

The logo for Soundcheck Aotearoa is displayed on a dark teal background with a diamond-patterned grid. The word "SOUNDCHECK" is written in a large, white, outlined font, and "AOTEAROA" is written below it in a smaller, white, solid font.

SOUNDCHECK AOTEAROA

FREE SUPPORT AND COUNSELLING OPTIONS FOR PEOPLE WHO HAVE EXPERIENCED SEXUAL HARM

HELP Auckland www.helpauckland.org.nz

24/7 crisis/support line phone: 0800 623 1700

This is available to those who have experienced harm and those supporting someone who has been harmed. The crisis line is staffed by female councillors and available to people of any gender.

Safe To Talk <http://www.safetotalk.nz/>

Phone: 0800 044 334 or text 4334 (24/7)

Safe to Talk: The national helpline for support about sexual harm. This is available to those who have experienced harm, those supporting someone who has been harmed, those who are worried about their own harmful behaviour and people supporting them. The helpline is staffed 24/7, has a range of interpreters and genders of phone counsellors available - phone: 0800 044 334 or text 4334.

Wellington HELP <https://www.wellingtonhelp.org.nz/>

24/7 Crisis/support line phone: 04 801 6655 and push 0 at the menu

This is available to anyone of any gender who has experienced sexual harm, and to anyone supporting someone else who has experienced harm. Wellington HELP also offer counselling and ongoing support.

Wellington Rape Crisis <https://wellingtonrapecrisis.org.nz/>

Phone: 04 801 8973 9:30 am and 4:00 pm Monday to Friday

Counselling and support for women and gender diverse people who have experienced sexual harm, and for anyone of any gender supporting someone else who has experienced harm.

Aviva: Sexual Assault Support Service Canterbury

<https://www.avivafamilies.org.nz/I-need-help/Sexual-Assault-Support/>

Phone: (03) 377 5402 / 0800 284 82669 (24/7) | Email: sasscadmin@aviva.org.nz
(Monday-Friday, 9-5)

Crisis support and assessment of needs with referral to ongoing support service if needed.

ŌCASA - (Ōtepoti Collective Against Sexual Abuse) <https://www.ocasa.org.nz/>

Email: support@ocasa.org.nz | Phone: 03 474 1592 (9am - 5pm weekdays)

Ōtepoti / Dunedin based Free and confidential support services to survivors of any gender from the age of 16 years and over. 24/7 advocacy and support services for people reporting harm to the police.

Shama - Supporting Ethnic Women <https://shama.org.nz/>

Phone: 07 8433810 or text 022 135 9545 9:00am — 4:30pm Monday to Friday or
Email: crisis1@shama.org.nz

A service which will help find culturally-specific support for people who have experienced sexual harm. This service is based in Hamilton but is available nationwide and open to anyone of any gender.

Male Survivors Aotearoa <https://malesurvivor.nz/>

A network of services across New Zealand who offer peer support and advocacy from men who have experienced sexual harm.

KAUPAPA MAORI SEXUAL HARM SUPPORT AND COUNSELLING SERVICES

Korowai Tumanako <https://korowaitumanako.org/>

Email: korowai@korowaitumanako.org

Kaupapa Māori Survivor and Harmful Sexual Behaviour Support Service – North Island. Sexual violence prevention education and support to whanau, therapeutic supervision and training to local professionals and support workers and clinical treatment for young people and adults who have participated in harmful sexual behaviour.

Tu Wahine: Kaupapa Māori Sexual Violence Crisis Service

Email: admin@tuwahine.org.nz | Phone: 09 838 8700

Auckland based services for victims of all forms of violence and abuse within the whānau including specialist mahi tukino/sexual harm services where the victim/survivor has experienced mahi tukino within the whānau, in other relationships, and stranger sexual harm.

Te Puna Oranga

Phone: 0800 222 042 | Email: info@tepunaoranga.co.nz

Note: while the crisis line is available nationwide, this is an Ōtautahi/Christchurch-based service.

24/7 Kaupapa Māori support service for those of any gender who have experienced sexual harm or domestic violence, or those supporting someone else.

If you are looking for support about issues other than sexual harassment, you can contact the [Music Helps Wellbeing Service](#): 0508 MUSICHELPS for 24/7 support for anyone involved in the music industry who is in need of support or is worried about someone else.