

# SOUNDCHECK AOTEAROA

## **SUPPORT AND COUNSELLING OPTIONS FOR PEOPLE WHO HAVE BEEN ACCUSED OF/ DONE SEXUAL HARM**

**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.

### **Inform Health**

Phone: 09 377 9898 | Email: [help@safenetwork.org.nz](mailto:help@safenetwork.org.nz) (include 'Inform Health' in subject line)

Tailored support service for people what are wanting to see change in their lives. Services available in Whangarei, Auckland, Hamilton, Tauranga and via online video conference. Initial consultation free, each subsequent session will incur a charge.

**WellStop** <https://www.wellstop.org.nz/>

Phone: 04 566 4745

Assessment and a range of treatment services to adults of any gender who have engaged in harmful or abusive sexual behaviour. Services offered in the lower North Island.

**STOP** <https://www.stop.org.nz/>

Phone: 03 353 0257 | Email: [info@stop.org.nz](mailto:info@stop.org.nz)

Assessment and intervention for adults aged 18+ who have engaged in harmful sexual behaviour. Services offered in the South Island.

## **KAUPAPA MAORI SEXUAL HARM SUPPORT SERVICES**

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

Email: [korowai@korowaitumanako.org](mailto:korowai@korowaitumanako.org)

Kaupapa Māori Survivor and Harmful Sexual Behaviour Support Service – Aotearoa wide. 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.

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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.