

The following helplines available for people needing help:

- [Safe to Talk\(external link\)](#) sexual harm helpline: 0800 044334, text: 4334, email: support@safetotalk.nz
- Rape Crisis: 0800 88 33 00
- [Women's Refuge\(external link\)](#): 0800 733 843
- [Need to talk?\(external link\)](#) Free call or text: 1737 for mental health support from a trained counsellor
- [Youthline\(external link\)](#): 0800 376 633, free text: 234, email: talk@youthline.co.nz
- Shakti - for migrant and refugee women - 0800 742 584 - 24 hours
- Child, Adolescent & Family (CAF) Emergency Team (Business hours) **0800 218 219** - press 2
- Crisis Resolution, Freephone **0800 920 092**, (After hours), 7 days a week.
- Need to talk? Free call or text **1737** support from trained counsellor, 24 hours a day, 7 days a week
- Lifeline **0800 543 354**
- Aviva (Family Violence Services) **0800 284 82 669**
- Asian Helpline **0800 862 342**
- Suicide Crisis Helpline **0508 828 865 (0508 TAUTOKO)**
- What's Up **0800 WHATSUP (0800) 942 8787** (5-18 year olds). Phone counselling Monday to Friday, midday-11pm and weekends, 3pm-11pm.
- thelowdown.co.nz – or email team@thelowdown.co.nz or free text **5626**
- Anxiety Helpline 0800-269-4389 (0800 ANXIETY)

For information on family violence and sexual violence:

- [Hohou te rongu kahukura - outing violence\(external link\)](#) - building rainbow communities free from violence
- [You, me, us \(external link\)](#)- promoting healthy queer, trans and takatapui relationships
- [Sensitive Claims for sexual abuse\(external link\)](#) (ACC) 0800 735 566.

If it is an emergency or you, or someone you know, is at immediate risk call 111