



# Help following Christchurch terror attack

The terror attacks in Christchurch on Friday 15 March 2019 are distressing for many. Support is available.

## If this is an emergency

Call 111 (tel:111) if you—or someone you know—are in immediate danger.

## If you want to talk

If you—or someone you know—needs mental wellbeing support or advice you can call or text 1737 (tel:1737) to speak with a trained counsellor. This service is free of charge and is available day and night.

More information about 1737 (<https://1737.org.nz/>)

The Ministry of Health has developed two resources with 1737 to assist those in mental distress as a result of the traumatic event in Christchurch.

Coping after a traumatic event (<https://www.health.govt.nz/our-work/mental-health-and-addictions/mental-health/mental-health-advice-coping-after-traumatic-event>)

## Other support

If you've been affected by the events, or need to travel to Christchurch, because of them you may be able to get support from the Ministry of Social Development. You don't need to be on a benefit.

Support from the Ministry of Social Development

(<https://www.workandincome.govt.nz/eligibility/emergencies/christchurch-tragedy-were-here-to-help.html>)

If you've been injured or have lost a loved one because of the Christchurch terror attacks, ACC is there to help.

Support from ACC for victims (<https://www.acc.co.nz/about-us/news-media/latest-news/christchurch/>)

Date

22 March 2019

Tags

[Updates for clients \(https://www.veteransaffairs.mil.nz/news-events/articles/?tag=20\)](https://www.veteransaffairs.mil.nz/news-events/articles/?tag=20)