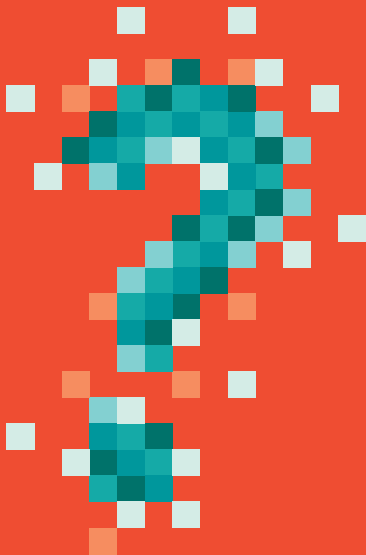


Ki hea whai
āwhina ai



whataboutme.nz

Te rangahau patapatai nui rawa
e pā ana ki tō whakareanga

Ki hea whai ai i te āwhina, i te tautoko rānei māu, mā tētahi atu rānei



Mēnā koe e hiahia ana ki te kōrero ki tētahi, ki te whai āwhina rānei, ki te whai mōhiohio rānei ki tētahi mea e ngaukino ana i roto i a koe, hei hāpai rānei i tētahi o ō hoa, ka āhei tō kōrero ki tētahi kaiwhakamahere ora ā-kura, ki tētahi kaiako, ki tētahi atu pakeke rānei e whakapono atu nei koe.

Ka āhei hoki tō whakapā atu ki:

Youthline ■ mā te waea ki **0800 376 633**, mā te pātuhi utukore atu ki **234**, mā te kōrerorero ā-ipurangi rānei ki **www.youthline.co.nz** 10am – 10pm

1737 ■ Ka āhei tō pātuhi (text), tō waea utukore (freephone) atu rānei i ngā hāora e 24 o ia rā ki tētahi ratonga tohutohu utukore

What's UP ■ **0800 942 8787** He ratonga āwhinga, tohutohu anō hoki mā te hunga mai i te 5-18 tau te pakeke; te pouputanga o te rā-11 karaka i te pō; kōrerorero ā-ipurangi ki **www.whatsup.co.nz** mai i te 3 karaka i te ahiahi - 10 karaka i te pō

Kidsline ■ **0800 54 37 54 (0800 KIDSLINE)**
He ratonga āwhina, tohutohu anō hoki mā te hunga tae atu ki te 14 tau te pakeke; 4 karaka i te ahiahi - 9 karaka i te pō mai i te Mane ki te Paraire

OUTLine NZ ■ **0800 688 5463**
He taunakitanga mō ngā take hōkakatanga, mō ngā take ira tangata rānei

Safe to talk – ■ Waea ki **0800 044 334**, pātuhi atu ki **4334**, kōrero ā-ipurangi atu rānei ki tētahi ki **www.safetotalk.nz**, kia whai āwhina matatapu ai e pā ana ki ngā take tūkinotanga ā-tōkai

Healthline ■ **0800 611 116** Kia whai kupu āwhina, kia whai mōhiohio hauora tukipū anō i tētahi nēhi kua rēhitatia

Lifeline ■ Waea ki **0800 543 354**, pātuhi atu rānei i ngā kupu 'Āwhina mai' ki **4357**. He ratonga tohutohu, tautoko anō hoki

Aunty Dee ■ **www.auntydee.co.nz** He rauemi ā-ipurangi utukore mā te hunga e hia āwhina ana ki te aro pū ki tētahi, ki ētahi raru rānei. Ahakoa he aha te raru, ka āhei tō toro ki Aunty Dee hei āwhina i a koe

The Lowdown ■ Toro ki **thelowdown.co.nz**, waea atu ki **0800 111 757**, pātuhi atu rānei ki **5636**. He ratonga āwhina utuokore 24/7 (mā te pātuhi, mā te imēra, mā te kōrerorero ā-ipurangi anō hoki). "Ahakoa ngā āhuatanga o te wā ka kitea he huarahi, he tangata anō hoki hei hāpai ake i a koe"

Family Violence Helpline ■ Waea ki **0800 456 450**
Ka whakahaerehia e te kaupapa o 'It's not OK' tētahi ratonga ā-waea utukore **0800** mō ngā mōhiohio e pā ana ki ngā mahi whakarekerekē ā-whānau e tuku nei i ngā momo mōhiohio e āwhina ai te tangata i a ia anō, otirā, e tūhono ana i ngā tāngata ki ngā momo ratonga. E wātea mai ana i ngā rā e whitu o te wiki, mai i te 9 karaka i te ata ki te 11 karaka i te pō