

Sexual Harm Support		Crisis support/ACC long term counselling Free 24/7 0800 227 233 www.tautokomai.co.nz refer@tautokomai.co.nz
Mental Health Support		Free Counselling and Support 0800 1737 or text 1737 https://1737.org.nz 0800 376 633 or txt 234 https://www.youthline.co.nz
Keeping Safe Online		Support with online bullying/hate and abuse, nude requests & feeling unsafe online https://icon.org.nz
Online Safety Advice and Reporting		Support, education and advice for online challenges; including fraud, privacy breaches, or online harassment http://www.netsafe.org.nz https://takeitdown.ncmec.org
Information on Porn and Online Experiences		For questions or concerns about porn, nudes, online sexual experiences/harassment https://www.intheknow.co.nz
Heathy and Unhealthy Relationships		Free 24/7 counsellors for people in unsafe relationships. Quiz for healthy/ unhealthy relationships. 0800 456 450 https://www.areyouok.org.nz/
Expert Advice for Sexual and reproductive Wellbeing		Confidential and non-judgemental sexual health services for people of any age, gender, sexual orientation https://www.sexualwellbeing.org.nz
Sex Education for Young Wāhine		Sex education and wellbeing. Looking after yourself and supporting friends www.dearem.nz
Specialist Counselling for the Rainbow Community and Freinds		Confidential, free, all-ages support line, for the rainbow community, their friends, whānau, and those questioning 0800 688 5463 , 6pm-9pm https://outline.org.nz/
Support, Resources & Advocacy for Rainbow Youth		Free support & advice Support for queer, gender diverse and intersex youth https://ry.org.nz/ https://ry.org.nz/tauranga-pryde
Sexual Harm Support for Male Survivors		Peer support, Confidential listening, family and whānau support for male survivors 027 271 8898 Fill out an online form: https://tautokotane-bop.nz/ Online chat bar
Sexual Harm Support		Sexual Harm Helpline Free 24/7 0800 044 334 or text 4334 www.safetotalk.nz