

## Supplementary self-help tools for learners

- These resources are a supplementary list of self-help tools for learners that may require additional assistance throughout their learning journey.
- Learners can also reach out to Grid Skills via the 'Request for Learner Support (Confidential)' - Webform found on the TP Grid Skills Website: <https://www.transpower.co.nz/our-work/grid-skills/request-learning-support-confidential>

## Learner support

### ADHD NZ

Support for you and your family with understanding, resources, and a sense of community. Whether you're seeking advice, looking to connect with others, or wanting to learn more about ADHD, you've found the right place. Let's navigate this journey together and create a brighter, more inclusive future for everyone affected by ADHD in New Zealand.

### Altogether Autism

Altogether Autism is a free, nationwide autism information and advisory service. We're funded by the New Zealand Government in partnership between Your Way | Kia Roha and Parent to Parent New Zealand

### Literacy Aotearoa - free education for adults

**Build confidence and learn new skills!** Offering free classes across Aotearoa New Zealand, with supportive tutors, small groups and a positive learning environment  
Our programmes are free to citizens and permanent residents aged 16 and over.

### Learning Steps

Learn skills for reading, writing, speaking and listening. There is plenty of support and lots of fun to achieve success.

### Using Numbers

Learn more about maths to help your confidence with numbers.

# Helpline support

**Need to Talk** [1737.org.nz](https://1737.org.nz) or text **1737**

A free four digit telephone or text service staffed by mental health professional 24 hours a day, 7 days a week. Find help for any mental health issue, at any time. Some inhouse switchboard systems may not be able to call 1737, in which case they you call 0800 1737 1737.

**Alcohol Drug Helpline** [alcoholdrughelp.org.nz](https://alcoholdrughelp.org.nz) or call **0800 787 797**

Free, confidential and non-judgemental help and advice if you're concerned about your own or someone else's drinking or other drug use.

**Depression Helpline** [Depression.org.nz](https://Depression.org.nz) or call **0800 111 757** or text **4202**

A free 24-hour service where a trained counsellor can discuss your situation and find you the right support.

**Suicide Crisis Helpline** **0508 TAUTOKO / 0508 828 865**

A free, nationwide service available 24 hours a day, 7 days a week and is operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training.

**Problem Gambling** [gamblinghelpline.co.nz](https://gamblinghelpline.co.nz) or call **0800 654 655** or text **8006**

A free 24-hour service for immediate support, referral to another gambling support agency or information services for gambling problems.

**OUTline** [outline.org.nz](https://outline.org.nz) or call **0800 688 5463**

OUTline is a national service that helps LGBTIQ+ New Zealanders access support, information and sense of community. People can call any evening between 6pm and 9pm to talk to a trained volunteer from the LGBTIQ+ community.

**Shine** [2shine.org.nz](https://2shine.org.nz) or call **0508 744 633**

A free national helpline, available 7 days a week between 9am and 11pm, for anyone being physically or emotionally abused by a partner or family member. The service offers someone to talk to, useful information and professional advice.

**Women's Refuge** [womensrefuge.org.nz](https://womensrefuge.org.nz) or call **0800 733 843**

A free 24-hour crisis service, available 7 days a week, providing confidential advice and help in a crisis as well as information, advocacy and support to women dealing with violence in their lives.

## Resources - Health and wellbeing support

### **Mental Health Foundation** [mentalhealth.org.nz](https://mentalhealth.org.nz)

Free information and support for people living mental health.

### **Like Minds, Like Mine** [likeminds.org.nz](https://likeminds.org.nz)

A nationwide programme aimed at reducing stigma and discrimination associated with mental illness.

### **National Depression Initiative** [depression.org.nz](https://depression.org.nz)

Helping New Zealander recognise and understand depression.

### **Yellow Brick Road** [yellowbrickroad.org.nz](https://yellowbrickroad.org.nz)

Formerly know as Supporting Families NZ, Yellow Brick Road is a national organisation that provides support for whānau who have a love one experiencing mental health challenges.

### **The Lowdown** [thelowdown.co.nz](https://thelowdown.co.nz)

A website for 16-24 year old providing information and support around a wide variety of topics including mental health, relationships, grief and more. The trained team at The Lowdown provide support via text, webchat, phone and email.

### **Small Steps** [smallsteps.org.nz](https://smallsteps.org.nz)

Available in English and Te Reo, Small Steps has many online activities, tools, and strategies to help manage stress, calm your mind and lift your mood.

### **Just a Thought** [justathought.co.nz](https://justathought.co.nz)

Just a Thought is an online learning tool that improves mental wellbeing. It's free and has been clinically tested and proven to help people with mild-to-moderate symptoms of anxiety or depression.

### **Beating the Blues** [beatingtheblues.co.nz](https://beatingtheblues.co.nz)

An online Cognitive Behavioural Therapy programme for depression and anxiety. Ask your GP about a referral to this programme – they will need to provide you an activation code.

### **Books on Prescription** [booksonprescription.co.nz](https://booksonprescription.co.nz)

A collection of evidence-based apps, podcasts and self-help books.