

## Personal help services

### What you need to know

There are numerous organisations ready to help you with any sort of problem you may be having. Often, just talking to someone can make a positive difference.

Alcohol Helpline	0800 787 797
Alcoholics Anonymous	0800 229 6757
Citizens Advice Bureau	0800 367 222
Budget Advice Services	(04) 471 1420
Gambling Crisis hotline	0800 654 655
HealthLine	0800 611 116
Inland Revenue Department	0800 227 774
Lifeline	0800 543 354
Relationship Services	0800 735 283
Victim Support	0800 842 846
Work and income	0800 556 006
Youthline Phone Counselling	0800 376 633