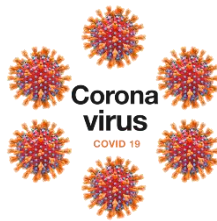




## Talking to someone about how you are feeling

24 March 2020 update



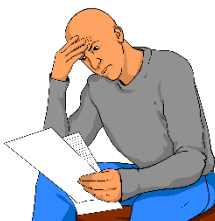
Everyone in New Zealand has been asked to stay home to help stop the spread of **COVID-19**.

COVID-19 is a virus that can make people sick.



During this time you may be feeling:

- scared
- worried
- lonely.





If you want to talk to someone about how you are feeling you can talk to a trained counsellor at **1737: Need to talk.**



**A trained counsellor is** someone who can:

- help you to talk about your feelings
- give you ideas about what you can do to feel better.



You can talk to a trained counsellor by:



- **Phone: 1737**



- **Text: 1737**

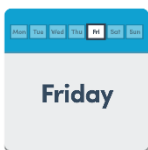
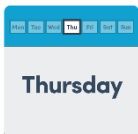
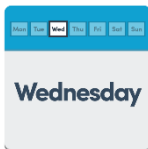
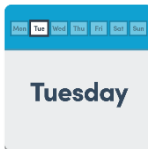
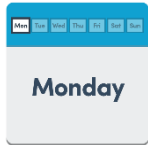


**1737: Need to talk service is open all the time.**



**1737: Need to talk is open all day and all night.**

You can call or text them **anytime**:



- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday.

**1737: Need to talk is free.**



It will not cost you any money to ring or text 1737.



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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