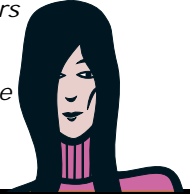


Talia
has issues with her body and eating.....

she could talk to..

- ✓ The school counsellor or nurse
- ✓ The eating disorders association
- ✓ A doctor
- ✓ Lifeline or Youthline



Heath
gets abusive and violent when he is angry.....

he could talk to or go to..

- ✓ The Domestic Violence Centre
- ✓ The Pastoral Care Person at his school or institution
- ✓ Citizens Advice Bureau
- ✓ A doctor



Sam
is drinking too much and needs some help.....

he could talk to..

- ✓ The School counsellor or nurse
- ✓ CADS
- ✓ Lifeline or Youthline
- ✓ A doctor
- ✓ Citizens Advice Bureau



Steve
has been spending too much time on the internet and not sleeping – he thinks he is addicted...

he could talk to..

- ✓ The school counsellor or nurse
- ✓ Youth Gambling Helpline
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Dan
has been taking drugs and wants to stop.....

he could talk to..

- ✓ The school counsellor or nurse
- ✓ CADS
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Andre
is addicted to gambling and has lost a lot of money.....

he could talk to..

- ✓ The school counsellor or nurse
- ✓ Youth Gambling Helpline
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Johnny
has wasted nearly all the money his parents had given him for living expenses

he could talk to..

- ✓ The Pastoral Care Person at his school or institution
- ✓ Citizens Advice Bureau – budget advice



or go to..

- ✓ www.sorted.org.nz

Brian
has been arrested

he could phone..

- ✓ The 24/7 Emergency contact number
- ✓ The student support person at his school or institution
- ✓ Citizens Advice Bureau
- ✓ A lawyer



Pete
Wants to move out of his flat but the landlord will not give him back his bond.....

he could talk to or go to..

- ✓ The Tenancy Tribunal
- ✓ The accommodation office at his school or institution
- ✓ Citizens Advice Bureau



Kate
has been sexually abused and threatened not to tell anyone.....

she could phone..

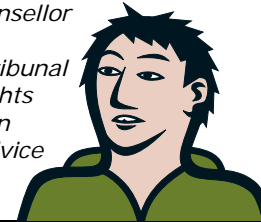
- ✓ The 24/7 Emergency contact number
- or talk to or go to..
- ✓ The Police – Sexual Abuse Help Team
 - ✓ The school counsellor or nurse
 - ✓ Rape Crisis
 - ✓ Her tutor or teacher
 - ✓ Lifeline or Youthline
 - ✓ A doctor



Kevin
wanted to rent an apartment but was told they did not rent to Asian people.....

he could talk to the..

- ✓ School counsellor or nurse
- ✓ Tenancy Tribunal
- ✓ Human Rights Commission
- ✓ Citizens Advice Bureau



Mary
was caught by MAF officers taking too many shellfish from the beach.....

she could talk to..

- ✓ The Pastoral Care person at her school or institution
- ✓ Citizens Advice Bureau
- ✓ Legal Aid
- ✓ A lawyer



GETTING HELP

A guide for
international
students



Police / Fire /
Ambulance
Emergency:
Dial 111

24/7 Emergency
Contact:

For local contacts go to:
www.familyservices.govt.nz

CONTACT NUMBERS

Local Police Station:

For non-urgent help:
More info: www.police.govt.nz

School counsellor/ nurse / health centre:

Auckland Sexual Abuse Help Team

09 6231700
Shakti Asian Women's Centre:
Crisis phone: 0800 742 584

Auckland Sexual Health: 09 3072885

CADS (Community Alcohol & Drug Service)

Helpline: 0800 787 797
www.adanz.org.nz

Citizens Advice Bureau (CAB):

0800 367 262
www.cab.org.nz/lowdown

Eating disorders: 04 478 6674

www.everybody.co.nz/support/eating
www.eatingdisorders.org.nz

Family Planning Association:

0800 654 659
www.fpanz.org.nz

Gambling Helpline: 0800 654 659

www.inyaface.co.nz

Human Rights Commission:

0800 496 877
www.hrc.co.nz

Immigration: 0508 558 855

www.immigration.govt.nz

Legal AID / Lawyers: 04 495 5910

www.lsa.govt.nz

Lifeline: 0800 111 777 or
09 522 2999 (within Auckland)

Local Doctors surgeries

Ministry of Agriculture and Forestry:

www.biosecurity.govt.nz
www.fish.govt.nz/recreation

Ministry of Health:

0800 686 223 (0800 MUM 2BE)

Pregnancy: 04 233 2022

info@parentscentre.org.nz

Rape crisis: 09 366 7213

www.rapecrisis.org.nz

Tenancy Tribunal: 0800 836 262

www.dbh.govt.nz/tenancy

Youthline: 0800 376 633

www.youthline.co.nz

Youth Law: (09) 309 6967 (free call: dial

010 and follow the instructions)

Joey

is being threatened by a gang – he is afraid to tell anyone.....

he could phone..

- ✓ *The 24/7 Emergency Contact number*

or talk to or go to..

- ✓ *The Police*
- ✓ *The school counsellor or nurse*
- ✓ *Lifeline or Youthline*
- ✓ *His tutor or teacher*



Moana

is worried that she might have a sexually transmitted infection.....

she could talk to..

- ✓ *The school counsellor or nurse*
- ✓ *A doctor*
- ✓ *Family Planning*
- ✓ *Lifeline or Youthline*



Yen Mai

Has been harassed by other students calling her racist names...

she could talk to the..

- ✓ *Pastoral Care Person at her school or institution*
- ✓ *School counsellor or nurse*
- ✓ *Human Rights Commission*
- ✓ *Citizens Advice Bureau*



Karen

is being beaten by her boyfriend.....
she could phone..

- ✓ *The 24/7 Emergency contact number*

or talk to or go to..

- ✓ *The school counsellor or nurse*
- ✓ *The Police*
- ✓ *Her tutor or teacher*
- ✓ *A doctor*
- ✓ *Lifeline or Youthline*



Duha

has arrived in NZ and is finding it hard to fit in.....

she could talk to..

- ✓ *The school counsellor or nurse*
- ✓ *The Pastoral care support person at her school or institution*
- ✓ *Her tutor or teacher*
- ✓ *The Students Association*
- ✓ *Lifeline or Youthline*
- ✓ *Citizens Advice Bureau*



Rachel

is being abused by her caregiver.....

she could phone..

- ✓ *The 24/7 Emergency contact number*

or talk to or go to..

- ✓ *The accommodation office at the institution*
- ✓ *The Police*
- ✓ *The school counsellor or nurse*
- ✓ *Her tutor or teacher*
- ✓ *Lifeline or Youthline*

Tash

Is pregnant and is thinking about having an abortion.....

she could talk to..

- ✓ *The school counsellor or nurse*
- ✓ *A doctor*
- ✓ *Family Planning*
- ✓ *Lifeline or Youthline*

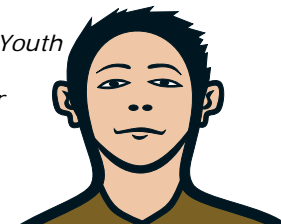


Dave

Feels confused about his sexual feelings for other guys

he could talk to..

- ✓ *The school counsellor or nurse*
- ✓ *Rainbow Youth*
- ✓ *A doctor*
- ✓ *Lifeline or Youthline*



Crystal

is being pressured into having sex with her new boyfriend.....

she could talk to..

- ✓ *The school counsellor or nurse*
- ✓ *A doctor*
- ✓ *Family Planning*
- ✓ *Lifeline or Youthline*

Catherine

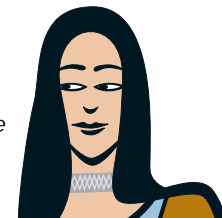
Is feeling depressed and suicidal....

she could phone..

- ✓ *The 24/7 Emergency contact number*

or talk to..

- ✓ *The crisis team at the local hospital*
- ✓ *The school counsellor or nurse*
- ✓ *A doctor*
- ✓ *Lifeline or Youthline*
- ✓ *Citizens Advice Bureau*



Michael

feels pressured because everyone expects him to do well at school.....

he could talk to..

- ✓ *The school counsellor or nurse*
- ✓ *The academic counsellor*
- ✓ *His tutor or teacher*
- ✓ *A doctor*
- ✓ *Lifeline or Youthline*
- ✓ *Citizens Advice Bureau*

