



24/7



NATIONAL HELP LINES

MEMBERS OF TE OHAAKII A HINE – NATIONAL NETWORK ENDING SEXUAL VIOLENCE TOGETHER

NATIONAL COLLECTIVE OF RAPE CRISIS

- ✓ National 24 Hour Helpline
Phone: **0800 883300**

AUCKLAND

- ✓ AUCKLAND SEXUAL ABUSE HELP FOUNDATION
Phone: **09 623 1700**
- ✓ COUNSELLING SERVICES CENTRE CHARITABLE TRUST
Phone: **09 277 9324**

WHANGAREI

- ✓ MIRIAM CENTRE
Phone: **09 437 6010**

TE AWAMUTU

- ✓ TE AWAMUTU HEALING AND RAPE CRISIS CENTRE
Phone: **07 871 8132**

BAY OF PLENTY

- ✓ BAY OF PLENTY SEXUAL ASSAULT SUPPORT SERVICE
Phone: **0800 227 233**

WELLINGTON

- ✓ WELLINGTON SEXUAL ABUSE HELP FOUNDATION
Phone: **04 499 7530** or **04 499 7532**
- ✓ HUTT RAPE COUNSELLING NETWORK
Phone: **04 566 5517** or **0800 226694**
- ✓ WAIRARAPA RAPE AND SEXUAL ABUSE COLLECTIVE
Phone: **06 370 8446** or **0800 614614**

SOUTH ISLAND

- ✓ SEXUAL ABUSE SUPPORT AND HEALING (SASH-NELSON)
Phone: **03 548 2407**
- ✓ WOMEN'S REFUGE, SEXUAL ASSAULT RESOURCE CENTRE
MARLBOROUGH
Phone: **03 577 9939**
- ✓ TE PUNA ORANGA - 24 hr crisis support via
Phone: **0800 traumaline**

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