

# Reaching OUT

*If problems are getting you down, pick up the phone and seek help*

**W**hen life gets too hard, don't be afraid to ask for a helping hand. This may involve talking to a friend or seeking professional assistance. If you feel overwhelmed and think you have nowhere else to turn, there are services available that can assist you.

Mental Health Services (0508 625 662), Life Line (0800 543 354) and Youthline (0800 376 633) are free 24-hour phone services where every call is confidential and nonjudgmental.

The Depression Helpline (0800 111 757) and The Lowdown for teens (text 5626) also let callers speak with a counsellor free of charge.

There are support groups for most things in NZ, including cancer and other illnesses, divorce, alcohol, addiction, death, gambling, eating disorders and sexual orientation. Simply Google "support group" – and your topic for further information.

For those who require private therapy, meet (or at least speak with) the therapist in advance to ensure you "click", as the best results are achieved when you feel comfortable and relaxed. Also, choose someone who has experience in dealing with your particular issue.

Rather than risk your health by keeping everything inside, seek assistance. A problem shared is a problem halved, and sometimes a conversation is all that is needed.



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