



# SUNRISE WALK FOR WELLBEING

## MENTAL HEALTH MATTERS

Join us for the fifth Sunrise Walk for Wellbeing to open Mental Health Awareness Week. **This year we have a new venue, time and theme: Men's Mental Health.**

The walk starts with a guest speaker and finishes with morning tea where you can connect with those around you and browse the mental health and wellbeing resources.

Koha/donations are gratefully appreciated with all proceeds from the walk donated to Yellow Brick Road, an organisation that provides support to families and whānau about mental health in Nelson and Tasman.

Dogs welcome and should be kept on a lead at all times.

**9AM SUNDAY 26 SEPTEMBER 2021**

**Saxton Field (5km walk starting and finishing at the Cricket Oval Pavilion)**

For more information and to register  
**SUNRISEWALKFORWELLBEING.COM**



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## NATIONAL HELPLINES

**Need to talk?** Free call or text 1737 any time to talk to a trained counsellor.

**Health line** 0800 611 116

**Youth line**  
0800 376 633 or free text 234

**Alcohol Drug Helpline**  
0800 787 797

**LifeLine Aotearoa 24/7**  
0800 LIFELINE (0800 54 33 54)  
or free text HELP (4357)

**Family Violence: It's Not Okay**  
0800 456 450

**Depression Helpline 24/7**  
0800 111 757

**Suicide Crisis Helpline 24/7**  
0508 TAUTOKO (0508 82 88 65)

## LOCAL CONTACTS

**Mental Health and Addictions Service** 0800 776 364

**Alcohol & Other Drug Service**  
03 546 1994

**Te Piki Oranga (Kaupapa Maori Health Service)**  
0800 672 642

**Community Mental Health Golden Bay** 03 525 7647

**Yellow Brick Road - Family Whanau support**  
03 546 6090

**COMPASS Peer Support and Advocacy for Mental Health**  
0800 212 798

**Male Room** 03 548 0403

## USEFUL WEBSITES

**sparx.org.nz**  
Check out the avatar game

**youthline.co.nz**

**thelowdown.co.nz**  
Supports youth to understand and deal with depression

**melonhealth.com**

**depression.org.nz**

**calm.auckland.ac.nz**

**mentalhealth.org.nz**

**alcoholdrughelp.org.nz**