

## Women's Refuge in your community

Our free and confidential services include:

- ♀ 24 hour phone line 0800 REFUGE
- ♀ Confidential listening and support
- ♀ Home visits and community support
- ♀ Support in isolated regions
- ♀ 24/7 access to safe houses
- ♀ Advocacy at Police, legal, court, Work and Income, housing, doctors, immigration, school or CYF meetings or by phone
- ♀ Referrals to sympathetic counsellors, doctors and lawyers and other support services
- ♀ Education and support groups for women and children about living free from violence
- ♀ We can also provide information and presentations to community groups, schools and workplaces.

Anyone can call Women's Refuge for advice at any time of the day, whether you are seeking advice when you are concerned about someone or whether you need help yourself. We help in non-crisis and crisis situations.

### DID YOU KNOW?

- ♀ On average in New Zealand, **14 women, six men and 10 children are killed** by a member of their family every year
- ♀ **One in three women** experience **psychological or physical abuse** from their partners in their lifetime
- ♀ Women's Refuge Crisis line receives a call **every six minutes**
- ♀ We deal with **25,000 women and children** every year
- ♀ **1/3 of the women** who access our services are **under 25 years old**
- ♀ **36%** of the children we deal with are **under 5 years old.**



## WOMEN'S REFUGE

» Domestic violence can be psychological, emotional, financial, physical or sexual – you don't have to have experienced a physical beating before you ask us for help.

At Women's Refuge we respond to the needs of all women and her children, regardless of their ethnicity, immigration status, how rich or poor they are and whether or not they have children.

### OUR VALUES

- All women are valued and treated with dignity
- We recognise that violence can affect women at any age, with or without children, regardless of their economic circumstances or level of education
- Children are treasured and nurtured
- Wahine Māori are recognised as Tangata whenua
- Lesbians rights are respected
- Pacifica, Asian, migrant and refugee women are recognised and respected regardless of immigration status
- Whatever choices women make, they are assured of our ongoing support.

### HOW CAN YOU CONTACT US?

Contact our 24/7 Crisis line  
**0800 REFUGE (733 843)**

Ask your Citizen's Advice Bureau for your  
**local Women's Refuge contact**

Check out our website at  
**[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)**

If you, or someone you know is in immediate risk of harm, call the **Police on 111**

## WOMEN'S REFUGE

*Helping women & children  
live free from fear & violence*

“ I called refuge every Christmas for about five years. This was a time I felt the most isolated and violated. Sadly, I experienced a terrible beating, and when he said, ‘get out of my house.’ I used that as my perfect excuse to escape. I have never looked back.”

– Survivor



**WOMEN'S REFUGE**

## In a relationship

### ARE YOU, (OR SOMEONE YOU KNOW)?

- ♀ Fearful any mistake you make will have consequences?
- ♀ Being put down verbally, told you are useless and being criticised and blamed?
- ♀ Unable to use money on what you want?
- ♀ Being threatened with weapons?
- ♀ Being hit, shoved, strangled, choked, slapped, shaken, bitten, beaten?
- ♀ Living in fear of what might happen to you or your children next?
- ♀ Worried your children are being hurt by seeing or hearing what is going on?
- ♀ Forced to have sex, watch pornography or coerced into sexual behaviours you do not want to do?
- ♀ Being isolated from your family, friends or workmates?
- ♀ Worried your pet/s or animals will be harmed or killed?
- ♀ Aware he has threatened to kill you, the children or himself?
- ♀ Walking on eggshells?

You are experiencing domestic violence if any of the above situations are happening in your relationship.

Violence includes a fear factor. Women and children are afraid to express an opinion or make a decision. They often describe this feeling as like 'walking on eggshells', worrying what will happen if they do something the abuser doesn't like.

They are also afraid no one will believe them and things will get worse if they tell. They may be ashamed, thinking they are to blame for the violence or that they deserved it.

» If you are experiencing domestic violence it will get worse over time if nothing is done to stop the violent person.

## My right to be me

No one has the right to control others through violence, fear and/or coercion. People who assault, abuse or threaten their partners or other whānau/family members or pets are committing a criminal act. It is a crime to be emotionally, physically or psychologically violent to your partner or someone in your family.

Abusers are experts at blaming their acts of violence, their control or threats on the victim, stress, alcohol or drugs, cultural traditions, jealousy, and love or lack of money. They also blame their behaviour on other people. This is simply not ok.

» There is no excuse. People make a choice to be violent and can make the choice to stop.

### WHAT CAN I DO ABOUT IT?

One of the first important things a woman can do if she is afraid in her relationship, is to speak to someone. Someone who will listen and not judge. This may be a close friend, workmate or family member. Calling our 24/7 crisis/support line is also an option. We have experienced advocates who can talk about the concern and provide advice on a range of topics like safety risk, protection orders and safety plans.

» Don't forget, one of the most dangerous times for a women's safety is when she is thinking about or preparing to leave the relationship or at a time when he realises she is not going to return.

## My right to be free

You have the right to be safe and to live without fear. Remember, domestic violence is a crime. There are lots of places that can provide women and children places of safety and healing from abuse. Kia kaha. Kōrero mai.

Women's Refuge is New Zealand's leading agency in providing domestic violence services with more than 40 affiliated refuges throughout New Zealand and nearly 1000 workers and volunteers. We have a crisis/support line that offers advice and crucial information to any caller, 24/7. One of the first things we do with a woman who needs our help is to create a safety plan.

### WHO CAN CALL US

- ♀ You can call us at any stage you realise you are worried about the health of your relationship
- ♀ You may feel very afraid of something that has happened to you, or may happen
- ♀ You may want urgent assistance to leave your relationship, but if you are in immediate danger please call 111
- ♀ You may be a relative or a friend who reads this and wants some advice about your friend or loved one, call us
- ♀ You may be an organisation that is dealing with a women experiencing domestic violence, please call us for help and assistance
- ♀ You may be worried about a child living in a domestic violence situation, call us, or call Child, Youth and Family 0508 FAMILY.

*"My son started to use the same phrases on me that he could hear his dad using. This broke my heart and made me realise he was damaging the children as well as me. It was my motivator to be free." - Survivor*