Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

Your wellbeing matters

Having a tough time? Feeling distress in a challenging situation is normal. Talking to someone can really help.

TXT 3718 any day between 8am-8pm to kōrero with a trained professional who can call you back for a supportive conversation about what's going on for you.

Cyclone Gabrielle has left our east coast communities in a state of distress. This is an upsetting time and it impacts us all in different ways. Feeling distress in a challenging situation is very common and a normal response. Talking to others can really help. Your wellbeing matters.

If you would like to talk to someone to get support with the way you're feeling or a particular issue you're facing, TXT **3718** any day between 8am-8pm to kōrero with a trained professional from Vitae Response Services who can call you back for a supportive conversation about what's going on for you. Māori or Pasifika responders can be requested.

You can talk about anything you wish and the responder will provide you with support and advice on what you can do next. This is not counselling, but an individual support session.

Calls are free, confidential and separate from your existing employee assistance options.

Who is Vitae? Vitae Early Response Services: Rātonga Tiakiwairua - Vitae has a dedicated, well-qualified team equipped to respond to workplace trauma, critical incidents, and other events that need an immediate response. Their team of trained professionals been providing early response services for over 20 years. Click here to learn more about Vitae

TXT 2 Call - 3718

TXT your full name, contact number, area location and preferred day/time for a call back – either morning, afternoon or evening.

Questions?

If you have any questions about this TXT 2 Call support service please connect with primary.care@health.govt.nz.