

# HAVE YOU EXPERIENCED SEXUAL HARM

## NOT SURE WHERE TO GO FOR HELP OR WHO TO TALK TO?

### TELL SOMEONE WHO CAN HELP

- Talk to someone you trust, they can support you in your next steps
- Your GP can file a claim with ACC to access therapy at no cost
- If you aren't ready to talk to someone in person you can chat on a helpline( See below)
- Call the police on their non emergency number 105 for help



### PROFESSIONALS CAN HELP

- Therapists offer a chance to make sense of your experience and its impact on your life.
- It may prevent the cycle of harm continuing.

### FIND A THERAPIST

- ACC offers therapy fully funded, specialised for people who have experienced sexual abuse or assault.
- You can access this support independently via an ACC registered therapist filing a claim.



### REMEMBER THIS IS **YOUR** JOURNEY

- If you are not comfortable with your therapist you can change to another one
- You set the pace
- One breath, one step, one day at a time

The aim is to equip you with the tools that you need to live a healthy and fulfilling life.

### HELPLINES

Safe to talk  
0800 044 4334  
[www.safetotalk.nz](http://www.safetotalk.nz)

ACC Sensitive claims  
[www.findsupport.co.nz](http://www.findsupport.co.nz)  
0800 735 566

Lifeline  
0800 543 354  
[www.lifeline.org.nz](http://www.lifeline.org.nz)

For more information check out [www.ausnzinfo.com/nz](http://www.ausnzinfo.com/nz)