


**IT'S OK TO
ASK FOR HELP**



MINISTRY OF
JUSTICE
Tabu o te Ture



Many people are affected by family violence and sexual violence at some time in their lives.

It's OK to ask for help

- if someone is hurting you
- if someone is hurting someone you know
- if someone has hurt you in the past
- if you're worried about your own behaviour.

Talk with...

It's not OK 0800 456 450 – family violence support services

Shine 0508 744 633 – family violence support

Women's Refuge 0800 REFUGE (733 843) – family violence support

Shakti 0800 742 584 – family violence support for Asian, African, Middle Eastern women

National Network of Family Violence Services

nfvns.org.nz – stopping violence support services

Safe to Talk 0800 044 334 – sexual violence support services

Rape Crisis 0800 883 300 – sexual violence support services

TOAH-NNEST

toah-nnest.org.nz – local sexual violence support services directory

For more organisations that can help go to
familyservices.govt.nz/directory/

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