

Have you had a sexual experience you didn't want or are unsure about?

You can talk to us for free help and support



helpauckland.org.nz

HELP

Preventing sexual abuse.
Supporting survivors.

We're here to help

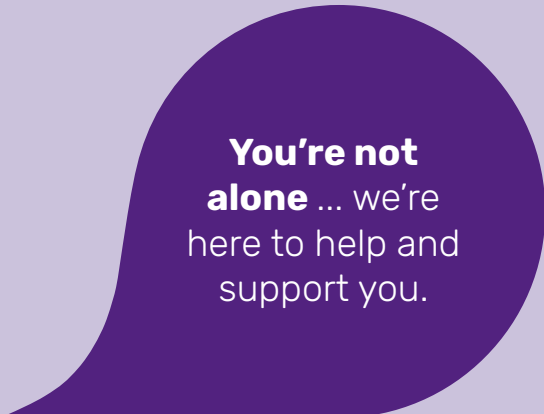
If you've been through a sexual experience that you didn't want or wasn't okay for you (either recently or a long time ago), we can help you make sense of it and figure out what you want to do next.

Sadly, sexual assault happens to lots of young people. It's never your fault, no matter what the circumstances were. It doesn't matter if you were drinking, using drugs or couldn't say 'no'.

You don't have to cope with your experiences on your own. We're here to talk, and to help, when you're ready. There's no pressure - you only need to tell us what you want to, when you want to.

At any time, you can contact a HELP Counsellor to talk about your needs for support on **0800 623 1700**, our 24/7 HELPLine.

No matter what has happened, we're not here to judge or blame. **We're here to help.**



**You're not
alone** ... we're
here to help and
support you.

Immediate support

24/7 HELPLine

Our Crisis Team is available anytime, day or night, to give you support and information, and help to get you safe. We can also advocate for your rights, or refer you to counselling/therapy or other relevant services. Whatever you need, we're here to HELP – so don't hesitate to call us!

24/7 support through police and medical processes

We will support you to get the care and assistance you need. We can let you know what police and medical processes involve so you can make the best decisions for you. If the police are involved, we can support you before, during and after your interview with them. We can also support you during any medical care, including forensic medical examinations and medical appointments.

Face-to-face help and support

Our staff can assist with face-to-face counselling sessions to provide immediate support to you and your family or whānau. Talking about what you're going through can help to reduce the long-term effects.

Supporting you and your family

You might find that your parents or caregivers don't understand. If you want us to, we also can help them with information to help them support you, and for anything they're going through too.

Your privacy matters

We take your privacy very seriously. See our privacy brochure for further information, or visit www.helpauckland.org.nz/privacy-and-confidentiality

Ongoing support

Counselling sessions

HELP offers ongoing therapy and counselling services to help you, and your family or whānau, to recover and heal from your experience and start to reclaim your life. If you already have a counsellor or therapist, we can work with them to ensure your needs are met.

Help at school

We can help you to get any support you need from your school. Sometimes we can arrange for you to see a HELP therapist at school during school time.

Help in court

Our Court Support Advocates are also available to help and support you before, during and after a trial, if you decide to go through with a court case. Please remember to let us know if this is something you're thinking about.

Other support services

If you want to find some way to resolve what has been done to you, we can help with that. This might mean making a report to the police or having a conversation with the person who hurt you, with someone by your side to support you. We can also refer you to other services that are best able to meet your needs if there is other difficult stuff going on as well.

Note: We offer on-going support for young people who identify as female. If you don't identify as female, we can offer immediate support and then refer you to Male Survivors Aotearoa for continued support services. See www.malesurvivor.nz

Some common feelings you might be noticing

- Feeling down and/or angry
- Not wanting to hang out with your friends or family
- Hurting yourself or thinking about dying
- Feeling upset or scared when a person who has hurt you is around
- Not knowing who to trust
- Feeling alone
- Zoning out
- Being jumpy
- Having flashbacks
- Difficulty sleeping or nightmares
- Feeling guilt or shame

If you have any physical pain or other symptoms, we can help you with finding a doctor who is experienced in assisting people who have been assaulted. If it is an emergency, please call 111.

Some helpful resources

If you're not quite ready to talk to us, you might find these options helpful to check out:

- Dear Em is a website that shares real talk from real girls to get through the good times and the bad, together. See their website **dearem.nz** or search **dearem.nz** on Instagram.
- **betterblokes.org.nz** offers free peer-to-peer support for male sexual abuse survivors.
- **youthline.co.nz** offers free help and counselling for young people on **0800 87 66 33**, or by text, chat, face-to-face or email.

"I didn't talk about the abuse for so long but when I finally did, **I felt liberated**. Not talking about it was just protecting him, it wasn't helping me."

BECCA*, SURVIVOR

"Remember, you are not what happened to you, you are more than a victim, **things will get better.**"

LAURA, SURVIVOR

HELP is here if you need us

24/7 HELP



0800 623 1700



Text 8236



gethelp@helpauckland.org.nz



helpauckland.org.nz



dearem.nz

Connect with us



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* Name changed to protect identity