

Resource List for New Zealand

- **Emergency** - call 111 – ask for the Police.
- **Victim Support** - Victim Support provides 24-hour emotional support, personal advocacy and information to all people affected by crime and trauma throughout Aotearoa. Call free 24 hours a day, 7 days a week.

Free phone - 0800 84 28 46

- **Safe to Talk** – Helpline for confidential support 24/7 regarding sexual harm.

Website - www.safetotalk.nz

Phone – 0800 044 334

Text – 4334

- **HELP Auckland** - You can talk to us, no matter what your age, culture, ethnicity, beliefs or sexual orientation. No matter whether the sexual abuse happened recently or a long time ago. No matter whether you want to seek therapy, seek justice or seek answers. Our team is here to help and support you – and never to judge or blame.

Website – www.helpauckland.org.nz

Phone 0800 623 1700

Text 8236

- **Wellington Sexual Abuse Help** - 24/7 support by a trained support worker. At Wellington HELP, we support anyone and everyone who has been impacted by sexual violence. We provide safe spaces for survivors in Wellington City, Porirua and Kāpiti to access specialised support. If you or someone you know would like support, head over to **Access Our Services**, fill out the appropriate form, and we will be in touch.

Website – www.wellingtonhelp.org.nz

Phone – 0800 367 4357 (0800 FOR HELP) press 0 at the menu options

- **Better Blokes** - Free peer support for male survivors of sexual assault. Auckland based. Four contacts available to connect with in North, South, East and West Auckland along with general contact point.

Website - <https://betterblokes.org.nz/>

Phone – 0800 448 484

- Tautoko Tane – Male Survivors Aotearoa. Free 24/7 helpline

Website – www.safetotalk.nz/get-help-for-yourself/male-survivors/

Free phone - 0800 044 344

Text - 4334

Email – support@safetotalk.nz

- The Harbour – *The Harbour* is a New Zealand-based web-portal that hopes to address all community members affected by sexual abuse or offending, their families and whanau. Jointly developed by [SAFE](#), [HELP](#) and [Rape Prevention Education](#), funded by the Lottery Grants Board and supported by FACS, *The Harbour* aims at becoming a trusted resource and a point of hope for people currently living with the ripple effects of harmful behaviour.

As well as many links well worth checking out, there is an orange tab if someone requires immediate assistance.

Website - <http://theharbour.org.nz/>

- Toah-Nnest - TOAH-NNEST is the national network of those providing specialist services for sexual violence prevention and intervention: **Te Ohaakii a Hine-National Network Ending Sexual Violence Together**. It represents about 40 specialist not for profit organisations (NGOs) and many individual specialists working throughout Aotearoa New Zealand in whanau/ families, hapu, iwi and communities. It also has associate members from a wide range of allied NGOs.
TOAH-NNEST's vision is for **Aotearoa New Zealand to be free of sexual violence**.

Website - <http://toah-nnest.org.nz/>

- Project Restore – We are New Zealand's national provider of restorative justice for harmful sexual behaviour and sexual violence. We work with people of all backgrounds and walks of life – no matter who they are, where they live, or what the circumstances of their personal experience of harm.

Our collaborators include Restorative Justice and Sexual Violence Support Services at a local level along with Kaupapa Māori services throughout New Zealand. We draw on the expertise of a range of Survivor Support Agencies, Harmful Sexual Behaviour Programmes, specialist counsellors and therapists, Probation Officers/Caseworkers, the Police, lawyers and Specialist Victim Advisors.

Website - [Project Restore - Restorative Justice following sexual violence](#)

- Kids Health - Listing of Information, Support & Resources on Child Abuse. This is a listing of many New Zealand organisations, resources, helplines, and counselling services aimed at preventing harm to children, or which can offer help when family violence or abuse has occurred.

Website -

<https://www.kidshealth.org.nz/listing-information-support-resources-child-abuse>

- Find a Helpline – Many helplines listed, including a number relevant for supporting victims / survivors of sexual harm.

Website - <https://findahelpline.com/nz/topics/sexual-abuse>

- Accident Compensation Corporation (ACC)

Website - <https://www.findsupport.co.nz/>

Phone - 0800 101 996

If you've experienced sexual violence, through ISSC (our Integrated Services for Sensitive Claims) we provide support for anyone in New Zealand, including visitors to the country, who has experienced sexual violence. We may also be able to help if you're a New Zealand resident and have experienced sexual violence while travelling overseas. It doesn't matter if the event happened recently or a long time ago.

To clarify the above statement, a phone call was made to ACC to speak with someone about 'sensitive claims', the following information is a short summary of that conversation.

How to get help for yourself if CSA has been your experience.

Google www.findsupport.co.nz

You will have the option to find an ACC registered therapist in your region.

You have the option of choosing a male or female therapist.

Initially you will get 2 hours of face-to-face sessions with a therapist.

If you find the first person isn't the right therapist for you, you can try someone else.

The Therapist will put in the paperwork through to ACC for you.

Then are a further 4 hours of face-to-face sessions that are funded.

If you are not eligible for further ACC cover, then you still have another 2 hours of sessions following this.

In summary, there are 10-12 hours of initial services accessible for anyone to use under ACC before a decision is made if the sessions will be funded or not.

The above initial help is open to anyone in New Zealand, whether the abuse happened in New Zealand or not.

If you want to discuss this process with ACC, you can phone 0800 101 996 and ask to speak with someone who is trained in the area of 'sensitive claims'. These people are extremely helpful and understanding.

Other info -

- General Counselling Links – there is a list of databases of various clinical associations at the end of this page – may be useful for any workers or friends looking for counselling links.

Website - [Accessing Mental Health Services | Mental Health Foundation](#)

- Reporting Abuse - If you believe that any child or young person has been, or is likely to be harmed, ill-treated, abused, neglected, or deprived you should report this.

A suspicion is enough for action because intuition and gut feelings are often right. The most important consideration is always the safety and wellbeing of the child or young person.

The Oranga Tamariki Act 1989 states that anyone who believes a child or young person has been, or is likely to be, harmed, ill-treated, abused (whether physically, emotionally, or sexually), neglected, or deprived; or who has concerns about the wellbeing of a child or young person, *may report the matter to a social worker or a member of Police.*

They will be protected, provided the information they give has been given in good faith. The *Oranga Tamariki member or Police member* is required to undertake an investigation if that is shown to be necessary.

[Keeping our children safe | New Zealand Police](#)

[Sexual assault and consent | New Zealand Police](#)

- Safe Network - This is a link relating to services available for perpetrators of sexual harm. **At Safe Network we help change the lives of adults who have engaged in harmful sexual behaviour involving children or young people.**

Services are offered in the following areas -

- Regent, Whangarei, Northland
- Grafton, Auckland Central
- Manukau, South Auckland
- Hamilton Central, Waikato
- Greerton, Tauranga, Bay of Plenty
- Rotorua Central, Bay of Plenty.

Website - <https://www.safenetwork.org.nz/services/adults/waka-waiora>

Info about the adult service - [Adult Waka Waiora Fact Sheet](#)

Info about the youth service - [Youth Services Info Sheet](#)

Stop - A community free from sexual harm. South Island based support / counselling and harm reduction for perpetrators of sexual harm. Works with Wellstop and Safe Network in the North Island.

Website - <https://www.stop.org.nz/>

Phone - 03 353 0257