

# Domestic Abuse Helpline

0508 744 633

Or chat online at [www.2shine.org.nz](http://www.2shine.org.nz)



**Shine's Helpline Team** are trained to provide support with whatever you need relating to domestic abuse or family violence – emotional support, information about relevant laws and processes, and referrals to people or services who may be able to help meet your particular needs.

We can also provide guidance if you're supporting someone you know.

We're here to help 24 hours, 7 days a week. It's free to call.



For more about how we can help go to:  
[www.2shine.org.nz/get-help/helpline](http://www.2shine.org.nz/get-help/helpline)