

<p><b>Sexual Harm Support</b></p>		<p>Crisis support/ACC long term counselling Free 24/7 0800 227 233 <a href="http://www.tautokomai.co.nz">www.tautokomai.co.nz</a> <a href="mailto:refer@tautokomai.co.nz">refer@tautokomai.co.nz</a></p>
<p><b>Mental Health Support</b></p>		<p>Free Counselling and Support 0800 1737 or text 1737 <a href="https://1737.org.nz">https://1737.org.nz</a> 0800 376 633 or txt 234 <a href="https://www.youthline.co.nz">https://www.youthline.co.nz</a></p>
<p><b>Keeping Safe Online</b></p>		<p>Support with online bullying/hate and abuse, nude requests &amp; feeling unsafe online <a href="https://icon.org.nz">https://icon.org.nz</a></p>
<p><b>Online Safety Advice and Reporting</b></p>		<p>Support, education and advice for online challenges; including fraud, privacy breaches, or online harassment <a href="http://www.netsafe.org.nz">http://www.netsafe.org.nz</a> <a href="https://takeitdown.ncmec.org">https://takeitdown.ncmec.org</a></p>
<p><b>Information on Porn and Online Experiences</b></p>		<p>For questions or concerns about porn, nudes, online sexual experiences/harassment <a href="https://www.intheknow.co.nz">https://www.intheknow.co.nz</a></p>
<p><b>Heathy and Unhealthy Relationships</b></p>		<p>Free 24/7 counsellors for people in unsafe relationships. Quiz for healthy/ unhealthy relationships. 0800 456 450 <a href="https://www.areyouok.org/">https://www.areyouok.org/</a></p>
<p><b>Expert Advice for Sexual and reproductive Wellbeing</b></p>		<p>Confidential and non-judgemental sexual health services for people of any age, gender, sexual orientation <a href="https://www.sexualwellbeing.org.nz">https://www.sexualwellbeing.org.nz</a></p>
<p><b>Sex Education for Young Wāhine</b></p>		<p>Sex education and wellbeing. Looking after yourself and supporting friends <a href="http://www.dearem.nz">www.dearem.nz</a></p>
<p><b>Specialist Counselling for the Rainbow Community and Freinds</b></p>		<p>Confidential, free, all-ages support line, for the rainbow community, their friends, whānau, and those questioning 0800 688 5463, 6pm-9pm <a href="https://outline.org.nz/">https://outline.org.nz/</a></p>
<p><b>Support, Resources &amp; Advocacy for Rainbow Youth</b></p>		<p>Free support &amp; advice Support for queer, gender diverse and intersex youth <a href="https://ry.org.nz/">https://ry.org.nz/</a> <a href="https://ry.org.nz/tauranga-pryde">https://ry.org.nz/tauranga-pryde</a></p>
<p><b>Sexual Harm Support for Male Survivors</b></p>		<p>Peer support, Confidential listening, family and whānau support for male survivors 027 271 8898 Fill out an online form: <a href="https://tautokotane-bop.nz/">https://tautokotane-bop.nz/</a> Online chat bar</p>
<p><b>Sexual Harm Support</b></p>		<p>Sexual Harm Helpline Free 24/7 0800 044 334 or text 4334 <a href="http://www.safetotalk.nz">www.safetotalk.nz</a></p>