

Extreme weather support as of 7 March 2023

- [Visit civildefence.govt.nz](https://civildefence.govt.nz) for up-to-date information on extreme weather support.
- [Monitor MetService.com](https://met.service.govt.nz) for any active weather warnings in your region.
- [Find accessible formats on extreme weather support on civildefence.govt.nz/cyclone-gabrielle-february-2023](https://civildefence.govt.nz/cyclone-gabrielle-february-2023)

Emergency contact details

If you are in danger, ring the emergency support and flood damage contacts listed below:

Immediate danger:

Please call emergency services on 111.

[If you are registered, you can do this via the 111-text line.](#)

(You can register for the 111 text service at police.govt.nz/111-txt)

Assistance required:

- [Call the Disability Helpline](#), 24 hours/7 days at: 0800 11 12 13, or text 8988.
- [For welfare assistance please call Work and Income at 0800 400 100](#)
- [For health advice, call your GP or you can call Healthline on 0800 611 116](#)
- [For local civil defence groups visit the Civil Defence website](#)

Support for disabled people

The Ministry of Social Development website includes information on a range of support and funding that can assist disabled people and their whānau.

[Find support for disabled people affected by the North Island floods and Cyclone Gabrielle at msd.govt.nz/what-we-can-do/disability-services/disabled-support-cyclone-gabrielle.html](https://msd.govt.nz/what-we-can-do/disability-services/disabled-support-cyclone-gabrielle.html)

If you depend on power for medical equipment, life support, or medicine, you should:

- Contact your power company and let them know.
- Contact your local civil defence centre for support.

Clean up help

The Student Volunteer Army are available to help with extreme weather clean-up in the North Island. For assistance with non-urgent clean-up support, you can [log a job with the Student Volunteer Army](https://sva.org.nz/support) through sva.org.nz/support

Well-being and Mental Health

A range of services are available to help support your mental health and wellbeing

[Need to talk? Free call or text 1737 any time for support from a trained counsellor](#)

[Call the Depression Helpline at 0800 111 757 to talk to a trained counsellor or text 4204](#)

[Call Healthline on 0800 611 116 for health advice and information](#)

[The Lowdown is a text support service for young people to help them recognise and understand depression or anxiety. Text Lowdown for support at 5626](#)