



Legal advice and support

Separation or a change in family situation can be a stressful time and there are a range of options available to help you find your way.

Getting free legal advice

Community Law Centres offer free, confidential, one-on-one legal help. It's a great starting point if you're feeling overwhelmed or don't know what to do. In some cases, they may also be able to give ongoing legal support.

Need help filling out forms?

Citizens Advice Bureau can help you find information and fill out forms. Their services are free. They can't give you legal advice. Freephone Citizens Advice Bureau on 0800 367 222.

Contact your local Community Law Centre:

Taitokerau (09) 437 7535 or 0800 155 529

Auckland City (09) 377 9449

Māngere (09) 275 4310

South Auckland (09) 274 4966

Waitematā (09) 835 2130

Waikato 0800 529 482

Rotorua (07) 348 8060

Tauranga (07) 571 6812

Whakatāne (07) 308 6817

Gisborne (06) 868 3392 or 0800 452 956

Wairoa (06) 838 4474

Manawatū (06) 356 7974 or 0508 367 529
367 529

Whanganui (06) 348 8288

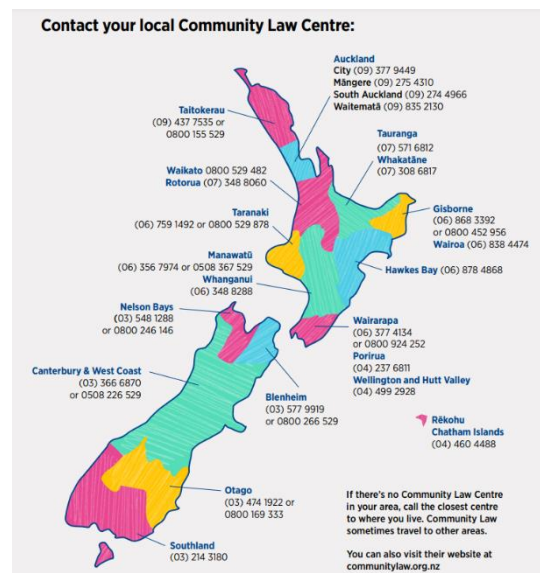
Hawkes Bay (06) 878 4868

Wairarapa (06) 377 4134 or 0800 924 252

Porirua (04) 237 6811

Wellington and Hutt Valley (04) 499 2928

Nelson Bays (03) 548 1288 or 0800 246 146



Blenheim (03) 577 9919 or 0800 266 529
Canterbury & West Coast (03) 366 6870 or 0508 226 529
Otago (03) 474 1922 or 0800 169 333
Southland (03) 214 3180
Rēkohu Chatham Islands (04) 460 4488

If there's no Community Law Centre in your area, call the closest centre to where you live. Community Law sometimes travel to other areas. You can also visit their website at communitylaw.org.nz

Getting funded legal advice

You may get funded legal advice depending on your income.

Family Legal Advice Service

They can help you meet with a lawyer in the early stages of a parenting disagreement. They also help with filling out court forms.

This service involves one or two meetings with an approved lawyer, so if you need more advice you may need to apply for legal aid or talk to another lawyer.

To find out more, including if you qualify: Freephone 0800 224 733.

Legal aid

Legal aid is a loan, which means you may have to pay back costs.

You don't have to be a New Zealand citizen or resident to apply for legal aid.

To find out if you're eligible for legal aid, you need to find a legal aid lawyer who you want to represent you.

To find a legal aid lawyer:

- visit justice.govt.nz/legal-advice-and-support
- ask for a list of local lawyers at your local Citizens Advice Bureau or Community Law Centre.

To find out more about legal aid:

Freephone Legal Aid (Ministry of Justice) on 0800 253 425.

Using a private lawyer

You can get legal advice from a private lawyer at your own cost. You can find your own private lawyer, or ask for a list of local lawyers at your local Citizens Advice Bureau or Community Law Centre.

Going to court without a lawyer

Going to court without a lawyer can mean you need to do a lot of research. You'll also need to understand some complex legal processes.

Others involved in the parenting disagreement can still have their own lawyer.

If you choose to represent yourself in court, it may help to get guidance from your local Community Law Centre. It's important to let the Family Court know immediately if your contact details change.

Accessible services

Auckland Disability Law offers free and accessible legal services to people with a disability or a hearing impairment.

- Phone 09 257 5140 or text 027 457 5140
- Email info@adl.org.nz

Services for youth

Youth Law offers free legal advice to people aged 25 and under.

Freephone 0800 884 529 or visit youthlaw.co.nz

You have the right to feel safe

You can get help if you or someone else feels unsafe:

- If you or someone else is in immediate danger call 111
- Visit justice.govt.nz/family-violence
- Visit areyouok.org.nz
- Freephone 'Are You OK' on 0800 456 450

Where to get support

In your community

Kaiārahi (Family Court Navigators), Family Court Co-ordinators and court staff can guide you when sorting out parenting arrangements but cannot give you legal advice. Kaiārahi can also connect you with community support services in your area.

Contact:

- Visit your local court
- Email kaiarahi@justice.govt.nz
- Freephone the Ministry of Justice on 0800 224 733

Organisations to help you

Citizens Advice Bureau

They help you understand your rights and fill out forms.

- Freephone 0800 367 222
- Visit cab.org.nz

Community Law Centre

They offer free, confidential one-on-one legal help for people across Aotearoa New Zealand/

- Visit communitylaw.org.nz

Family Services Directory

They have a list of support services that help whānau (family and friends) across Aotearoa New Zealand. These services range from housing to counselling.

- Freephone 0800 211 211
- Visit familyservices.govt.nz/directory/

CCS Disability Action

They provide information and support to people with disabilities and their whānau (family and friends)

- Freephone 0800 227 200
- Email info@ccsDisabilityAction.org.nz

Counselling

For professional support for mental health, or other personal issues, contact:

- Need to Talk – Freephone or text 1737 or visit 1737.org.nz
- Lifeline – Freephone 0800 543 354 or text 4357
- Skylight – Freephone 0800 299 100 or visit skylight.org.nz

For children and young people

- What's Up – Freephone 0800 942 8787
- Youthline – Freephone 0800 376 633 or text 234

If you feel unsafe

- Visit areyouok.org.nz
- Freephone 'Are You OK' on 0800 456 450