

COVID-19 HELP & SUPPORT

COVID-19 is causing stress and uncertainty for many, but it's especially hard for people living with family violence and sexual violence.

New Zealand is currently at Alert Level 2
(covid19.govt.nz/covid-19/alert-system/alert-level-2/).

Auckland is at Level 3
(covid19.govt.nz/covid-19/alert-system/auckland/).




Self-isolation and restrictions on movements can increase the risk and escalation of violence from a partner, family member or house-mate. It may also be harder to connect with supportive people and get help the way you normally would.

The Government and the Police continue to take family violence and sexual violence very seriously. **Violence is a crime at any time, including during this COVID-19 period.**

Family violence and sexual violence services are essential services and available.

- **You have the right to be safe.** If you are a victim of violence or abuse, or there is someone that makes you fearful, threatens or harasses you, seek help as soon as possible.
- **You are allowed to leave your bubble** to get to safety.
- **If you're feeling angry or worried you might hurt someone**, call or message one of the helplines below. Help is available.
- **You are not alone.** Talk to someone you trust. The national helplines listed below have people ready to listen and help, whether you're experiencing violence or abuse, worried you might hurt someone, or are concerned about others.
- **If you're in danger, call the Police on 111.**
- **If you can't call for help**, get out of the house and ask a neighbour or someone else to call **111**.
- **If you are concerned that you or someone else will be harmed**, phone the Police on **111**. When it's not safe to talk, **press 55 if you require emergency assistance**.
www.police.govt.nz/contact-us/calling-emergency-111
- **COVID19.govt.nz is the central point for updates about national safety and support services.** For information about staying safe and who to call, visit covid19.govt.nz/health-and-wellbeing/family-and-sexual-violence-prevention/

 **Call the helplines** to find out how to help someone else if they are telling you they are being harmed or if you're concerned. We have a collective responsibility to look out for and help victims, their families and whānau, and to ensure people stop using violence.

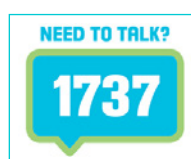
 Generally, we should all be staying as connected as we can. **Talk to friends, whānau and neighbours if you need support or to see if they need help.**

WHERE TO FIND HELP

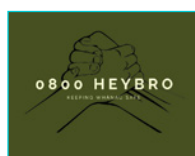
IN AN EMERGENCY, CONTACT POLICE ON 111



Pasefika Proud Pacific Family Violence providers
www.pasefikaproud.co.nz/service-providers/



Need to Talk?
Mental health support from a trained counsellor, free call or text 1737



Hey Bro Helpline
Supporting men to be free from violence 0800 HeyBro (439 276)



Elder Abuse
0800 EA NOT OK (0800 32 668 65)



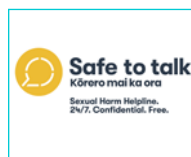
Oranga Tamariki
For concerns about children and young people, phone 0508 326 459 or email contact@ot.govt.nz



Youthline
0800 376 633, free text 234, email talk@youthline.co.nz



Women's Refuge
0800 733 843 info@refuge.org.nz, or Facebook message, or contact through the shielded site at the bottom on websites like The Warehouse, TradeMe, Countdown websites and others



Safe to Talk
sexual harm helpline 0800 044334, text 4334, email support@safetotalk.nz

Stay Safe. Stay Kind. Stay Pasefika Proud.

It is important that we remember to keep our families and children safe in our homes. Many people may be feeling vulnerable, however family violence services will not be limited during Alert Level 2 and Level 3, and crisis lines will continue to operate. If you need help visit WWW.PASEFIKAPROUD.CO.NZ/SERVICE-PROVIDERS/