

Social Worker

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

[Click here for more information](#)

Defence Health Providers

Qualified health professionals can provide health and wellness advice and refer to specialist services.

Call the NZDF Health Line 0800 268 437 or click [here](#) for contact details.

Command/Manager

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

NZDF4U Wellbeing Support

24/7 confidential, external wellbeing support.

[Click here for more information](#)

0800 NZDF4U / Text 8881
wellbeingsupport@nzdf4u.co.nz

Whānau & Friends

Can be great as a sounding board to discuss how you feel and what you are going through. If you seek other support, whānau can be involved if you wish.

Sexual Assault Prevention and Response Advisor

Can provide advice and support for those directly impacted by or are aware of harmful sexual behaviour which has occurred.

[Click here for more information](#)

Chaplain

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

Self referral online available.

[Click here for more information](#)

Anti-Harassment Advisor

Can give advice if you think you're being bullied, discriminated against or harassed.

[Click here for more information](#)

Defence Community Facilitator

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

Defence Psychologist

Can provide advice on strategies for optimising team and individual performance.

[Click here for more information](#)

Physical Training Instructor

Can provide guidance on physical exercise and training.

[Click here for contact details of your local NZDF gym](#)

Human Resources Advisor

Can provide advice to Command/Managers for concerns including employment agreements, disciplinary processes and management of military or civilian staff.

[Click here for more information](#)

Wellness Tools & Resources

Looking for information or tools for self-directed activity?

NZDF Health Website

The Defence Health Hub spans all domains of Te Whare Tapa Whā and Workplace Health.

www.health.nzdf.mil.nz

Links and Apps available under “Mind/Take action”

Defence Mental Health on the Intranet

Information about what mental health is and how to help yourself and others.

Resource Library details websites, links and apps with information and tools for managing and building mental health.

Click [here](#) for more information

Defence Mental Health Resilience Toolkit

Self-help resource that is designed to improve mental health and wellbeing for people with and without a mental health concern.

Click [here](#) for the toolkit.

Self-assessment Health Check

An assessment tool that provides personalised insights and feedback on your health.

www.health.nzdf.mil.nz

Under ‘Take action’

www.Force4families.mil.nz

Under ‘I need support/How can NZDF help /Tools’

Resilience Coach (ResCo) App

This app provides resilience training for short-term performance and long-term mental health outcomes.

Available for download for iPhone and Android users.

Staying at the Top of Your Game

Information and tools on how to stay well across the four domains of health.

Click [here](#) for the the guide.

Leaders Guide

Information for leaders on building and maintaining mental health in their teams.

[Click here for guide](#)

Mental Health Pocketbook and NZDF4U Pens

A simple guide on the basics for mental health.

Containing the mental health continuum, support options and tools. Available from NZDF health and wellbeing service providers.

Force 4 Families Website

This website outlines the services, support and communities available for the wider NZDF community. And hosts information for maintaining wellness.

www.Force4families.mil.nz