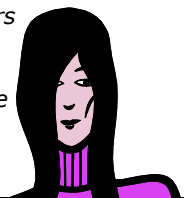


Talia
has issues with her body and eating.....

she could talk to..

- ✓ The school counsellor or nurse
- ✓ The eating disorders association
- ✓ A doctor
- ✓ Lifeline or Youthline



Heath
gets abusive and violent when he is angry.....

he could talk to or go to..

- ✓ The Domestic Violence Centre
- ✓ The Pastoral Care Person at his school or institution
- ✓ Citizens Advice Bureau
- ✓ A doctor



Sam
is drinking too much and needs some help.....

he could talk to..

- ✓ The School counsellor or nurse
- ✓ CADS
- ✓ Lifeline or Youthline
- ✓ A doctor
- ✓ Citizens Advice Bureau



Steve
has been spending too much time on the internet and not sleeping – he thinks he is addicted...

he could talk to..

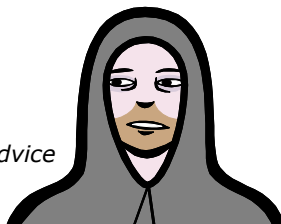
- ✓ The school counsellor or nurse
- ✓ Youth Gambling Helpline
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Dan
has been taking drugs and wants to stop.....

he could talk to..

- ✓ The school counsellor or nurse
- ✓ CADS
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Andre
is addicted to gambling and has lost a lot of money.....

he could talk to..

- ✓ The school counsellor or nurse
- ✓ Youth Gambling Helpline
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Johnny
has wasted nearly all the money his parents had given him for living expenses

he could talk to..

- ✓ The Pastoral Care Person at his school or institution
- ✓ Citizens Advice Bureau – budget advice



or go to..

- ✓ www.sorted.org.nz

Brian
has been arrested

he could phone..

- ✓ The 24/7 Emergency contact number
- ✓ The student support person at his school or institution
- ✓ Citizens Advice Bureau
- ✓ A lawyer



Kate
has been sexually abused and threatened not to tell anyone.....

she could phone..

- ✓ The 24/7 Emergency contact number
- or talk to or go to..
- ✓ The Police – Sexual Abuse Help Team
 - ✓ The school counsellor or nurse
 - ✓ Rape Crisis
 - ✓ Her tutor or teacher
 - ✓ Lifeline or Youthline
 - ✓ A doctor



Mary
was caught by MAF officers taking too many shellfish from the beach.....

she could talk to..

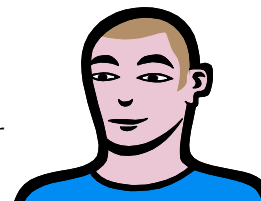
- ✓ The Pastoral Care person at her school or institution
- ✓ Citizens Advice Bureau
- ✓ Legal Aid
- ✓ A lawyer



Joey
is being threatened by a gang – he is afraid to tell anyone.....

he could phone..

- ✓ The 24/7 Emergency Contact number
- or talk to or go to..
- ✓ The Police
 - ✓ The school counsellor or nurse
 - ✓ Lifeline or Youthline
 - ✓ His tutor or teacher



GETTING HELP

A guide for
International
Students



Rangitoto
College

Police / Fire /
Ambulance Emergency

Dial 111

24/7 Rangitoto College
Emergency Contact
Ph: 0800 563 263

For local contacts go to:
www.familyservices.govt.nz



CONTACT NUMBERS

International Office Rangitoto College:
0800563263 (Emergency line, free of charge)

Local Police Station:

For non-urgent help: 4886200 (Takapuna)
More info: www.police.govt.nz

Health Centre / Nurse:

4770150 extrn.680

Auckland Sexual Abuse Help Team

09 6231700

Shakti Asian Women's Centre:

Crisis phone: 0800 742 584

Auckland Sexual Health: 0800 739 432

CADS (Community Alcohol & Drug Service)

Helpline: 0800 787 797
www.adanz.org.nz

Citizens Advice Bureau (CAB):

0800 367 222
www.cab.org.nz/lowdown

Eating disorders: 09 52222679

<http://www.ed.org.nz/>

Family Planning Association:

09 486 1014 (Takapuna)
<http://www.familyplanning.org.nz/>

Gambling Helpline: 0800 654 655

<http://www.gamblinghelpline.co.nz/>

Human Rights Commission:

0800 496 877
www.hrc.co.nz

Immigration: 0508 558 855

www.immigration.govt.nz

Legal AID / Lawyers: 09 302 1961

<http://www.pds.govt.nz/legal-aid/>

Lifeline: 0800 543 754 or
09 909 8750 (within Auckland)

Ministry of Agriculture and Forestry:

www.biosecurity.govt.nz
www.fish.govt.nz/recreation

Ministry of Health:

0800 686 223 (0800 MUM 2BE)

Pregnancy: 0800 773462

info@parentscentre.org.nz

Rape crisis 0800 88 33 00

www.rapecrisis.org.nz

Youthline: 0800 376 633

www.youthline.co.nz

Youth Law: (09) 309 6967 (free call: dial
010 and follow the instructions)

Moana

is worried that she might have a sexually transmitted infection.....

she could talk to..

- ✓ The school counsellor or nurse
- ✓ A doctor
- ✓ Family Planning
- ✓ Lifeline or Youthline



Yen Mai

Has been harassed by other students calling her racist names...

she could talk to the..

- ✓ Pastoral Care Person at her school or institution
- ✓ School counsellor or nurse
- ✓ Human Rights Commission
- ✓ Citizens Advice Bureau



Karen

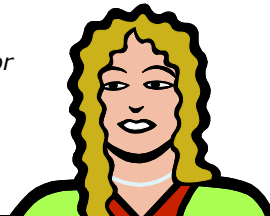
is being beaten by her boyfriend.....

she could phone..

- ✓ The 24/7 Emergency contact number

or talk to or go to..

- ✓ The school counsellor or nurse
- ✓ The Police
- ✓ Her tutor or teacher
- ✓ A doctor
- ✓ Lifeline or Youthline



Duha

has arrived in NZ and is finding it hard to fit in.....

she could talk to..

- ✓ The school counsellor or nurse
- ✓ The Pastoral care support person at her school or institution
- ✓ Her tutor or teacher
- ✓ The Students Association
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Rachel

is being abused by her caregiver.....

she could phone..

- ✓ The 24/7 Emergency contact number

or talk to or go to..

- ✓ The accommodation office at the institution
- ✓ The Police
- ✓ The school counsellor or nurse
- ✓ Her tutor or teacher
- ✓ Lifeline or Youthline

Tash

Is pregnant and is thinking about having an abortion.....

she could talk to..

- ✓ The school counsellor or nurse
- ✓ A doctor
- ✓ Family Planning
- ✓ Lifeline or Youthline

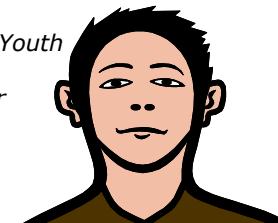


Dave

Feels confused about his sexual feelings for other guys

he could talk to..

- ✓ The school counsellor or nurse
- ✓ Rainbow Youth
- ✓ A doctor
- ✓ Lifeline or Youthline



Crystal

is being pressured into having sex with her new boyfriend.....

she could talk to..

- ✓ The school counsellor or nurse
- ✓ A doctor
- ✓ Family Planning
- ✓ Lifeline or Youthline

Catherine

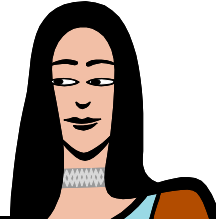
Is feeling depressed and suicidal....

she could phone..

- ✓ The 24/7 Emergency contact number

or talk to..

- ✓ The crisis team at the local hospital
- ✓ The school counsellor or nurse
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau



Michael

feels pressured because everyone expects him to do well at school.....

he could talk to..

- ✓ The school counsellor or nurse
- ✓ The academic counsellor
- ✓ His tutor or teacher
- ✓ A doctor
- ✓ Lifeline or Youthline
- ✓ Citizens Advice Bureau

