

#Life Hacks

Where to get health advice from?

It is often easy to get the wrong information from peers and social media about our health, especially if we are unsure of whether we need to seek a GP's help or not.

Healthline

Free health advice
when you need it



Healthline
0800 611 116
www.healthline.govt.nz

If you want health information, are unsure about a health problem, or would just like to know more you can call Healthline for free from a landline or cellphone.

The phone is answered by nurses who can give you information, and recommend what to do and where to go if you need care. They will advise you how long you can safely wait before seeing a doctor.

Interpreter services are available if you need them and you can ask them for it.

Health Navigator



Health Navigator
NEW ZEALAND

Health Navigator is a reliable and trustworthy website that provides up-to-date New Zealand health information and information of how to care for yourself.

They also provide health information on common tests and procedures and what you need to know to prepare for these.

Visit them at healthnavigator.org.nz for more information.

Youthline



Youthline
Changing lives.[®]
0800 376 633

Youthline works with people from all walks of life, from all cultures and with all sorts of things going on in their lives, from relationship stuff (boyfriends/girlfriends/friends/family/work etc), emotional stuff (feeling down, grief and losing someone close to you, going through tough times), to helping connect you with services or help in your community.

Need to talk?

Contact us, we are here to help!



Free call
0800 376 633



Free txt
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Email
talk@youthline.co.nz



GoChat
Online chat

Please send feedback to:
cmdhbyouthhealthinterns@gmail.com