

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

ŌCASA - Otepōti Communities Against Sexual Abuse [03-474 1592](#)
Email: support@ocasa.org.nz

LOUISE NICHOLAS TRUST - SAFE EYES

Website: www.louisenicholastrust.org.nz
Create a safe word with family or friends

SAFE TO TALK: [0800 044 334](#)
EMAIL: 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
Email: youth@shakti.org.nz
Email: finance@shakti.org.nz

TAKATĀPUI & RAINBOW COMMUNITY:
OUTLINE: [0800 688 5463](#)
Police Diversity Liaison Officers:
Email: DLOs@police.govt.nz

The **BRIGHT SKY** app. provides safe practical advise 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

AREYOUOK?

Website: areyouok.org.nz
Online resources

PET REFUGE: [0800 738 733843](#)
Email: help@petrefuge.org.nz
Website: <https://petrefuge.org.nz>

FREE LEGAL ADVICE:

Community Law: [03 4741922](#)
Email: 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

HIDE MY SITE: www.rpe.co.nz

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