

Who Are We?

Outline is an all-ages Rainbow mental health organisation providing support to Rainbow communities, their friends, whānau, and those questioning.

Outline provides a nationwide, free and confidential support line and online chat service, for people who want to speak to a trained volunteer from our Rainbow communities.

We also provide specialist Rainbow counselling and an Auckland based trans and non-binary peer support service.

We advocate for better Rainbow mental health outcomes and also have a range of resources available on our website.



OutLine

All-ages, nationwide
Rainbow/LGBTIQ+
mental health support.

0800 OUTLINE · outline.org.nz

Need To Chat?

OutLine has a free and confidential phone line and online instant messaging support service available to connect you to trained volunteer from the Rainbow community.

Call 0800 OUTLINE or visit outline.org.nz/chat between 6pm-9pm everyday.

This is a relaxed space to chat with a Rainbow peer about topics including feelings of isolation or loneliness, gender identity and sexual orientation, how to support a Rainbow person in your life, or whatever's on your mind.

Please note: occasionally our volunteers may be unable to answer you. Please leave a voicemail or try again later.

Specialist Counselling

OutLine offers specialist Rainbow counselling with experienced professionally qualified counsellors.

This service is available nationwide to all ages on a sliding scale payment system.

The counselling team assist Rainbow-identified people, their families, and anyone questioning their own sexual orientation or gender identity, or who are intersex or have a variation of sex characteristics (VSC).

You can make a referral to this service at outline.org.nz/counselling or call 09 972 0054 to leave a voicemail.

Trans Peer Support

OutLine's Auckland-based trans & non-binary peer support service is free for people aged 28 years and older who live in the wider Auckland region.

This service supports people to explore gender identity through accessing gender-affirming healthcare, providing information and resources, and creating connection and community with other gender-diverse people.

A referral form can be found at outline.org.nz/transgender-peer-support-service/

We work closely with RainbowYOUTH who support gender-diverse people aged 27 and younger.

Visit ry.org.nz for more information.

