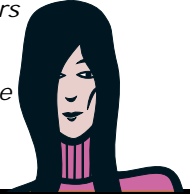


**Talia**  
has issues with her body and eating.....

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](http://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..

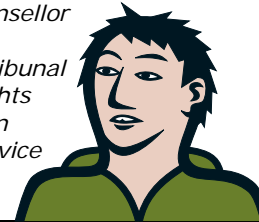
- ✓ The Police – Sexual Abuse Help Team
- ✓ The school counsellor or nurse
- ✓ Rape Crisis
- ✓ Her tutor or teacher
- ✓ Lifeline or Youthline
- ✓ A doctor



**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](http://www.familyservices.govt.nz)

## CONTACT NUMBERS

### Local Police Station:

For non-urgent help: .....  
More info: [www.police.govt.nz](http://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](http://www.adanz.org.nz)

### Citizens Advice Bureau (CAB):

0800 367 262  
[www.cab.org.nz/lowdown](http://www.cab.org.nz/lowdown)

### Eating disorders: 04 478 6674

[www.everybody.co.nz/support/eating](http://www.everybody.co.nz/support/eating)  
[www.eatingdisorders.org.nz](http://www.eatingdisorders.org.nz)

### Family Planning Association:

0800 654 659  
[www.fpanz.org.nz](http://www.fpanz.org.nz)

### Gambling Helpline: 0800 654 659

[www.inyaface.co.nz](http://www.inyaface.co.nz)

### Human Rights Commission:

0800 496 877  
[www.hrc.co.nz](http://www.hrc.co.nz)

### Immigration: 0508 558 855

[www.immigration.govt.nz](http://www.immigration.govt.nz)

### Legal AID / Lawyers: 04 495 5910

[www.lsa.govt.nz](http://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](http://www.biosecurity.govt.nz)  
[www.fish.govt.nz/recreation](http://www.fish.govt.nz/recreation)

### Ministry of Health:

0800 686 223 (0800 MUM 2BE)

### Pregnancy: 04 233 2022

[info@parentscentre.org.nz](mailto:info@parentscentre.org.nz)

**Rape crisis:** 09 366 7213

[www.rapecrisis.org.nz](http://www.rapecrisis.org.nz)

**Tenancy Tribunal:** 0800 836 262

[www.dbh.govt.nz/tenancy](http://www.dbh.govt.nz/tenancy)

**Youthline:** 0800 376 633

[www.youthline.co.nz](http://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

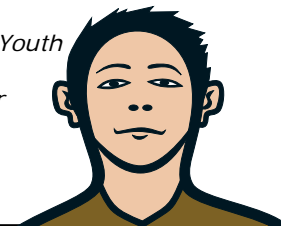


### Dave

**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

