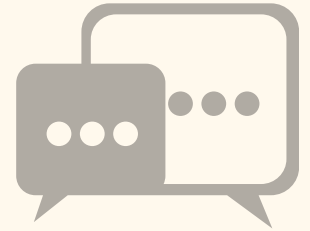


THE FLAWED JOURNEY

SUPPORTS AVAILABLE



Crisis Lines - New Zealand



Samaritans Available: 24 hours / 7 days a week	0800 726 666
Lifeline Available: 24 hours / 7 days a week Text Helpline: Text Help to 4357	0800 543 354
Suicide Crisis Helpline Available: 24 hours / 7 days a week	0508 828 865
Depression Helpline Available: 24 hours / 7 days a week Text Helpline: Text 4202	0800 111 757
Gender Identity- OUTLine Available: 6pm-9pm / 7 days a week	0900 688 5463
Alcohol and Drug Helpline Available: 24 hours / 7 days a week Text Helpline: Text 8681	0800 787 797
Healthline Available: 24 hours / 7 days a week	0800 611 116
Shine Domestic Abuse Helpline Available: 9am-11pm / 7 days a week	0508 744 633

