

Where to get support in Otago

COVID-19 has changed how many of us live and work in Otago. It's been an uncertain time for everyone and it's OK to ask for help.

There are people and agencies able to support you. Whether it's help paying for the essentials or just someone to talk things over with, a range of advice, help, or support is available. For information about New Zealand's response to COVID-19 go to www.covid19.govt.nz. You can also visit www.otagocdem.govt.nz for information specific to Otago.



MY HEALTH

If you can't speak to your own doctor, call the **Healthline** for free advice and information.

Call: **0800 611 116**, 24/7

For **mental health advice** call or text 1737 at any time.

Call or text: **1737**
www.1737.org.nz



MY HOME

If you have no support and are unable to get food and other essentials like winter clothing, firewood, pet food, or medicines because of the effects of the COVID-19 emergency, **Otago Civil Defence** can assist.

Call: **0800 322 4000**
9am to 5pm, 7 days a week
Email:
help@otagocdem.govt.nz

If you need help meeting your accommodation costs (rent, power or gas) help is available. How you access this depends on where you are from.

If you are a New Zealand citizen or permanent resident contact:
Work and Income New Zealand

www.workandincome.govt.nz
Call: **0800 559 009**

If you are from overseas: You can apply for assistance through
Otago Civil Defence

www.otagocdem.govt.nz

If you're from overseas and need advice about your visa status, contact **Immigration New Zealand**

www.immigration.govt.nz
Call **0508 558 855**

If you need advice on your rights as a tenant contact **Tenancy Services**

www.tenancy.govt.nz
Call **0800 836 262**



MY WORK

If you're looking for work or have a vacancy that needs to be filled contact **Work and Income New Zealand**

www.jobs-during-covid.workandincome.govt.nz/hello
Call: **0800 779 009**
(Job Seeker's line)

If you'd like advice on your rights as an employee contact
Employment NZ

www.employment.govt.nz
Call: **0800 20 90 20**

If you're a New Zealand citizen or permanent resident and need financial support contact **Work and Income New Zealand**

www.workandincome.govt.nz
Call: **0800 559 009**



MY RETURN HOME

If you're from overseas, you should contact your embassy to see what support is available.

A list of embassy contact details is available:
www.mfat.govt.nz/en/embassies/