

te ara taiohi whakatapua kia ora ai  
**youthline**

**ASB**  
Principal Partner

## HELPLINE

**No judgement. All ears.**

Free call 0800 376 633

Free text 234

Email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

Webchat at [youthline.co.nz](http://youthline.co.nz)

te ara taiohi whakatapua kia ora ai

**youthline** Otago

Youth support and development



## Contact Us | Whakapā

P: 03 477 2461

E: [youthlineotago@youthline.co.nz](mailto:youthlineotago@youthline.co.nz)

W: [youthline.co.nz/dunedin-centre-page](http://youthline.co.nz/dunedin-centre-page)

A: Level 2, 28 Stuart St, Ōtepoti Dunedin  
9016

FB: [/youthlineotagoz](https://www.facebook.com/youthlineotagoz)

IG: [@youthline.otago](https://www.instagram.com/youthline.otago)

TT: [@youthline.otago](https://www.tiktok.com/@youthline.otago)

## Donate | Takoha

To donate to Youthline Otago visit:  
[givealittle.co.nz/org/youthlineotago](http://givealittle.co.nz/org/youthlineotago)  
or contact us.



Photo by @oscarjohns

te ara taiohi whakatapua kia ora ai  
**youthline**

**YOUTHLINE**  
Est. 1970

## Get Help | Āwhina

Free, 24/7 support.

When the pressure hits, hit us up.

- Phone: 0800 376 633
- Text: 234
- Webchat: [www.youthline.co.nz](http://www.youthline.co.nz)
- Email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

## Who We Are

Youthline Otago has been supporting rangatahi since 1974. We serve Ōtepoti Dunedin, Waitaki, Central Otago, Queenstown-Lakes, and South Otago. Our team consists of passionate volunteers, staff, and board members.

Our mahi relies on the service of [volunteers](#). We are always looking for those who are willing to contribute!

For more info on volunteering at Youthline Otago visit our website or contact [youthlineotago@youthline.co.nz](mailto:youthlineotago@youthline.co.nz).

## Our Services | Ratonga

### Helpline Counselling | Āwhina

Free 24/7 support from trained volunteer helpline counsellors.

### Face to Face Counselling | Kaiāwhina

Affordable in-person and ongoing counselling delivered by our qualified professional counsellors. Inquire at [ylof2f@youthline.co.nz](mailto:ylof2f@youthline.co.nz) or on our website.

### Community Education | Whakaako

Programmes including mental health and wellbeing workshops for schools, personal development, and training for workplaces and those working with young people.

### Training | Whakangungu

Free training in interpersonal skills, self-awareness, and suicide prevention. Valuable personally and professionally, our training equips you with transferrable life skills and provides development opportunities.

More info about our services is available at [youthline.co.nz/dunedin-centre-page](http://youthline.co.nz/dunedin-centre-page) or contact our office.



## Thanks to our Sponsors | Ngā Kaitautoko

