

NZDF's Afghanistan veterans urged to seek support

New Zealanders who have served in Afghanistan and are watching events unfolding there are urged to seek support if they feel mixed emotions about their own service.

For the past 20 years, the New Zealand Defence Force has worked alongside partners in Afghanistan and made a significant contribution to the lives of the people of Afghanistan.

More than 3,500 NZDF personnel served in Afghanistan and 10 were killed.

The veterans will be concerned for their Afghan colleagues, friends and those families that they worked with for a brighter future, said Bernadine Mackenzie, head of Veterans' Affairs.

"They may be experiencing mixed feelings about their own service," she said.

"Veterans' Affairs is proud of the service that our Afghanistan veterans gave and would like to ensure that they and their families have all the support that they are entitled to."

Veterans can contact us to learn about the support that might be available to them.

Contact us (<https://www.veteransaffairs.mil.nz/contact-us/>)

If any veteran would like support immediately they can text 1737 to begin a conversation with a counsellor.

Other support can be provided by:

- NZDF4U, 0800 693 348
- Lifeline Aotearoa, 0800 543 354
- Samaritans, 0800 726 666
- Contact RSA's District Support Managers.

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Tags

[New Zealand Defence Force \(https://www.veteransaffairs.mil.nz/news-events/articles/?tag=11\)](https://www.veteransaffairs.mil.nz/news-events/articles/?tag=11)

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