

Family Harm

Family Harm is defined as any act of violence which has been inflicted on one family member by another. Often we think of Family Harm as physical violence however; there are more ways in which violence can be present in our family/whanau, intimate partner relationships and harm against children. Using emotional abuse, psychological abuse, threats and coercion, using intimidation, isolating behaviours, minimizing, denying and blaming, sexual abuse, economic abuse, and using children are all forms of Family Harm. We know that Family Harm has a huge affect on all members of a whanau and often our tamariki are the silent and powerless observers of such dynamics. A family member who acts in an abusive way towards another family member uses dynamics of power and control which can lead to a feeling of powerlessness and confusion for the person who has been abused.

If you have concerns for yourself, family/whanau, friend or neighbour below are some links to more information which may help you to understand the dynamics of Family Harm and support services who you can call to get some advice and guidance.

If you are worried about your own safety or the safety of others a phone call to refuge can be the first step. If you have immediate concerns about your safety and or others then please call **111**.

Support Services:

Family Harm Support Services- Nationwide

Women's Refuge- 0800 refuge (0800 733 843) - Nationwide- <https://womensrefuge.org.nz/>

Shine- 0508 744 633- Nationwide- <https://www.2shine.org.nz/get-help/helpline>

Shakti Community Council- is a non-profit organisation serving migrant and refugee women of Asian, African and Middle Eastern origin- 24/7 multi lingual crisis line 0800SHAKTI (0800 742 584)- <https://shaktiinternational.org/>

Victim Support-Nationwide- 0800 842 846- <https://victimsupport.org.nz/>

Are you okay?- 0800 456450- <http://www.areyouok.org.nz/>

Support Services- Canterbury

Battered Womens Trust- Crisis (03) 364 8900 Office (03) 332 4122- <https://batteredwomenstrust.org.nz/>

Te Whare Hauora (formerly Otautahi Women's Refuge) 24/7 Crisisline 0800 117 474, Office (03) 379 6910

West Christchurch Womens Refuge- Crisis (03) 3790575, Office (03) 3790575-
<http://www.westchchwomensrefuge.org.nz/>

Shakti Ethnic Womens Support Group Christchurch Inc (Associated)- Crisis 0800 742 584
Office (03) 389 2028- <https://shaktiinternational.org/>

AVIVA Christchurch Womens Refuge (Un-Affiliated)- Crisis 0800 28482 669
Office (03) 378 3847- <https://www.avivafamilies.org.nz/>

Sexual Violence Support- Nationwide-

National 24 Hour Help Line- 0800 883 300

Safe to talk- 0800 044 334- <https://www.safetotalk.nz/>

Sexual Violence Support- Canterbury

Te Puna Oranga- 24 hr crisis support via 0800 222 042, Phone: 03 381 8472

Sexual Assault Support Services Canterbury (SASSC)- Phone: 03 377 5402 (24/7)

START- Phone- 03 355 4414- www.starthealing.org

Service's for those who want to stop harming

He Waka Tapu- 0800 Hey Bro (0800 439 276)

Are you okay?- 0800 456450- <http://www.areyouok.org.nz/>

Service for those who want to stop harming- Canterbury

He Waka Tapu- 0800 HE WAKA (43 9252) Phone: 03 373 8150 TXT: 027 2 HE WAKA (43 9252)-
<https://www.hewakatapu.org.nz/>

Stopping Violence Services (SVS) adult and youth services- 0800 478 778-
<https://www.svschch.org.nz/>

Reach Out- (03) 378 3847 or 0800 AVIVA NOW (0800 28482 669) - 24 hours a day, seven days a week- <https://www.avivafamilies.org.nz/i-need-help/Reach-Out/>

Information

Power and Control Wheel- <https://www.2shine.org.nz/resource-room/introduction-to-domestic-abuse-1>

Planning to stay, leave, after you have left- <https://www.avivafamilies.org.nz/i-need-info/Resources/>

Danger signs- <http://www.areyouok.org.nz/assets/AreyouOK/Resources/674019-MSD-Danger-Signs-Posters-A4-LR2.pdf>

<http://www.areyouok.org.nz/assets/AreyouOK/Resources/674044-MSD-Danger-Signs-Brochure-v2-LR.pdf>

Stories of Hope

<http://www.areyouok.org.nz/personal-stories/stories-of-hope-and-change/>

Men talking about change <https://www.youtube.com/watch?v=k9o0q3bnCUA>

Videos- NZ

Signs of Power and Control

<https://www.youtube.com/watch?v=hbh9Ap3mdjs#action=share>

Signs of Isolation

https://www.youtube.com/watch?v=jEKjkFgaRzg&feature=emb_logo

Women talking about what helps

<https://www.youtube.com/watch?v=GKPdmvW2Ykl>

Women talking about leaving violence behind

<https://www.youtube.com/watch?v=AUF2Cm1L5KM>

Videos- International

This is the one that is well done, it is pretty hard hitting though, however it is a reality. It also has international contact numbers, so we would need to make sure that was noted somewhere.

<https://www.youtube.com/watch?v=LbRba9XHKKw&t=1s>

Video explaining Cycle of violence- it is American but does a great job of talking of the cycle of abuse- This could be used as the video on the main page?

<https://www.youtube.com/watch?v=w0Q2bqLYjnY>

Articles

Skylight have a lot of articles- <https://www.skylight.org.nz/topics/13>

<https://www.skylight.org.nz/topics/1>- Trauma

Link to books you can buy- <https://skylight-trust.myshopify.com/collections/all>