



POUTU PASIFIKA

Contact the team

24/7 Crisis line **0800 623 1700**
request to speak to the 'Pacific Team'

Email: poutu@helpauckland.org.nz

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

Cost: FREE

We walk alongside our clients and their families providing personalised support at your pace.

Our team understand the difficulty of coming forward and asking for help with something as taboo as sexual violence.



POUTU PASIFIKA

Youth Services

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

NON-JUDGEMENTAL SUPPORT



Our services include:

- Support through Police & Medical processes
- Family therapy
- Court Support
- Social Work Support
- Face to Face counselling support sessions

HELP
Preventing sexual abuse.
Supporting survivors.

WALKING *alongside* OUR PACIFIC YOUTH

We understand that talking about sexual violence can be difficult in our Pacific communities. We also understand the challenges that come with being a young person & trying to navigate a taboo experience. We acknowledge this & thank you for your bravery in reaching out. If you or someone you love has been impacted by sexual violence, we want you to know that you can reach out to us when you're ready.



**COURAGE
SAFE SPACE
RESILIENCE
BELIEVED**

Who are we ?

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

We work with Pacific clients and their families to navigate this space through a Pacific lens.

Our highly trained, professional staff will safeguard a survivor's emotional health and advocate on their behalf, when they can't.

Our core values are what guide our service:

LE VA
(Sacred relational space)

FA'AALOALO
(Respect)

TAUTUA
(Service)

ALOFA
(Love)

Common feelings

That can occur after the experience of a sexual assault:

- Numb
- Embarrassed
- Unable to cry
- Guilty
- Overwhelmed
- Self-Blame
- Tearful
- Scared
- Shame
- Suicidal
- Nightmares
- Unable to eat



Seeking support can feel scary or overwhelming. Our Pacific Team at HELP are a service that helps Pacific youth in navigating what has happened to them in a safe and culturally appropriate manner.

We can meet with you in your space, and on your terms. This could be at school, home or our Auckland office.

In this space, we will discuss your needs and how we can help.