

**123 Sexual Health Clinic**  
0800 286 828  
[www.northlanddhd.org.nz](http://www.northlanddhd.org.nz)



**Victim Support**  
0800 842846 (0800 VICTIM)  
[www.victimsupport.org.nz](http://www.victimsupport.org.nz)



**Family Planning**  
(09) 438 1986  
[www.familyplanning.org.nz](http://www.familyplanning.org.nz)



**Ministry of Justice**  
Victims of Crime information line:  
0800 650 654  
[www.victiminfo.govt.nz](http://www.victiminfo.govt.nz)

**ACC Sensitive Claims**  
0800 735 566  
[www.acc.co.nz](http://www.acc.co.nz)

**Te Puna o Te Aroha Maori Women's Refuge**  
24hr freephone: 0800 REFUGE  
or 0800 733843  
[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)  
(National Website)

**Whare Timatatanga Hou Ora**  
– *Kaitia Women's Refuge*  
Crisis Line: (09) 408 2946



**Tryphina Women's Refuge**  
24 hr, 7 day crisis & info line:  
(09) 437 6576, or, Free phone:  
0800 REFUGE (0800 733 843)  
[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz) or  
[tryphinas@tryphina.org.nz](mailto:tryphinas@tryphina.org.nz)

**S.O.S Kaipara (Rape Crisis servicing the Kaipara District)**  
(09) 439 6070  
158A Victoria Street, Dargaville  
[sos@maxnet.co.nz](mailto:sos@maxnet.co.nz)

**Whangarei Rape Crisis**  
(09) 438 6221  
114A Robert Street, PO Box 913  
Whangarei  
[whgrcrisis@xtra.co.nz](mailto:whgrcrisis@xtra.co.nz)



**Mid North Women's Aid & Refuge**  
0800 733843 or (09) 401 1030

## POLICE

If you are in  
immediate danger  
**Phone: 111**



Police local numbers for other  
enquiries and non-emergency  
calls during business hours:

Whangarei (09) 430 4500  
Dargaville (09) 439 3400  
Kerikeri (09) 407 9211  
Kaikohe (09) 405 2960  
Kaitia (09) 408 6500

NORTHLAND DISTRICT HEALTH BOARD  
*Te Puna Hama A Rohe O Te Tai Tokerau*



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**Northland's  
Sexual Assault  
Services**

Ages • Communities  
Cultures • People

**Emergency  
Contact Card**

In an Emergency  
**Phone: 111**

## We Can Help You

- If you have been sexually assaulted or abused
- If someone whom you know has been sexually assaulted or abused
- If you have any questions about sexual assault or abuse

We offer a free, confidential and non judgemental service to victims of sexual assault or abuse.

We have medical practitioners who are specially trained and qualified to carry out examinations in cases of sexual assault.

If you have been sexually assaulted or abused you have the right to decide what you want to do and whether to report to the Police or not.

Northlands Sexual Assault Services is part of a broad network that can arrange referrals to other agencies.

### Advice on:

- Psychological Trauma
- Sexually Transmitted Infections
- Pregnancy
- Contraception
- Legal Issues

## Ka Taea e Maatou te Awhi i a Koe

- Mehemea i kua paangia e te tuukino
- Mehemea i kei te moohio koe te tangata kua tuukinotia
- Mehemea i he paatai aau e paa ana ki teenei kano tuukino

Nau mai haere mai ki teenei whare manaaki hei whare whakaruruhau moou: Kore he utu.

He Kaupapa nui teenei noo reira kei a maatou ngaa rata me naahi me kete maatauranga kia kite ai ngaa tohu o te tuukino kau paangia.

Northlands Sexual Assault Services kei eetei atu takiwaa hoki eenei whare whakaruruhau moou.

**Kei a maatou he kete maatauranga e paa ana ki eenei ratonga o te mate hinengaro:**

- Te taumhatanga
- Mate paipai Sexually Transmitted Infections
- Hapuutanga
- He Rongoa kia kore ai e hapu
- Ngaa mea ture