

## HELP IS AVAILABLE:

### EMERGENCY: 111

Unsafe to talk: dial [55](#) on mobile

Non urgent dial: [105](#)

Crimestoppers: [0800 555 111](#)

### WOMEN'S REFUGE

03 466 3220

0800 733843

Website: [info@refuge.org.nz](mailto:info@refuge.org.nz)

### ŌCASA - Otepoti Communities Against

Sexual Abuse [03-474 1592](#)

Email: [support@ocasa.org.nz](mailto:support@ocasa.org.nz)

### LOUISE NICHOLAS TRUST - SAFE EYES

Website: [www.louisenicholastrust.org.nz](http://www.louisenicholastrust.org.nz)

Create a safe word with family or friends

### SAFE TO TALK: [0800 044 334](#)

EMAIL: [support@safetalk.nz](mailto:support@safetalk.nz)

### SHINE DOMESTIC ABUSE SERVICES:

0508 744633

Website: <https://www.2shine.org.nz>

(quick exit button on website)

Webchat button on website

### SHAKTI - DOMESTIC VIOLENCE SERVICES

Migrant & refugee women of Asian, African,  
Middle Eastern origins.

[0800 742 584](#)

Email: [crisisline@shakti.org.nz](mailto:crisisline@shakti.org.nz)

Email: [youth@shakti.org.nz](mailto:youth@shakti.org.nz)

Email: [finance@shakti.org.nz](mailto:finance@shakti.org.nz)

### TAKATĀPUI & RAINBOW COMMUNITY:

OUTLINE: [0800 688 5463](#)

Police Diversity Liaison Officers:

Email: [DLOs@police.govt.nz](mailto:DLOs@police.govt.nz)

The **BRIGHT SKY** app. provides

safe practical advice for people concerned about family violence. The app provides steps to hide it from anyone viewing your phone.

**Do Not Download** the app if you feel it is unsafe to do so.

### DISABLED COMMUNITY:

Personal Advocacy & Safeguarding

Adult Trust: [0800 728 7878](#)

Email: [advocacy@PASAT.org.nz](mailto:advocacy@PASAT.org.nz)

### AREYOUOK?

Website: [areyouok.org.nz](http://areyouok.org.nz)

Online resources

### PET REFUGE: [0800 738 733843](#)

Email: [help@petrefuge.org.nz](mailto:help@petrefuge.org.nz)

Website: <https://petrefuge.org.nz>

### FREE LEGAL ADVICE:

Community Law: [03 474 1922](#)

Email: [reception@dclc.org.nz](mailto:reception@dclc.org.nz)

Website: <https://www.communitylawotago.com>

### HOW TO HIDE YOUR ONLINE VIEWING HISTORY:

Keeping yourself safe - learn to delete your browsing history. Every time you visit a website your internet browser stores your browsing history so that anyone can check what sites you have been viewing.

To identify the browser you are using click on:

[www.whatbrowseramiusing.co](http://www.whatbrowseramiusing.co)

### HIDE MY SITE: [www.rpe.co.nz](http://www.rpe.co.nz)

Provides the information to delete all or part of our browsing history.