

# Meth Help

COUNSELLING  
SERVICE

FOR ANYONE CONCERNED ABOUT THEIR OWN  
OR ANOTHER PERSON'S METH USE.

CONFIDENTIAL

ANONYMOUS

PROFESSIONAL

FREE COUNSELLING & SUPPORT

**0800 6384 4357**  
(0800 METH HELP)

EMAIL: [mht@odysseychch.org.nz](mailto:mht@odysseychch.org.nz)

 Find us on  
Facebook

[www.facebook.com/MethHelpTeam](http://www.facebook.com/MethHelpTeam)

  
**Odyssey House**  
*Te Hikoingā O te Whaiora*  
*journey of wellbeing*

# The Meth Help Team Offers Free, Professional Drug Counselling And Support Throughout New Zealand.

## Our counsellors can:

- » Provide information about meth
- » Listen to your concerns
- » Provide support
- » Discuss treatment options
- » Refer you to local services

## We can also provide:

- » Support to people waiting for face-to-face counselling
- » Phone calls arranged in advance at a time to suit you
- » Support to health professionals working with people impacted by meth use

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