



# PASIFIKA SUPPORT

**Free Phone:** 0800 623 1700  
and ask to speak with the 'Pacific Team'

**Email:**  
[poutu@helpauckland.org.nz](mailto:poutu@helpauckland.org.nz)

**Business Hours:**  
Monday to Friday 9am to 5pm.

**Cost:** FREE



# POUTU *Pasifika*

*Support Service for PACIFIC by PACIFIC,  
for Sexual Abuse Survivors and their families.*

# Who are we?

We are a team of Pacific Professionals at HELP consisting of Counsellors, Social Workers, Psychologists, Court Support Advocates and Youth Therapists who offer FREE services for Pacific clients who have been impacted by sexual violence.

We work with Pacific clients and their families in sexual violence spaces. We offer:

- Meeting you and your family to discuss your needs.
- Support with meeting your needs.
- Support with Police Procedures and medical processes.
- Support with court proceedings.
- Assistance with work and income, food, clothing and housing.

# POUTU

*Pasifika*

Our focus is to reduce the negative impacts of sexual violence among Pacific communities.

We work with Pacific clients and their families to navigate the dynamics and impacts of sexual violence and create healthy, thriving, safe Pacific families.

## Navigating the sea of the unspoken trauma of *Sexual Violence*



If you or someone you love has been impacted by sexual abuse, we want you to know that you can reach out to us anytime you need. We are here for you when you are ready.

Common feelings that can occur after the experience of sexual assault and/or sexual abuse:

- Shame
- Embarrassed
- Guilty
- Blame yourself

You may feel numb and unable to cry or overwhelmed and tearful.