

## Start with...



### Safe to talk

Kōrero mai ka ora  
Sexual Harm Helpline.  
24/7. Confidential. Free.

Contact a trained specialist at any time.  
**Begin an ACC Sensitive Claim for free therapy**  
0800 044 334

### Your local GP

They can assist with **access to specialist mental health support**

For children and young people who are in care or have been in care.  
0800 486 923



Counselling for children, youth and adults subject to sexual violence, alongside specific support for their whānau.



With and for the well-being of all women  
03 371 7414



Support for people who have been or are being hurt by the people who are supposed to keep them safe and love them.



Support for people to live a life free from family and sexual violence.  
0800 28 48 26



Comprehensive selection of counselling services and male survivors groups  
03 365 9000



Free support for people affected by crime and traumatic events.  
0800 842 846



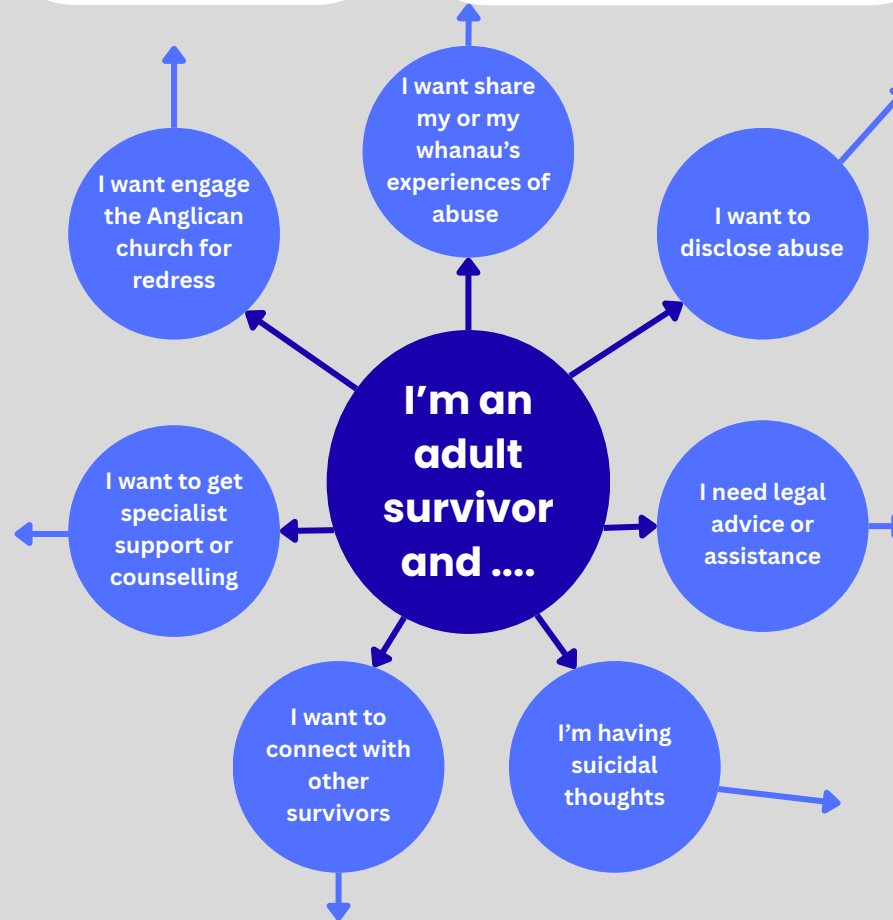
## Anglican Redress

Begin the redress journey with an individual independent of the Anglican church:  
[contact@anglicanredress.nz](mailto:contact@anglicanredress.nz)  
0800 769 004



## Survivor Experiences Service

0800 456 090 or Text 8328  
Weekdays 8:30am - 4.30pm



Support groups for women and men wounded by religious and institutional authorities



Enabling the wellbeing of male survivors of sexual violence



NZCAST  
Support & community for survivors of abuse  
[nzcast@outlook.com](mailto:nzcast@outlook.com)  
[Facebook group](#)



Visit a police station or, [Phone 105](tel:105)



MINISTRY STANDARDS COMMISSION

If you have experienced misconduct within the Anglican Church, please [make a complaint](#)



Ngā Pou Whakawhirinaki o Aotearoa  
0800 367 222



Victims Information | For people affected by crime  
0800 650 654

## Suicide Crisis Helpline

0508 TAUTOKO (0508 828 865)

## Mental health crisis assessment teams

Canterbury 0800 920 092  
West Coast 0800 757 678  
South Canterbury 0800 277 997



Presbyterian Support Northern

0800 543 354 [0800 lifeline]