

# SUPPORT FOR SAFE FAMILIES/WHĀNAU

## Information for NZDF Members

- **Everyone** – including children – have the right to **feel safe** and secure **in their home** and with their family.
- If you or any members of your family/whānau are feeling **unsafe** or **scared**, or are experiencing **family violence** or other harmful behaviour, you need to know that **help is available**.
- If you are worried about any **children** who may be **experiencing abuse** (emotional, physical or sexual) please **seek help** and support.
- **You can contact NZDF4U Wellbeing Support (0800 693348 or text 8881) or reach out to one of the range of support listed below.**

### 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](http://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 for contact details.
- 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](http://Force4Families) website for more information.**

### NZDF4U Wellbeing Support

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

**Call: 0800 NZDF4U or text: 8881**

**IF URGENT CALL 111 FOR NZ POLICE IMMEDIATELY**