

here
for
you

**After family
violence and harm**

Family violence and harm is never okay. No one has the right to hurt you. You have the right to feel safe in your relationships and your home. It is not your fault if you are being harmed and you do not have to accept it.

Family violence and harm isn't just physical - it could also be sexual, psychological/emotional, spiritual, financial, or neglectful. It can happen to anyone in any family, anywhere.

It is okay to ask for help.

The safety and protection of you and your family or whānau is our top priority.

We are here for you 24/7. Our support is completely free and confidential, and available throughout Aotearoa New Zealand.

You can also see our helpful **Family violence and harm** information at www.victimsupport.org.nz – look under GET SUPPORT.


Victim Support
Manaaki Tāngata



If you or someone else is in immediate danger

- Call 111 and ask for the police. They will assist you and arrange protection and support for you and your family.
- If you're in danger but can't talk, dial 111 and when someone answers, push 55 on a mobile, or any number on a landline, to be put through to police. The call taker will attempt to communicate with you by asking simple yes or no questions. You will be asked to push any keys on your phone in response to these questions. If you can, it is always best to speak, even by whispering.

How we can help

Our Support Workers can support you with:

- someone to listen, talk with, and support you to cope through trauma and loss
- help to understand your rights and make informed choices
- practical information and help to answer your questions
- help to access local services to suit your situation
- help to make a safety plan, or arrange legal protection to help keep you safe
- practical support and assistance for your situation
- someone to assist and support you at court trials, hearings, and dealing with police and other government agencies
- help to prepare victim impact statements and attend family group or restorative justice conferences.

If English is your second language

If you require support in your first language, Victim Support can use EziSpeak to connect with an interpreter over the phone. Call us on **0800 842 846** and let us know. We will try to match you to a Support Worker who speaks your language.



Our service is
**free, personal,
and confidential**

CONTACT

0800 VICTIM (0800 842 846)
victimsupport.org.nz