CONTACT US:

Youthline Otago

Offering counselling, training, community education, and volunteering.

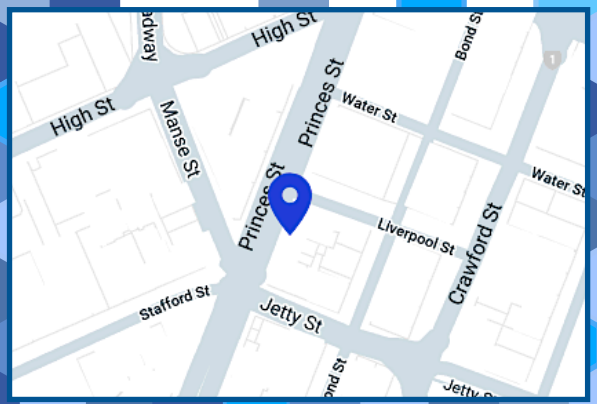
Phone: 03 477 2461

Website: www.youthline.co.nz

Email: youthlineotago@youthline.co.nz

Facebook: www.facebook.com/youthlineotagonz

Address: Level 2, 333 Princes St, Dunedin Central, Dunedin, 9010.



E haere tahi ana, e tipu tahi ana.
Walking together, growing together.

MAKE A DONATION

To donate to Youthline Otago please visit givealittle.co.nz/org/youthlineotago or call 03 477 2461.

SPONSORS:

Thank you to all our sponsors for supporting our youth and making the operations of Youthline Otago possible.

Bendigo Valley Sports & Charity Foundation

Lottery Grants Board Te Puna Tahua LOTTO FUNDS FOR YOUR COMMUNITY

Southern Victorian Charitable Trust Inc.

The Lion Foundation

COGS Community Organisation Grants Scheme

DC Dunedin Casino

Ministry of Social Development Te Manatū Whakahiato Ora

United Way

Otago Community Trust

Dunedin City Council Kaunihera-a-rohe o Otepoti

Youthline Otago

Youth support and development.

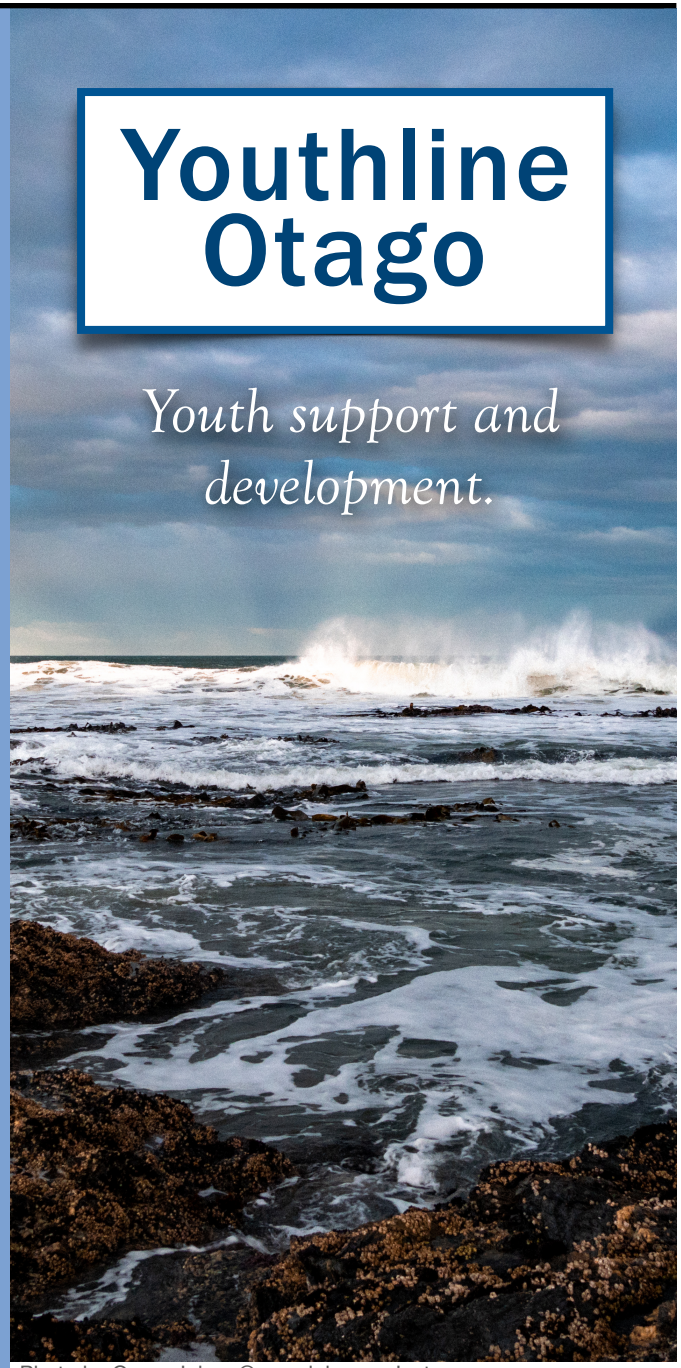


Photo by Oscar Johns @oscarjohns on Instagram

Youthline

SERVICES:

NATIONAL HELPLINE

Free 24/7 counselling and support from trained helpline counsellors.

- **Phone:** 0800 376 633
- **Text:** 234
- **Webchat:** www.youthline.co.nz
- **Email:** talk@youthline.co.nz

FACE TO FACE COUNSELLING

Affordable counselling for individuals, families, or couples. Our trained counsellors use a person centred strength based approach and cost is on a sliding scale.

Inquire at ylof2f@youthline.co.nz.

COMMUNITY EDUCATION

Community programmes including workshops for schools and workplaces, youth development programmes, and training for those working with young people.

Check out our youth life skills development programme Good2Great at www.youthline.co.nz/good2great.

For all inquiries contact youthlineotago@youthline.co.nz.

ABOUT US:

Youthline Otago has been serving the Ōtepoti community since 1974, now offering services to Dunedin and the wider Otago area including Palmerston, Waitaki, Central Lakes District, and Oamaru. Our team consists of passionate volunteers, office staff, trained counsellors, management, and board members. We are proud to have a strong volunteer community contributing significantly to the wellbeing of rangatahi in Otago.

Values and Mission

We are committed to offering accessible, non-judgemental services focussed on the needs of young people.

Our mission is to support and empower our local young people to develop the skills they need to grow and live healthy fulfilled lives.

VOLUNTEERING:

Youthline relies on the service of volunteers with all the work we do. Becoming a volunteer is a very rewarding way to give back to the community and can literally save lives. We are always looking for new volunteers who are keen to contribute.

Volunteer roles:

- Helpline counselling
- Donation collection
- Programme facilitation and leadership
- Fundraising

To become a volunteer contact youthlineotago@youthline.co.nz

TRAINING:

Our **free** training programmes provide comprehensive education and training on suicide prevention, counselling, and interpersonal skills.

Training is a highly valuable experience at both personal and professional levels, providing transferrable life skills and career development opportunities. Many who have gone through one of our training programmes go on to become helpline counsellors, programme facilitators, and youth workers.

To find out more contact youthlineotago@youthline.co.nz.