

Support services available:

- 211 Helpline (0800 211 211) – for help finding, and direct transfer to, community-based health and social support services in your area.
- Find your Local Women's Refuge by calling 0800 743 843 (0800 REFUGE) to be linked up with an advocate in your area.
- Victim Support – call 0800 842 846. 24-hour service for all victims of serious crime.
- Victim Information Line/Victim Centre – call 0800 650 654 or email victimscentre@justice.govt.nz.
- Shine domestic abuse services – free call 0508 744 633 (9am to 11pm) if you're experiencing domestic abuse, or want to know how to help someone else.
- Family violence information line – call 0800 456 450 to find out about local services or how to help someone near you.
- Tu Wahine Trust – call 09 838 8700 for kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau.
- Shakti New Zealand – call 0800 742 584 for culturally competent support services for women, children and families of Asian, African and Middle Eastern origin who have experienced domestic violence.
- Safe to Talk – sexual harm helpline. Call 0800 044 334, text 4334 or email support@safetotalk.nz.
- Rape Crisis Centres – call 0800 88 3300 for contact details of your local centre. Provides support for survivors of sexual abuse, their families, friends and whānau.
- Male Survivors Aotearoa New Zealand – call 0800 044 344. Offers one-to-one, peer and support groups for male survivors of sexual abuse and their significant others.
- Tu Wahine Trust – call 09 838 8700 for kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau.
- ACC Sensitive Claims Unit – call 0800 735 566 for access to services related to sexual abuse or sexual assault.
- Hey Bro helpline – call 0800 HeyBro (0800 439 276). 24/7 help for men who feel they're going to harm a loved one or whānau member.

- Korowai Tumanoko – text or call 022 474 7044 for a kaupapa Māori service for those with concerning or harmful sexual behaviour.
- Stop – support for concerning or harmful sexual behaviour.
- Need to Talk? 1737 – free call or text 1737 any time for support from a trained counsellor.
- Youthline – call 0800 376 633, free text 234 or email talk@youthline.co.nz.
- Kidsline – call 0800 54 37 54 (0800 kidsline) for young people up to 18 years of age (24-hour service).
- Skylight– call 0800 299 100 helping children, young people and their families and whānau through tough times of change, loss, trauma and grief.
- Oranga Tamariki – call 0508 325 459 (0508 FAMILY) or email contact@ot.govt.nz for concerns about children and young people.