



20 April 2018

Manager
Northland District Health Board
Private Bag 9742
Whangarei Mail Centre
Whangarei 0148

Kia ora,

Launch of Safe to talk, He pai ki te korero sexual harm helpline

I am pleased to let you know that a new 24/7 sexual harm information and support helpline – called *Safe to talk* – is available across New Zealand from 16 April 2018.

Safe to talk provides free, confidential information and support to people affected by sexual harm. People who contact the helpline can remain anonymous and say as much or as little as they would like.

The helpline can be accessed free, 24 hours a day, 7 days a week by phone, text, website, online chat and email on:

- Freephone: 0800 044 334
- Text: 4334
- Website/online chat: www.safetotalk.nz
- Email: support@safetotalk.nz.

Safe to talk is staffed by specialists trained in sexual harm support. People will be able to access information, crisis counselling and support, and/or be given advice about their local service providers.

Homecare Medical has been contracted by the Ministry of Social Development to run *Safe to talk*. They run the National Telehealth Service which provides other helplines such as *Healthline*, *Quitline*, *Depression*, and other specialist services.

Safe to talk has been set up as part of the Government's commitment to better support people affected by sexual harm in any way and prevent sexual harm by ensuring more people get the help they need at the right time.

Please help to spread the word about *Safe to talk*.

For more information, go to www.safetotalk.nz or email the team at info@safetotalk.nz.

Nāku noa, nā

Mark Henderson
Safe, Strong Families and Communities
Ministry of Social Development *Te Manatu Whakahiato Ora*

