



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



SUNRISE WALK FOR WELLBEING

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