

# CENTRAL HAWKE'S BAY PHONE LIST

**POLICE.**(Free Calling).....111

Waipukurau.....858-9140

## **VICTIM SUPPORT**

(24 hours).....0800 842-846

## **FAMILY/DISTRICT COURT.....**

.....0800 COURTS

Court Victim Advisor, (06) 974 7355

Victim Info Line.....0800 650-654

## **WOMEN'S REFUGE**

Te Whare Oranga Wairua

.....(06) 878 2042

Hastings Refuge... (06) 878-9519

Crisisline.....0800 REFUGE

## **CHILD YOUTH AND FAMILY**

Waipukurau.....904-5140

National.....**0508 326 459**

CHB Health Centre.....858 9090

Emergency Mental Health Service

.....0800 112-334

HBDHB AOD Addiction Services

.....858 9090 Ext 5503

Age Concern.....858 9158

Budget Services.....858 8196

Central Health.....(06) 858 9559

Central Connect.....858 9891

Choices.....858 9859

DOVE Hawkes Bay.....(06) 843 5307

Epic Ministries (Youth)....858 7467

Pleroma Social Services...856 8124

Whānau Aroha Centre....858 6211

Lifeline.....0800 543-354

Plunketline.....0800 933-922



## **CENTRAL HAWKE'S BAY SUPPORT CARD**

***It is OK  
to  
ask for help***

## CENTRAL HAWKE'S BAY SUPPORT CARD

Family violence is often a cycle which gets worse in time if nothing is done to stop it. You can take steps to be safe.

Develop a safety plan for an emergency

*This may include organising:*

- A safe place to go
- Transport to get there
- A protection order

*Putting these in a safe place:*

- Spare house/car keys
- Money
- Important identifying papers/passport
- Phone no's/addresses of friends/relatives
- Doctors/lawyers phone no's

## IF YOU ARE IN IMMEDIATE DANGER DIAL POLICE ON 111

- Tell them you are in danger
- Ask for urgent help
- Give your address clearly

If you can collect your keys, driver's licence, birth certificate, bank card/money/chequebook, passport, friends phone no's, other important papers, address book.

Take any children with you

**ACC may cover medical attention as a result of family violence. A claim is generated following your initial visit to your doctor**

## VIOLENCE HAPPENS IN MANY WAYS...

**PHYSICAL** – slaps, punches

**EMOTIONAL** – making you think you are crazy

**VERBAL** – put downs, harassment

**THREATS** – to your safety and the safety of others

**ISOLATION** – keeping you away from family, friends and support

**SEXUAL** – molestation, rape, coercion

**FINANCIAL** – keeping you financially dependent

**INTIMIDATION** – living in fear

**YOU AND YOUR CHILDREN  
HAVE THE RIGHT TO  
SAFETY AND RESPECT**