

What other support is available in NZDF?

Social Workers

Can support with all types of issues, including relationships, work/financial, family violence, health concerns, and cultural support.

Whanau & Friends

Can be great as a sounding board to discuss how you are feeling or going through. You can also bring support with you when seeking broader help.

CO/Manager

Can support you with contacting professional help, and assist with work-related advice and changes to support you.

0800 NZDF4U

CONFIDENTIAL helpline and counselling for mental health or wellbeing issues.

Defence Health personnel

Our qualified health professionals can provide health and wellness advice and refer you to specialist services.

Sexual Assault Prevention and Response Advisor

Can provide advice and support you with any issues relating to sexual violence, abuse or assault.

Chaplain

Can provide spiritual and pastoral support for you and your family for any issue.

Defence Psychologists

Provide individual and team performance coaching and support for deployment related issues.

Defence Community Facilitator

Can provide general support and advice for community issues, and signpost you towards specialist advice.