



SUPPORT SERVICES

Due to the sensitive nature of topics covered in our training, some individuals may feel the need for support. Safeguarding Children has compiled a list of service providers who can help or guide you in the right direction for support.

If your safety is at risk, contact 111 immediately.

- **Family Services Directory**
Family Services Directory is a great resource to find a specific service provider to help you. Please let others know about it.
www.familyservices.govt.nz/directory
- **Netsafe**
Helps keep people of all ages safe online. Provides free support, advice and education seven days a week.
www.netsafe.org.nz
- **Parentline**
Works with children who have been traumatised by abuse and domestic violence. Provides advice and support to parents and caregivers and counselling for children who present with challenging behaviours in the classroom and playground.
www.parentline.org.nz
- **Kidslines**
New Zealand's only 24/7 helpline for children and young people, run by specially trained youth volunteers!
www.kidslines.org.nz
- **0800 What's Up?**
A free, nationally-available counselling helpline and webchat service for children and teenagers. A safe place to talk about anything, run by qualified counsellors and open 365 days.
www.whatsup.co.nz or call 0800 942 8787
- **Male Survivors of Sexual Abuse**
Enabling the well-being of male survivors of sexual abuse.
www.malesurvivor.nz
- **Samaritans Aotearoa New Zealand**
Confidential, non-judgemental & non-religious support. Contact immediately if you are experiencing loneliness, depression, despair, distress or suicidal feelings.
www.samaritans.org.nz or call 0800 72 66 66
- **Youthline**
Established to ensure young people know where to get help and can access support when they need it. Youthline also works to develop leadership and personal skills in young people.
www.youthline.co.nz
- **Empowerment Trust**
Primary prevention educator teaching skills and strategies to help keep people emotionally and physically safe from all forms of violence and abuse.
www.empowermenttrust.nz
- **It's Not OK Campaign**
Family violence is not okay but it is okay to ask for help!
www.areyouok.org.nz
- **Lifeline Aotearoa**
A and textline to discuss any issue with qualified counsellors and trained volunteers - 24/7, confidential support.
www.lifeline.org.nz or call 0800 543 354
- **Womens Refuge**
Support and help for women and children experiencing family violence.
www.womensrefuge.org.nz or call 0800 733 843
- **Shine**
Provides a range of effective, practical and innovative services to help achieve making homes violence free.
www.2shine.org.nz or call 0508 744 633
- **Safe to talk**
Available to anyone affected by sexual harm in anyway. Offers free confidential contact with trained specialists and connects individuals to support services in the community.
www.safetotalk.nz or call 0800 044 334