

Support during isolation

Please know that if you are having to self isolate/quarantine in an unsafe environment (psychological, physical, verbal abuse etc) you can still access help during this lockdown period!

Police will still respond and are preparing for the spike in family violence call outs. You are not a burden, you deserve to be safe.

Oranga Tamariki will respond if there are children in compromised and unsafe environments.

Some social services are still operating and government social services are deemed essential.

Womens refuge and Shine are still operating, all acute mental health crisis lines are still operating, some CADS services (mostly phone/online support),

Oranga Tamariki are still responding to urgent call outs for child safety. You do not have to suffer in isolation. You also do not need to watch your neighbor/friends or family suffer and not know what to do.

Here are some helpful numbers:

0800REFUGE- Womens Refuge

0508FAMILY- Oranga Tamariki (Reports of concern for children's safety)

0508 744 633- SHINE

0800 787 797- Alcohol and drug helpline

0800 543 354 or free text 4357- Lifeline

0800 376 633 - Youthline

0800 111 757 Depression Helpline

0508 828 865 Suicide Prevention Helpline

Kia kaha ☐