



HELP

Where To Get Help

Who can I call?

There are always people to talk to. Telephone numbers for local help services are in the front of your phone book under the heading 'Personal Help Services'. Most Rape Crisis centres are listed under 'Rape Crisis' but some are listed under the heading 'Sexual Abuse'.

National freephone numbers

FPA Information Line	0800 FPALINE (0800 372 5463)
Youthline	0800 376 633
National AIDS Free Hotline	0800 802 437
New Zealand Herpes Foundation/NZ HPV Project	0508 11 12 13

To find sources of help and advice near you, click on the map.

Listed there you will find local FPA clinics, STD Clinics, Youth Health Centres and other

Websites

There are many useful sources of information on the web. We suggest these as a good starting point.

theword.org.nz

The Word - on sex life and relationships. Presented by Family Planning Association (FPA)

sexfiles.co.nz

In association with "everybody" and Auckland Sexual Health Service.

urge.org.nz

Urge/Whakamanawa is a youth (health) and information service designed to assist young people find useful information or resources to help them regarding a variety of youth related topics.

nzaf.org.nz

New Zealand AIDS Foundation. Te Tuuaapapa Mate arikore o Aotearoa. Information and advice.

rainbowyouth.org.nz

Rainbow Youth is an Auckland-based organisation providing support, contact, information, advocacy and education for Gay, Lesbian, Bisexual, Transgender, Takataapui and Fa'afafine youth.

alcohol.org.nz

Alcohol Advisory Council of New Zealand. Information and advice.

herpes.co.nz

The New Zealand Herpes Foundation was founded in 1994 by a group of patients and health professionals in response to the need to provide support and education to people diagnosed with genital herpes.



HELP

Websites

hpv.co.nz

To meet the need for frank, open discussion about genital warts, we've founded the HPV Project. The HPV Project is about support and education.

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Q. Where can I go for more information

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Who can I call?

Service	AKL (09)	HAM (07)	WGTN (04)	CH (03)	DN (03)
Youthline	376 6633	0800 376 633	382 8828	379 4794	477 1234
Gay/Lesbian line	303 3584	855 5429	499 5567	379 4796	
Sexual Abuse Help	623 1700	839 4433	499 7532	365 3626	479 9565
AIDS Foundation	303 3124	838 3557	381 6640	379 1953	0800 802 437
Sexual Health Services	307 2885	839 8732	385 9879	364 0485	479 9565

Organisation

Citizens Advice Bureau
Youthline National Freephone
National AIDS Free Hotline
New Zealand Herpes Foundation
NZ HPV Project

Phone Number

0800 367 222
0800 376 633
0800 802 437
0508 11 12 13 (Toll free)
0508 11 12 13

Independent Sexual Health Services

City

NAPIER
GISBORNE
WANGANUI
NELSON

Phone Number

0800 303 099
06 868 9005
348 1234
546 8155