

SUPPORT FOR SAFE FAMILIES/WHĀNAU

Information for the NZDF Community

- **We care about the wellbeing of our people.** We want all NZDF members to be healthy, resilient and adaptable. But we know that for all sorts of reasons at times our people may not be doing so well. And that **this can impact you or your family/whānau.**
- **If you have concerns** around your relationship, family safety, mental health, alcohol and other drugs, addictive behaviours, or any other issues you need to know **help is available.**
- Children are especially vulnerable to the impacts of **seeing or hearing family violence.** If you are worried about any children who may be **experiencing abuse** (emotional, physical or sexual) please **seek help** and support. Support options are listed on the next page.
- You can contact **NZDF4U Wellbeing Support** (0800 693348 or text 8881) or reach out to one of the range of support options listed on the next page.

YOUR NZDF MEMBER AT HOME:

We value the important role families/whānau have in supporting our NZDF members. In return, we believe your NZDF member has a duty to make sure you as family/whānau feel supported, respected, and safe.

As family/whānau you are encouraged to contact support services if something is not right at home.

NZDF4U Wellbeing Support
(0800 693348 or text 8881).

OUR NZDF VALUES HELPING AT HOME...

The NZDF is committed to creating a respectful, inclusive and safe culture in our work environment. This should continue at home as well. Our NZDF values can be put to work at home to help you and your family/whānau:

Commitment / Tū Tika – “Setting and maintaining high standards.”

At Home: We expect NZDF members to behave in a way that makes you, your whānau and children feel safe and respected at all times.

Courage / Tū Kaha – “Speaking up when something isn’t right.” **At**

Home: It is ok and important for people to talk about difficult issues at work or at home if things are not going ok.

Comradeship / Tū Tira – “Respecting and looking out for each other.” **At Home:** Family members are vital support to their NZDF member, in return family/whānau should expect to be supported, respected and safe.

Integrity / Tū Maia – “Accepting responsibility for our decisions and actions.” **At Home:** We cherish our families and we take responsibility for our behaviours at home.

IF URGENT CALL 111 FOR NZ POLICE IMMEDIATELY

SUPPORT OPTIONS & HOW TO REPORT SAFETY CONCERNS

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Reach Out to External Support:

- **Oranga Tamariki** If you are worried about a child: 0508 Family (0508 326 459)
- **Safe to Talk** sexual harm helpline 0800 044 334 or text 4334
- **It's Not Ok Family** violence information line 0800 456 450 (9am-11pm)
- **Women's Refuge Crisis Line** 0800 733 843 (24/7)
- **Shine** national domestic abuse helpline 0508 744 633 (9am-11pm)
- **Hey Bro** helpline supporting men to be free from violence 0800 439 276
- **Alcohol & Drug Helpline** 0800 787 797; text 8681
- **Shakti** for migrant/refugee women 0800 742 584
- **Elder Abuse Helpline** 0800 32 668 65 (24/7)
- **Gandhi Nivas** supporting men to be free from violence 0800 426 344
- **You, Me, Us** promoting healthy queer, trans and takatāpui relationships youmeus.co.nz

Reach Out to NZDF for Support:

There are many people within the NZDF you can go to talk about your worries or report concerns, including:

- Social Workers
- Sexual Assault Prevention and Response Advisors
- Chaplains.

There are also several NZDF community support options available:

- Defence Community Facilitators
- OverWatch (LGBTTIQ+ support)
- Cultural Advisors.

DURING DEPLOYMENTS?

- Do you want to talk with someone about your **family's safety**? Contact NZDF Social Workers. Go to the Force4Families website to find your nearest social worker.
- Do you want to talk about **deployment support** or **community connection**? Contact your Defence Community Facilitator or Deployment Support Officer.

Check out the "I Need Support" tab on the Force4Families website for more information.

NZDF4U Wellbeing Support

24/7 confidential support spanning both telephone and face-to-face support

Call: 0800 NZDF4U

Text: 8881