

Family Harm

Where to get help



A guide to agencies in Horowhenua & Ōtaki focussed on keeping you and your whānau safe from family harm

USING THIS BOOKLET

This booklet has brief descriptions of agencies who work to reduce family harm in our community. Each description is a snapshot of the services that they can provide and is correct at the time of printing.

Please reach out to agencies using the contact information provided to discuss in more detail how they can help you.

KEY

Coloured dots under each listing help you see the key groups of people the organisation helps

-  People of all ages and backgrounds
-  Women/Wāhine
-  Children/Tamariki
-  Youth/Rangatahi
-  Men/Tāne
-  Older people/Kaumātua
-  Māori
-  People with disabilities

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What is Family Harm?

Family violence can take many different forms, and can mean any physical, sexual or psychological abuse.

You may be experiencing some behaviours in your relationship that just don't feel right.

You can experience family violence from anyone you have close personal relationship with. It doesn't have to be a sexual relationship and you don't have to be living together.

New Zealand law defines someone you could have a close personal relationship as:

- a partner or ex-partner
- a family member
- a support person
- someone you live with, like a flat mate.

Different types of abuse

On the next page you'll find descriptions and examples of the different types of abuse within family violence.

This can help you recognise abusive behaviours and seek help if you're concerned about safety in your relationships.

Coercion and Threats

When someone persuades you to do something or stop you from doing something by using force and/or threats.

Isolation

When someone prevents you from having other relationships with friends, family, or your community.

Emotional Abuse

When someone makes you feel scared, confused, or doubt yourself.

Economic Abuse

When the abusive person controls or attempts to control a person's financial independence.

Minimising, Denying and Blaming

When someone minimises, denies, or blames you for things, this is a form of abuse.

Sexual Abuse

Any unwanted sexual act or activity, including rape, sexual assault and harassment involving words and pictures.

Using Children as a Tool

Someone could use your children as a tool to control, attack or keep you 'in your place'.

Intimidation

When someone scares you into doing what they want by making you feel afraid of them.

Physical Abuse

When someone is violent or harms your body in any way.

About HALT

Horowhenua Abuse Liaison Team (HALT) supports people and families suffering domestic abuse or violence by connecting them with the right kind of help.

It was founded in 2006 by representatives of several agencies who saw a need to work together to get the best results for those seriously in need of one or many of their services.

HALT spearheads a coordinated approach to connecting the right organisations and agencies to the people that rely on their services as a result of abuse, violence or family harm.

While it doesn't provide any direct services, the team collaborates with all relevant organisations and agencies to offer the right service at the right time to those in need, while also monitoring their progress.





Abuse and Rape Crisis Support (ARCS) Manawatu has a range of support services for sexual violence survivors and their whānau. The abuse does not need to have been reported, and could have occurred recently or some time ago. All services are free. Appointments required.



58 Bath Street, Levin



06 356 5868



arcsmanawatu.org.nz



admin@arcsmanawatu.org.nz



**AGE
CONCERN
HOROWHENUA**

He Manaakitanga
Kaumātua Aotearoa

Age Concern supports older people, their friends and whānau with a range of services such as visits, Elder Abuse & Neglect Prevention Services, Total Mobility, Staying Safe, Disability Parking, Ageing Well etc.



526 Queen Street, Levin



06 367 2181 / 0800 652 105



ageconcernhorowhenua.co.nz



admin@ageconcernhorowhenua.co.nz





Barnardos

Barnardos helps children flourish. In Horowhenua they have social work support for children and families who may be facing multiple challenges, working with whānau to develop plans and strategies to address these challenges.



Level 1, Kent & Little Building,
29 Queen Street West, Levin



06 368 1668



barnardos.org.nz



levin@barnardos.org.nz

0800 WHAT'S UP

(0800 942 8787)

0800 What's Up is a free and confidential phone and online chat service that gives children and young people a place to talk



NEW ZEALAND



birthright

nurtured ~ resilient ~ inspired
children & families

Birthright supports whānau led by one person. They can give social work support, access to counselling, workshops to support single caregivers raising children, referrals to agencies for problems such as grief, child abuse and behaviour problems and some financial assistance with school requirements



152 Bath Street, Levin



0800 457 146



birthright.org.nz





Provides free, confidential, independent information and advice to anyone online or in person. They help people know what their rights are and how to access services they need in our community or around the country.



Levin Uniting Church, 87 Oxford Street, Levin



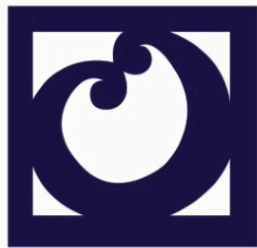
06 368 9521 or 0800 367 222



cab.org.nz



levin@cab.org.nz



COMMUNITY LAW HOROWHENUA

Te Whare Ture Hapori o Horowhenua

A free and confidential service that aims to provide individuals with the information, advice, assistance and support they need to make decisions on legal related issues.



8 Bath Street, Levin



06 368 3554



communitylaw.org.nz



horowhenuaclc@mancomlaw.org.nz





Provides support services to grandparents who are raising their grandchildren on a full-time basis. Their vision is for a community where grandparents raising grandchildren are empowered to provide a safe, secure and nurturing home for their grandchildren.



022 013 3928



grg.org.nz



foxtton@grg.org.nz



Hinemoa House partners with local people to build healthy families and a strong community, hosting after school programmes, fitness and boxing classes, crafts and more.

There is a community washing machine, lawnmowers available for hire, a community garden, community fridge, op shop, toy library and linen and bedding bank.



35-39 Hinemoa Street, Levin



06 368 6030



hinemoahouse.weebly.com



hinemoaact@live.com





developing
people's
potential

Te Whare Rapuara o Horowhenua



HLC/Life to the Max (LTTM) gives youth social service, education and/or employment help. They can help with Youth Payments, Youth Parent Payments, transitions into adulthood, mentor support and work with rangatahi at local colleges and have an attendance service.



102 Liverpool Street, Levin



06 368 1095 / 0800 368 1095



lifetothemax.org.nz



reception@lstm.org.nz



Horowhenua Family Violence Intervention Services (HFVIS) works to reduce family harm in Horowhenua. It runs educational and preventative programmes for men and women.

Open Monday - Thursday 9am - 5pm.



Level 2, Levin Mall



191 Oxford Street, Levin



06 367 0355 / 021 159 8400

manager@hfvis.nz





KYS is a Youth One Stop Shop (YOSS), providing free health, mental health and social support services to rangatahi aged 10-24 years living in Kāpiti.



14 Matene Street, Ōtaki



06 364 7305 or 027 248 2744



kys.org.nz



kys@kys.org.nz



Levin Budget Services

Support With Your Financial Goals

Helps you manage your money with budget planning and debt management. They also help with negotiating with creditors and making a long-term financial strategy.



32a Bristol Street, Levin



0800 3686924



levinbudgetservice.org.nz



info@levinbudgetservice.org.nz





Manaaki Tāngata

Victim Support

Manaaki Tāngata | Victim Support provides a free, nationwide support service for people affected by crime, traumatic events, and suicide in New Zealand. They help people to find safety, healing, and justice after crime and other traumatic events.



0800 842 846



victimsupport.org.nz



horowhenua@victimsupport.org.nz



Mana o te Tangata Trust

Mana o te Tangata Trust is a free, kaupapa Māori mental health and addiction peer support service for youth, adults and whānau. All ages, ethnicities and cultures are welcome.



601 Featherston Street, Palmerston North



06 358 5444



admin@manaotetangata.org.nz





MASH provides a wide range of support services for people with mental health conditions, disabilities, alcohol and addiction struggles, and youth support.



5 Prouse Street, Levin



06 366 0105



mashtrust.org.nz



enquire@mashtrust.org.nz



MUAUPOKO TRIBAL AUTHORITY INC.

“Whakahono kia tu kaha Muaupoko”



Muaūpoko Tribal Authority (MTA) empowers whānau to define their own hauora and whānau ora through advocacy, coaching and support. MTA practices encourage families to start from positions of strength, drawing from Kaupapa Māori principles to promote healthy living, active engagement, and a strong connection to ancestral heritage, Māori worldview, and the wider community.



306 Oxford Street, Levin



06 367 3311



muaupoko.iwi.nz



admin@muaupoko.iwi.nz





Neighbourhood Support is a nationwide community-led movement that brings people and neighbourhoods together to create safe, resilient, and connected communities



06 366 0574 / 021 222 1006



neighbourhoodsupport.co.nz



info@horowhenuansg.org.nz



**Manawatu
PARS**

Te Kaiawhina Mauhere Me O Rātou Whānau



Manawatu PARS (Prisoners Aid and Rehabilitation Services) helps ex-offenders who need help with day-to-day activities such as setting up bank accounts, getting WINZ benefits, health appointments, job and volunteering opportunities etc.



0800 727 700



manawatupars.org.nz



office@manawatupars.org.nz





whānau āwhina plunket

Plunket offers free health and development checks, a 24/7 parenting helpline, and a range of local services, including a play group and clothing swap shop.



74a Cambridge Street, Levin



0800 184 803



central.admin@plunket.org.nz



plunket.org.nz



Raukawa Whānau Ora Ltd

Te Rau Hou O Raukawa. He iti nā Motai Tangata Rau

Using a kaupapa Māori approach, Raukawa helps to improve the wellbeing of whānau as a group, addressing the individual needs within the context of whānau or families and their culture.



152 Bath Street, Levin



06 368 8678



rwo.iwi.nz



admin@rwo.nz





NEW ZEALAND **RED CROSS**

RĪPEKA WHERO AOTEAROA

Red Cross services include refugee resettlement, education, community services, tracing overseas family members, and fundraising, they deliver Meals on Wheels and run an Op Shop.



524 Queen Street, Levin



06 920 2060



redcross.org.nz



SafeMan SafeFamily works to help men break the cycle of violence through a process of recovery which is life-changing, life-long and transferable to help whānau heal.



0800 SAFEHELP (7433 4357)



safemansafefamily.org.nz



info@safemansafefamily.org.nz





Helps our community with assistance with food, clothing and furniture. As well as budgeting, advocacy and life skills coaching.



11 Durham Street, Levin



06 368 8177



salvationarmy.org.nz



levin.corps@salvationarmy.org.nz



Experienced and older local people teaching other people essential life skills. Skills4Living hold inclusive programs for all people of all backgrounds, including parenting programmes and support, and can help you with budgeting, CV writing, household management, gardening, cooking, crafts, sewing and more.



8 Bath Street, Levin



06 367 0680



skills4living.co.nz



info@skills4living.co.nz





Supports families to provide the best quality of life and recovery to their loved ones who have mental illness/addiction. Their central focus is family, providing support, advocacy, education and services for all people affected by mental illness and addiction. They run two depression and two anxiety courses each year.



58 Bath Street, Levin



06 368 6116 / 027 3558562



julieg@mananwatusf.org.nz



TE PUNA ORANGA O ŌTAKI

Te Puna Oranga o Ōtāki provide services across a wide range of community needs including a GP practice, Vaccination clinics, Maternity services, Te Hunga Rangatahi Youth program, Manaaki Ao Youth Mentors, Attendance advisor & Wellbeing initiatives. They are also a Well Child Service Provider for the Ōtāki region.



0800 685 364 (0800 OTK 364)



facebook.com/tepunaorangaootaki



katene@tpoo.nz





THINK Hauora provides the Te Ara Rau Access & Choice service (including mental health and addiction services, Perinatal Wellbeing, RIMA (Refugee, Internally displaced, Migrant & Asylum Seeker) and Tūturu: True to Your Authentic Self (Gender Affirming).



20 Power Street, Levin



06 367 6433



thinkhauora.nz/Access-and-Choice



Whaioro Trust

Whaioro is a holistic and culturally grounded approach to improving Māori mental health and addressing addictions. Free services include wellbeing and vocational services for people experiencing mental health issues, rangatahi affected by alcohol and other drugs, health coaching, alternative education programmes, dedicated social workers, and Bars practitioners who provide culturally appropriate interventions for addiction.



83 Oxford Street, Levin



06 354 0670



admin@whaioro.org.nz



whaioro.org.nz





Provides education and information to women, children and their whanau who experience family violence and can provide access to a safe house if needed.

0800 REFUGE (733 843) or Crisis Line **06 356 5585**



58 Bath Street, Levin



06 368 3640



admin@pnwomensrefuge.org.nz



pnwomensrefuge.org.nz



YOSS provides young people aged 12 - 24 free check-ups at their health service which runs Monday-Wednesday. They have a counsellor, health improvement practitioner and a clinical psychologist who is on site one day a week.



102 Liverpool Street, Levin



06 368 0863



levin@yoss.org.nz



yoss.org.nz



Online Resources



New Zealand
Family Violence
Clearinghouse

nzfvc.org.nz



Te Puna Aonui
Responding, healing, strengthening

tepunaaonui.govt.nz



whiteribbon.org.nz



Tautoko Tāne
Male Survivors Aotearoa

tautokotane.nz



areyouok.org.nz



Bright Sky App

available on the App Store and Google Play

Government Agencies



Te Kāwanatanga o Aotearoa
New Zealand Government



ARA POUTAMA AOTEAROA
DEPARTMENT OF CORRECTIONS



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA



ORANGA TAMARIKI
Ministry for Children

Health New Zealand
Te Whatu Ora



MINISTRY OF EDUCATION
TE TĀHUHU O TE MĀTAURANGA



New Zealand
POLICE
Ngā Pirihimana o Aotearoa



Kāinga Ora
Homes and Communities



**He Kaupare. He Manaaki.
He Whakaora.**
prevention. care. recovery.

CALL 111 FOR EMERGENCIES

Women's Refuge

0800 REFUGE (733843)

0508 326 459

Oranga Tamariki
Ministry for Children

Please get in touch if you think any
tamariki are suffering from ill-
treatment, abuse or neglect

24/7 Mental Health Crisis Support

0800 653 357

Manaaki Tāngata
Victim Support

0800 842 846

Department of Corrections
Ara Poutama Aotearoa

0800 11 66 33

Te Tari Kaumātua
Office for Seniors

0800 326 6865

Lifeline Helpline

0800 543 354
or text **4357**

Suicide Crisis Helpline

0508 828 865

Youthline

0800 376 633
or text **234**



HALT.ORG.NZ
06 366 0540
ADMIN@HALT.ORG.NZ

NEED TO TALK?

1737