GP clinics</p>
<p>*From December 2018 this will extend to 14 year olds</p>	
Up to age 16	<p>All regions: Free vision test with Specsavers</p>
From age 16	<p>Nelson: Brief intervention counselling service for people with mild to moderate mental health issues (referral required) www.nbph.org.nz/bis</p>
13-20	<p>Nelson: Youth alcohol and drug/mental health counselling service (referral required) www.nbph.org.nz/youth-alcohol-and-drugmental-health-counselling-service</p>

Age range	Free health service
Up to age 18	<p>All regions: Assessment and treatment for serious mental health disorders (referral required). Mainstream: www.nmdhb.govt.nz/health-services/mental-health-and-addiction-services/child-and-youth-services/ Kaupapa Maori: www.tpo.org.nz/camhs-clinical and www.tpo.org.nz/camhs-nonclinical</p>

Age range	Free health service
Up to age 18	<p>All regions: Free dental services www.nmdhb.govt.nz/public-health-service/a-z-public-health-topics/oral-health/adolescent-oral-health-service/</p>
From age 18	<p>All regions: Free hearing tests www.bayaudiology.co.nz/</p>
From age 20	<p>All regions: Cervical cancer screening (smear tests) starts www.timetoscreen.nz/cervical-screening/</p>

Age range	Free health service
Up to age 22	<p>Blenheim: Sexual and reproductive health (including contraception, STI checks and treatment, pregnancy testing) www.familyplanning.org.nz/clinics</p> <p>Nelson: Sexual and reproductive health (including contraception, STI checks and treatment, period and hormonal problems and more) www.inp.co.nz/what-we-do/</p>

Free health services for young people (all ages)
<p>All regions: Pharmacies. Pharmacists offer free, trustworthy health advice</p> <p>All regions: Quit smoking programmes: www.nmdhb.govt.nz/public-health-service/a-z-public-health-topics/smokefree/</p> <p>Emergency Contraceptive Pill (ECP): Available from most pharmacies and GPs free of charge</p> <p>All regions: Antenatal classes and education www.nmdhb.govt.nz/health-services/family-health-services/maternity/antenatal-classes-and-education/</p> <p>All regions: Alcohol and drug addictions service (self-referral) www.nmdhb.govt.nz/health-services/mental-health-and-addiction-services/alcohol-and-drug-services/</p> <p>Blenheim: Cultural-based mental health and anger management counselling www.maataawaka.co.nz/youth-services</p>

Free youth-focused online/helplines
<ul style="list-style-type: none"> ▪ Text 1737 Mental health counselling www.1737.org.nz ▪ Canteen cancer support www.canteen.org.nz ▪ Healthline: free health advice ▪ Alcohol & drug helpline: 0800 787797 or text 8681 ▪ Suicide crisis helpline: 0508 828 865 ▪ Kidsline (up to age 18): 0800 543 754 ▪ Youthline (18+): 0800 376 633 or text 234 ▪ The Lowdown: 0800 111 757 or text 5626 ▪ Safe to talk (sexual harm info/support): 0800 044 334 or text 4334

General health info
<p>Healthy living resources www.healthnavigator.org.nz/healthy-living/teens-young-adults/</p>
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