

How we can help you

- » We can work with you to discuss strategies for supporting the young people in your life.
- » We can have you sit with your child during the first few calls, until they are comfortable to call alone. You can also help your child feel safe talking to 0800 What's Up by assisting them with calling or chatting with us.
- » We can provide you with information and referrals to other services within Barnardos or beyond.
- » If your child is at risk, we will take actions to ensure they get the appropriate help.

How we can help tamariki and rangatahi

- » We empower young people by treating them as the experts in their own life.
- » We help them develop tools and strategies which support their well-being.
- » We provide an emotionally supportive, safe and respectful environment.
- » Young people can choose to chat to the same counsellor so they don't repeat themselves and feel safe/comfortable.
- » Everything is confidential between the young person and the counsellors. The only exception is when someone's life is at imminent risk.

Encourage your tamariki to reach out to What's Up

Sometimes, as adults, it's hard to always know how to help the tamariki and rangatahi in our lives when they are having a hard time.

That's where we come in. Every year, our counsellors help thousands of children and young people deal with the issues in their lives. They trust us, and you can too.

For more than 21 years our counsellors have been supporting people from different families and cultures. No matter the topic: emotional issues, friendships, problems at school, gender identity, anxiety, depression.

Your tamariki and rangatahi can talk to us and we will listen.

CHAT ONLINE
WHATSUP.CO.NZ

CONTACT US: FROM 11AM - 10:30PM
7 DAYS A WEEK



Proudly
brought
to you by
Barnardos



**A Safe Place
FOR TAMARIKI
AND RANGATAHI
TO TALK**



CHAT ONLINE
WHATSUP.CO.NZ



FREE CALL
0800 WHATSUP

CALL
0800 942 8787

CONTACT US: FROM 11AM - 11PM
7 DAYS A WEEK

"Very understanding and engaging. Just everything I could have asked for from a counsellor"

**0800 WHAT'S UP
IS A FREE AND
CONFIDENTIAL
COUNSELLING SERVICE
FOR YOUR CHILDREN
AND TEENAGERS
TO TALK ABOUT
ANYTHING THAT IS
BOTHERING THEM.**

"The counsellors really cared. They helped me survive through some of the toughest times of my life"



"I felt heard"

"She was really helpful, she showed me a new way to look at the situation and helped me find my own solution"



We're the only helpline and chat service in Aotearoa available for all children from ages 5 to 19 years old.