

It's OK to ask for help at any time or to help someone else

Family violence and sexual violence, including child abuse increases in the weeks before Christmas and over the New Year holiday period in Aotearoa New Zealand. In our families and whānau, workplaces and communities, we may notice signs that someone is experiencing, or using violence or abuse.

Get Help Early

Getting help early can save lives and prevent serious harm. It's OK to ask for help at any time – you don't need to wait for a crisis.

- If you are concerned about your immediate safety, or someone else's safety, call the New Zealand Police on 111.
- If you want help or advice, contact family violence and sexual violence specialists listed below. You don't have to give your name and details. You can get anonymous advice and support. They're there to help.

If you are worried about family violence:

- New Zealand Police: <https://www.police.govt.nz/advice/family-violence/help>
- Family Violence Helpline: 0800 456 450 (9am – 11pm, seven days a week)
- Family Violence Crisis line: 0800 REFUGE or 088 733 843 (24 hours a day, seven days a week)
- [Hey Bro helpline](#) - supporting men to be free from violence 0800 HeyBro (439 276)
- Shakti - for migrant and refugee women -0800 742 584 - 24 hours
- Elder Abuse Helpline 0800 32 668 65 - 24 hours

If you are worried about sexual violence:

- The New Zealand Police website on [sexual violence](#) has clear instructions on what a person should do if they have experienced sexual violence.
- Safe to Talk: 0800 044 334 or text 4334 (24 hours a day, seven days a week). Also visit their webpage to know [how to help someone](#) who may be a victim/survivor of sexual harm.

If you are worried about children and young people:

- Oranga Tamariki line for concerns about children and young people 0508 326 459, email: contact@ot.govt.nz
- Youthline – 0800 376 633, free text 234, email talk@youthline.co.nz

Mental health support

- 1737, Need to talk? Free call or text 1737 for mental health support from a trained counsellor

